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JUNE

TIPS TO KEEP YOUR KIDS WELL THIS WINTER

GOT YOUR BACK

State of Origin and NRL stars Daly Cherry-Evans and James Tedesco are supporting the important work of mental fitness charity Gotcha4Life

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KIDS' WINTER BUGS

When cold weather arrives, so do coughs, colds and sore throats. Here's what you can do to keep the whole family healthy this winter

WORDS **LIZ McGRATH**



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Photo: Guy Bailey;
Styling: Viva Vayspap

Health professionals and Aussie parents know that, along with winter sports, puddles and hot chocolate, the colder weather can mean a raft of kids ailments and illnesses.

While it is a myth that cold, or wet, weather can actually make you sick, it does mean children tend to spend more time indoors together, more easily passing on germs, infections and viruses.

Add to that the fact that some viruses thrive and spread better in cooler and less humid air, and that children's immune systems may be more vulnerable over winter, and it can be a tough time for families juggling pint-sized patients and the demands of work and everyday life.

So what is in store for us this winter?

Dr Sarah McNab, a paediatrician, parent and Director of General Medicine at The Royal Children's Hospital, Melbourne, says while it is really hard to predict in this post-lockdown era, there will be a return of all of the viruses that we used to know including colds, influenza (also known as the flu), ear infections and RSV, a common viral respiratory infection.

Dr McNab says while RSV in kids is normally associated with mild to moderate cold-like symptoms — generally lasting between eight and 15 days — it is also a common cause of bronchiolitis and pneumonia in children under one and can trigger asthma symptoms if your child is a sufferer.

"One thing that's causing concern in Victoria is a nasty bacterial infection known as strep A, which in its less severe form presents as a sore throat and a mild illness but can develop into a more invasive disease which quickly escalates," she warns.

Symptoms can include fever, a sunburn-like rash, irritability, nausea or vomiting, high-pitched crying, cold or mottled limbs, refusal to eat or feed, not wanting to walk and difficulty breathing.

Parents should seek immediate medical care if they see signs in their children.

Perth GP Dr Joe Kosterich says gastro is also common across winter, and the whole year round.

"While it can be caused by different germs, the most common cause is a viral infection," Dr Kosterich says.

"Gastro is very easily spread and while most children won't need to take any medication for gastro, they will need to drink plenty of fluids to avoid becoming dehydrated.

"For the cold and flu, make sure your child has plenty of rest, enough fluids and use steam inhalation if you feel that helps."

For children with asthma or any kind of wheezing illness, an asthma management plan should be followed and see your GP if you are concerned, Dr Kosterich says.

Helpful tips

HOW TO PREVENT KIDS GETTING SICK IN THE WINTER

- Stay up to date on vaccinations including the annual flu vaccine and Covid-19 vaccines if eligible.
- Keep your kids at home from daycare, kindergarten or school if they are unwell.
- Wash hands regularly.
- Eat healthy foods, stay hydrated and get lots of rest.

"If there's one thing we proved during the pandemic, it's that we reduce all viruses by staying home when we're sick and looking after each other," Dr McNab says.

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[2] Picture quality may vary depending on quality and resolution of source content and viewing conditions.

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UP IN SMOKE

Smoking rates increased in Australia during the early stages of the Covid-19 pandemic, according to research by the University of Queensland. The study found nicotine consumption increased by 30 per cent in the first half of 2020, and suggested it may have been related to people managing higher stress levels as well as more opportunities to smoke or vape while they were working at home.



EDIBLE RAINBOW

Men who eat a colourful array of fruit and vegetables regularly are less likely to be diagnosed with prostate cancer, according to Australian research. The study also found men who have radiation treatment for the disease recover quicker if they consume a diverse range of fruit and vegetables that contain lycopene such as tomatoes, melons, papayas, grapes, peaches and watermelon.



REST UP

Getting restful sleep can play a role in supporting your heart, overall health and even how long you may live, according to new US research. An American College of Cardiology study found young people with more beneficial sleep habits are less likely to die early. The study also found 8 per cent of deaths from any cause could be attributed to poor sleep patterns. Another reason to get an early night!

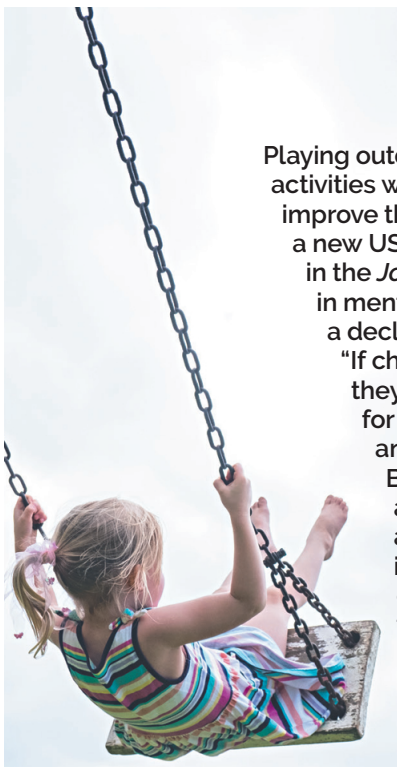
34%

of all donated blood collected in Australia is used to treat cancer and blood diseases. World Blood Donor Day is June 14. For more details on how you can donate blood visit lifeblood.com.au

Source: Lifeblood



Child's play

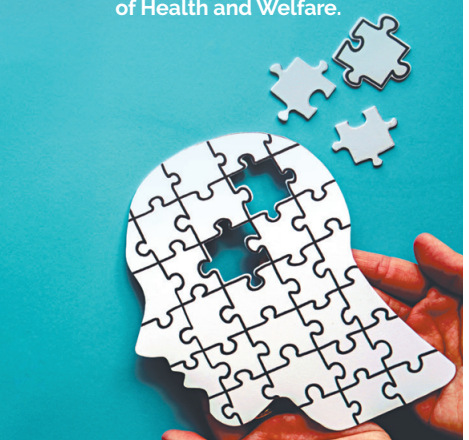


Playing outdoors, roaming and engaging in activities without direct adult monitoring may improve the mental health of children and teens, a new US study has found. Research published in the *Journal of Pediatrics* found the recent rise in mental health disorders was attributed to a decline in self-directed play and risky play. "If children are to grow up well-adjusted, they need ever-increasing opportunities for independent activity," study co-author and psychology professor David F Bjorklund says. The study found the amount of time students have for play, at home and in school, has decreased in recent decades because the school calendar has lengthened and recess time has shortened. "Research, as well as everyday observation, indicates that play is a direct source of children's happiness," Prof Bjorklund says.

1 IN 12

AUSTRALIANS aged 65 and over has dementia. The number of people with dementia is predicted to reach more than 849,300 by 2058.

Source: The Australian Institute of Health and Welfare.



TUNE INTO WELLNESS TV

Australian health and lifestyle program *The House of Wellness*, brought to you by Chemist Warehouse and hosted by Luke Darcy, Jo Stanley, Dr Nick Carr and Jacqui Felgate, is on the Seven Network on Fridays and Sundays.





WORDS OF ADVICE WITH

Gerald Quigley

My partner disturbs my sleep with his frequent visits to the toilet. Short of putting him into a different room, what can we do?

These frequent visits to the bathroom are the result of his prostate gland becoming enlarged, whereby that gland is obstructing the outlet from his bladder, resulting in incomplete emptying. Between 35 to 60 per cent of middle-aged men experience this problem, which is caused by changes in steroid hormone levels in men as they age. After age 50, testosterone levels fall as other hormones, especially prolactin, rise. A particular enzyme, 5-alpha-reductaste, converts testosterone to dihydrotestosterone, which, in turn, stimulates prostate growth.

Beer and cigarette smoke increase the activity of this enzyme.

Saw palmetto is the specific herb to reduce the conversion pathway. It is a safe herb and a sensible prostate tonic to maintain healthy prostate function. Zinc has also been shown to reduce prostate size by settling hormonal involvement.

Nutrients that will help include selenium, essential fatty acids in fish oil, lycopene and vitamins D3, E and C — all usually included in a men's multivitamin.

Nutritionally, apples and onions are excellent sources of flavonoids. Pumpkin seeds provide zinc. For smokers, garlic, onions and cabbage help to detoxify cadmium.

Gerald Quigley is a community pharmacist, master herbalist and commentator for *The House of Wellness*



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RIVALS UNITED

On the field they are fierce opponents, but NRL superstars James Tedesco and Daly Cherry-Evans are unified when it comes to supporting mental fitness charity Gotcha4Life

WORDS **CHARLOTTE BRUNDRETT**

State against state, mate against mate is the battle cry of State of Origin, but rival players James Tedesco and Daly Cherry-Evans are temporarily bucking sport allegiances to join forces for an important cause.

As ambassadors of mental fitness charity Gotcha4Life, founded by Gus Worland, the NRL sportsmen are encouraging Australians to build their mental fitness, open up about their feelings and support the foundation's ultimate goal of eliminating suicide.

"I've been involved with Gotcha4Life for a few years now and in that time Gus and the team have created a positive space for players to open up," Sydney Roosters fullback James says. "It's really important to make those conversations part of everyday life, especially for professional athletes where there's still a lot of stigma around being open with your emotions."

Gotcha4Life has partnered with the NRL since 2018, sharing the united vision of strengthening positive mental wellbeing in sport through the NRL's mental fitness program State of Mind and Gotcha4Life's mental fitness programs delivered to grass roots clubs all around the country.

"These athletes are gladiators on the field, but they're also human beings," Gus says.

"Just like us, they experience all of the emotions, have their ups and downs, and all the same vulnerabilities everyday Australians go through and it's important to realise that."

Considered one of the most widely watched annual sporting events in the country, the State of Origin's best-of-three series will culminate with the final game in Sydney on July 12.

"I'm very excited James and Daly have decided to band together to support Gotcha4Life because in terms of Australian sports fans, especially for those hailing from Queensland and New South Wales, there's no bigger names that could get behind us," Gus says.

The role of mateship is particularly important to Gus and it's also a major theme of Gotcha4Life.

While the players for the Blues and Maroons are used to being competitors, they've also formed a solid friendship through their work with the foundation.

"Daly and I are good mates; we've played for Australia together and even though we battle it out on the field, we've still got each other's backs outside of the game," James says.

Considering the pair's rivalry as Blues and Maroons players, you'd think the grudge would get bigger as the years go on, but according to Daly they don't let the game come between them.

"There are three games a year where we'll absolutely do everything we can to beat the other team, but the overarching message is that it's just a game and there's a bigger fight at hand, which is mental fitness," Manly Warringah Sea Eagles halfback Daly says.

The pair also want to challenge outdated attitudes in the NRL and other sporting codes, particularly stigmas towards being vulnerable and open about your emotions.

"Arguably the biggest thing is safety and feeling confident about being in an environment free of judgement," Daly says.

"There's still a stigma surrounding vulnerability and showing emotion, and the fear that you'll be teased by your friends for showing that side. Gotcha4Life is working to change that and hopefully destroy these stigmas in the process."

It's a given that physical fitness is the priority of professional athletes, but Gus and the Gotcha4Life team are also helping to make mental fitness and building emotional muscle a crucial part of the conversation.

"Physical fitness is still a huge part of my preparation for games, but my mental fitness has become just as important because I know that without a clear head, without having balance in my life, I can't go out and perform to the best of my ability," Daly says.

"It took me a while to understand that, but now that I do, I really embrace it."

To learn more about building your mental fitness visit gotcha4life.org.

Need someone to talk to?
Lifeline: 13 11 14 or lifeline.org.au



Win!

1 OF 2 SIGNED INDIVIDUAL JERSEYS WORN BY DALY AND JAMES

Simply tell us in 25 words or less why mates are so important to you. Competition entries open at 12.01am on June 11, 2023, and close at 11.59pm on June 25, 2023. Email your preferred team jersey, entry, name and contact details to thehouseofwellness@news.com.au

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FROM LEFT: Daly Cherry-Evans and James Tedesco. Photography: Guy Bailey; Styling: Viva Vayspap

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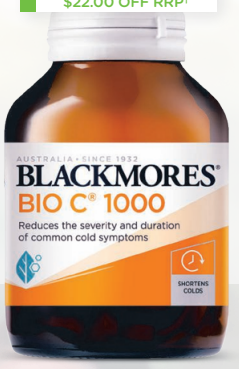

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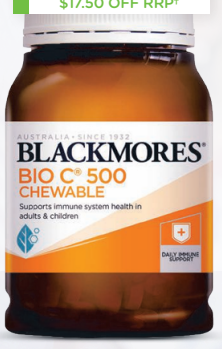

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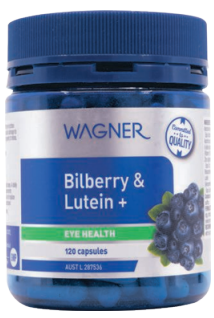

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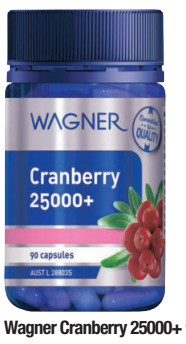

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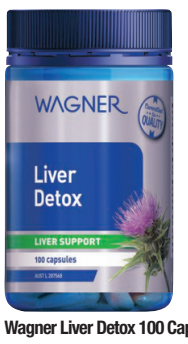

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Supports restful sleep + relieves tiredness
**Nature's Way Sleeping Tablets 60 Tablets

$17.49 $7.50 OFF RRP†
Relieves stress + fatigue
**Nature's Way Mega B Executive Stress 200 Tablets

**Always read the label and follow the directions for use.

AC-003129

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Microgenics Astaxanthin With Vitamin C & E 60 Capsules



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Supports general health and wellbeing

Microgenics Krill Oil 1000mg 60 Capsules



$22.99 150 CAPSULES!

Supports healthy eye function

Microgenics Omega 3 Triple Strength Fish Oil 150 Capsules



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Supports general health and wellbeing

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Microgenics Immune Support 120 Capsules



$19.99 100 CAPSULES!

Contains Garlic, traditionally used in Western herbal medicine to reduce symptoms of common cold

Microgenics Garlic 10,000 100 Capsules



$14.99 120 CAPSULES!

Supports immune system health

Microgenics Zinc Complete 120 Capsules



$12.99 200 TABLETS!

Supports immune system health

Microgenics Vitamin C 500mg Raspberry Flavoured 200 Tablets

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MICRO genics® MACRO BENEFITS

Microgenics Mega B Complex contains nutrients that support energy levels and energy production, nervous system health and function.

- *High dose B-vitamins*
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Microgenics Mega B Complex 120 Capsules



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TV Personality and Chef



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Supports heart health

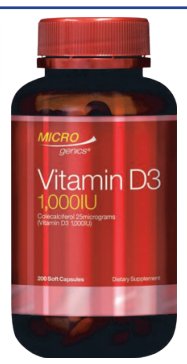
Microgenics Ubiquinol Active 150mg 30 Capsules



$24.99 $25.00 OFF EDLP▸

Supports healthy cardiovascular system function

Microgenics CoQ10 300mg 60 Capsules



$16.99 200 CAPSULES!

Supports bone health

Microgenics Vitamin D3 1,000IU 200 Capsules



$16.99 $6.00 OFF EDLP▸

Supports energy levels

Microgenics Magnesium Chelate 500mg 200 Capsules



$13.99 100 CAPSULES!

Supports cognitive function and memory

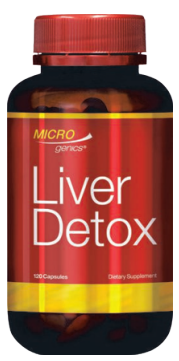
Microgenics Ginkgo 7,000 100 Capsules



$14.99 90 CAPSULES!

Supports liver health

Microgenics Milk Thistle 45,000 90 Capsules



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Supports natural liver detoxification processes and contains Milk Thistle, traditionally used in Western herbal medicine to support healthy digestive system function

Microgenics Liver Detox 120 Capsules



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Contains Brahmi, traditionally used in Ayurvedic medicine as a brain tonic to improve memory and cognition

Microgenics Brahmi 7000 PLUS 60 Capsules



$12.99 60 CAPSULES!

Contains St. John's Wort, traditionally used in Western herbal medicine to calm nerves

Microgenics Stress Relief 60 Capsules



$18.99 60 CAPSULES!

Contains Kava, traditionally used in Pacific Islander medicine to enhance body relaxation

Microgenics One-A-Day Kava 4000 60 Capsules



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Contains Fenugreek, traditionally used in Western herbal medicine to increase breast milk production in breastfeeding.

Microgenics Fenugreek 2000 90 Capsules



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Supports energy production

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Swisse Ultiboost Zinc+ 120 Tablets

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ALL YEAR ROUND IMMUNE SUPPORT

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Swisse Ultiboost Immune Action 60 Tablets

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CONVENIENT FORMATS FOR YOUR IMMUNE HEALTH

Swisse Ultiboost High Strength Vitamin C 60 Effervescent Tablets Strawberry Flavour or High Strength Vitamin C + Zinc Powder Orange Flavour 150g

Always read the label and follow the directions for use.

*reported by NielsenIQ and IQVIA through the IQVIA™ & NielsenIQ© RMS Sell Out Service for the Pharmacy & Grocery Database, Vitamins and Supplements, Zinc Ingredient for the 52 week period ending 2022-12-31 for the Australia Grocery and Pharmacy, Domestic market according to the client defined product hierarchy. AC-003224

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$15.01 OFF RRP†



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SUPPORTS GENERAL HEALTH

Nature's Own Odourless Fish Oil 1000mg or 1500mg 500 Capsules

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MAT-AU-2300362 Feb 23. AC-003200

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^IQVIA Australia Total Unit Sales 28/01/2023. Supports healthy immune system function. MAT-AU-2300241 Feb 23 AC-003084

Cenovis Mega C 1000mg 60 Tablets, Sugarless C 500mg 300 Tablets or Echinacea, Garlic, Zinc + C 180 Tablets



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Cenovis Men's Multi + Performance or Women's Multi + Energy Boost Once Daily 50 Capsules

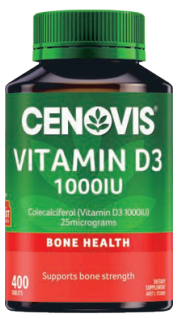
Supports energy levels



$14.99 $9.00 OFF RRP†

Cenovis Turmeric 3100 80 Capsules

Contains Turmeric, traditionally used in Western herbal medicine to relieve mild joint pain by relieving inflammation



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BULK PACK

Cenovis Vitamin D3 1000IU 400 Tablets

Supports bone strength

Support energy levels

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Cenovis Men's, Women's or 50+ Multi Once Daily 100 Capsules

Always read the label and follow the directions for use



$25.99 $17.50 OFF RRP†

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Ostelin Cal-DK2 60 Tablets, Vitamin D3 1000IU 300 Capsules, Calcium & Vitamin D3 300 Tablets or Vitamin D3 1000IU Liquid 50ml

$1 FROM EVERY PRODUCT PURCHASED* GOES TO 100WOMEN

Maintains bone strength. *Ostelin will donate up to a maximum of $50,000 contribution to 100 Women Community. Funds disbursed in 100 Women Community discretion. Valid for Ostelin products (excluding Kids Range and 7000IU 24 & 48pk) purchased at Chemist Warehouse Pharmacies, My Chemist and Chemistwarehouse.com.au only during 25th May – 21st June.

Always read the label and follow the directions for use. MAT-AU-2300184 Feb 23. AC-003223

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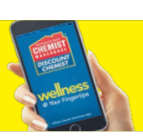

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Thyme is traditionally used in Western herbal medicine to support lung health

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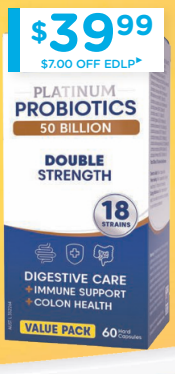
Supports heart, brain & eye health

Bioglan Odourless Super Fish Oil Double Strength 200 Capsules



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Supports digestive & immune system health

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Helps support joint mobility & flexibility

Bioglan Glucosamine 200 Tablets



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Bioglan Curcumin Turmeric 15,800mg 60 Tablets



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Bioglan Glucosamine + Chondroitin + MSM 180 Tablets



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$63.96 OFF RRP†
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Supports joint, heart, brain & eye health

Bioglan Red Krill Oil 500mg 120 Capsules or Ultra Strength 2000mg 30 Capsules



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Antioxidant that supports digestive system health

Bioglan Organic Turmeric High Strength 1000mg 100 Tablets



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Contains California Poppy & Hops, traditionally used in Western herbal medicine to improve sleep quality

Bioglan Active Magnesium PM Night Formula 60 Tablets

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AC-003128

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Liposomal Vitamin C with Superior Absorption Technology*, plus Vitamin D & Zinc to support a healthy immune system

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Supports & helps enhance the immune system to fight illness

NEW
Supports energy levels & helps enhance the immune system to fight illness

**Nutra-Life Liposomal Vit C Advanced 30 Tablets, High Strength Vit C + Vit D + Zinc 60 Tablets or High Strength Vit C + B12 & B5 60 Tablets

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*Liposomal Vitamin C may provide superior absorption compared to standard oral Vitamin C.

AU00105 AC-003162

Ladies... do you feel the need to wee all the time?

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Caruso's WEE LESS® can help you to control the urge and regain your confidence!

- Relieves urinary frequency
- Reduces urinary incontinence and urinary urgency associated with medically diagnosed overactive bladder
- Maintains healthy bladder function



Caruso's Wee Less 60 Tablets

MONEY BACK 100% GUARANTEE
MADE IN 100% AUSTRALIA

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See Caruso's website for terms and conditions of guarantee.

AC-002578

WAGNER PROFESSIONAL



$22.99
$5.00 OFF EDLP*

Wagner Professional Immunity Force 60 Vegetarian Capsules

- Support healthy immune system function
- Relieve common cold duration
- Relieve headache symptoms
- Antioxidant
- Reduce free radicals formed in the body

Always read the label and follow the directions for use

- **High quality ingredients**
- **High standard formulations**



Supports energy levels | Anti-inflammatory action from Turmeric | Supports general health & wellbeing | Supports healthy immune system function | Contains Passion Flower, traditionally used in Western herbal medicine to reduce restless sleep | Supports energy levels

Wagner Professional Ubiquinol 150mg 60 Capsules, Turmeric 17,500mg 60 Capsules, Everyday Multi 90 Capsules, Ultimate Zinc Sustain 60 Capsules, Ultra Magnesium Night Powder or Ultra Magnesium Powder 240g
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Committed to QUALITY



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Gentle on the stomach
Wagner Professional Ferro Plus C contains Vitamin C to increase iron absorption
For the prevention and treatment of medically diagnosed iron deficiency anaemia
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1 DAY One tablet daily
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Nut free
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Life-Space Immune Support Probiotic 60 Capsules

- ✓ Reduce the severity of common cold symptoms
- ✓ Decrease the duration of the common cold

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Life-Space Children Immune Support Probiotic 3-12 Years 60g Oral Powder

- ✓ Maintain immune system health
- ✓ Help reduce the occurrence of symptoms of mild upper respiratory tract infections

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*Vighi G, Marcucci F, Sensi L, Di Cara G, Frati F. Allergy and the gastrointestinal system. Clin Exp Immunol. 2008;153 Suppl 1(Suppl 1):3-6. doi: 10.1111/j.1365-2249.2008.03713.x. PMID: 18721321; PMCID: PMC2515351.use.

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Naturopathica Collagenix Beauty Shots 10,000mg 10x50ml

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VITAMIN C 500mg CHEWABLE 300 TABLETS

Vitamin C is an important nutritional antioxidant, protecting the body from the effects of free radicals

Maintain immune system health and function.

Relieve the severity of common cold symptoms.

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Contains a therapeutic dose of lysine to help reduce occurrence and symptoms of facial cold sores.

Helps support wound healing. Helps decrease free radical damage to body cells.

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IMMUNE DEFENCE 120 TABLETS

Specially formulated with finely-sourced herbal and nutritional ingredients such as Echinacea, Olive Leaf, Vitamin C and Zinc.

Helps reduce the duration and severity of common cold symptoms.

Helps promote general health and wellbeing.

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Help promote general health and wellbeing.

Antioxidants, help reduce free radical damage to body cells.

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*References:
1. National Health and Medical Research Council. 2006. Nutrient Reference Values for Australia and New Zealand – Iron. Accessed 30 Mar 2023. Available at: https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/iron
2. National Health and Medical Research Council. 2006. Nutrient Reference Values for Australia and New Zealand – Calcium. Accessed 30 Mar 2023. Available at: https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/calcium
3. National Health and Medical Research Council. 2006. Nutrient Reference Values for Australia and New Zealand – Vitamin D. Accessed 30 Mar 2023. Available at: https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/vitamin-d
4. Slevin M, et al. J Nutr. 2014 Mar;144(3):297-30

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Brauer makes vitamins and minerals easier.

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- **Liquid formulations** Easy to administer
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For immune system support for children.

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*#1 Kids Liquid Vitamin C brand in Australian pharmacy. IQVIA, Ingredient: Vitamin C (including Vitamin C combinations with other ingredients), Australia Pharmacy Value, MAT December 2022.

Brauer Baby & Kids Vitamin Range ^Excludes Bulk Sizes

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Kynd. Double Strength Hyaluronic Acid+ 30 Capsules

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*(1)Hsu, T.-F.; Su, Z.-R.; Hsieh, Y.-H.; Wang, M.-F.; Oe, M.; Matsuoka, R.; Masuda, Y. Oral Hyaluronan Relieves Wrinkles and Improves Dry Skin: A 12-Week Double-Blinded, Placebo-Controlled Study. Nutrients 2021, 13, 2220. (2) Sato T. Sakamoto W, Yoshida K, Urishibata O. Clinical effects of dietary hyaluronic acid dry, rough skin. Aesthetic Dermatology. 2002;12 109 120.

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Formerly known as Thompson's Astraforte

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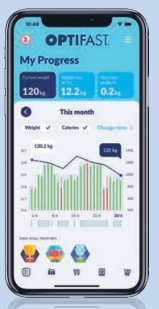

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TAKE A YOGA BREAK

How stretching poses can help release the body from aches and prevent injuries resulting from long work hours

WORDS **ALLANA FERREIRA**

Australians who work full time can spend more than 30 per cent of their day at work.

Researchers say the average person will spend 90,000 hours working during their lifetime, representing a third of a lifetime devoted to labour. So how do you treat your body during all this time?

Safe Work Australia reports that 60 per cent of severe work-related injury claims were musculoskeletal disorders, including soft tissue disorders and trauma to muscles or tendons.

According to Lakeside Sports Medicine Centre physiotherapist Nick Leman, staying long hours in the same position can result in body aches. "With the lack of movement, the joints of the spine get very stiff," Nick says.

However, just a few breaks to move around during working hours can go a long way.

"We observe a lot of neck pain, especially in people who sit for long hours," he says.

"For someone who works standing up, it's more like a pressure on the lower back."

In this scenario, stretching can help combat pain and poor posture.

Yoga instructor Gisele Cabasa, who teaches at Melbourne Sports Centres, says anyone of any age and body type can practise yoga and adapt some postures to the workplace.

"If you're sitting all day, you have much pressure on the shoulders and neck," she says.

"When you feel tense, you can do poses like rolling your shoulders and twisting your spine. There will be much tension in the lower back for those who work standing up. Poses like leaning forward, reaching your arms straight up, or lying down and lifting your legs, reversing blood flow can help."

Gisele also points out that yoga in corporate environments has been increasing.

"Many corporates, especially after the pandemic, are bringing yoga to the offices," she says.

"It helps not only the person but also the team … the energy changes in the environment in the workplace."

It is a change that Natalie Osborne, 55, who has worked for more than 25 years in corporate media, has experienced.

Practising yoga for the past 30 years, Natalie used some yoga techniques to deal with the fast-paced routine of being a mother of three and working more than eight hours a day under pressure.

"In the corporate world, there are conflicts, deadlines and pressures, and the breath of yoga can help you calm down in those situations," Natalie says.

She remembers waking up at 5am, working until 11pm or later, washing, cleaning and cooking at home, and how tired her body was back then.

"I was stressed, I was always going 100 miles per hour," she says. "But I didn't understand my body. Yoga made me understand how my body was and what to do to improve."

How often have you complained of back, shoulder, wrist and leg pain or posture-related headaches after work?

Nick reminds us that wearing comfortable shoes, paying attention to posture and staying active daily before or after work with at least 30 minutes of exercise is the healthy way to avoid injury.

CHECK OUT THE BEST YOGA APPS FOR YOUR PRACTICE



Quadriceps and knee to chest stretch

Stand upright, and place your left hand on a chair, table, or wall for support. Bend your right knee, bringing your heel towards your buttocks. Grab the foot with your right hand and push the heel back until you feel the stretch. Then bring that same leg forward and keep your knee close to your belly (or as high as you can). Hold for 20 sec. Repeat on the other side.

Standing side stretch

From a standing position, interlace the fingers and push the palms away to the sky while you inhale. On the exhale side, bend to the side and hold for 3 deep breaths, stretching the side of the body, shoulders and wrists. Repeat on the other side.

"IN THE CORPORATE WORLD, THERE ARE CONFLICTS, DEADLINES AND PRESSURES, AND THE BREATH OF YOGA CAN HELP YOU CALM DOWN IN THOSE SITUATIONS."

— NATALIE OSBORNE

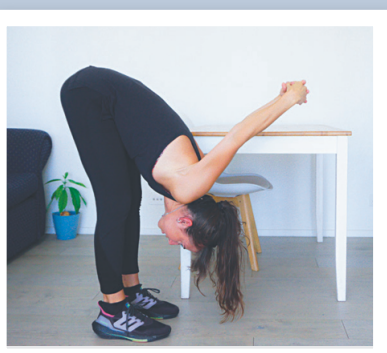
Try these

Gisele Cabasa shows some yoga poses you can do during your shifts:



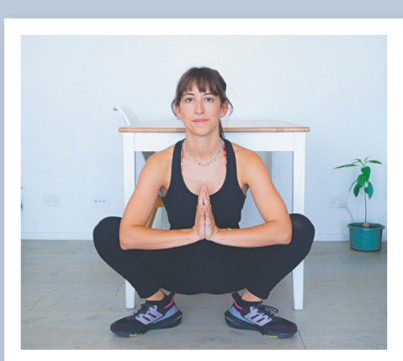
Seated twist

Stretches the back muscles and stimulates the digestive organs. Sit with feet flat on the floor, twist slightly to the right, grab the back of the chair with your right arm, and place your left hand on the right side of the chair near your knee. Inhale, feel your spine lengthen and exhale while twisting deeper. Look over your right shoulder. Hold 5 breaths. Repeat on the left side.



Forward fold with shoulder stretch

Stretches shoulders, wrists, and neck and frees up the back. Stand with your feet hip-width apart, and interlace your fingers behind your back. While inhaling, pull your fist down, open your chest, exhale, bend forward, slightly bend your knees and arms, and relax the neck. Breathe deeply, holding for about 10 seconds.



Yogi squat

This helps free up the lower back and hips. Stand straight, feet slightly wider than hip-width apart, toes pointing out and heels in. Take a deep breath, bend your knees and squat as far as you can as you exhale, keeping palms together in front of the chest while elbows push knees back. Keep the spine straight. Breathe deeply. Hold for 30 seconds.

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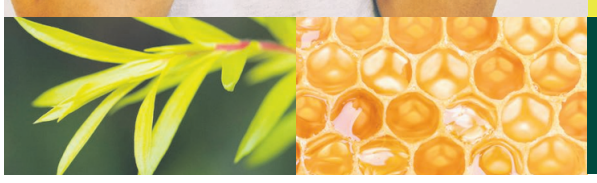

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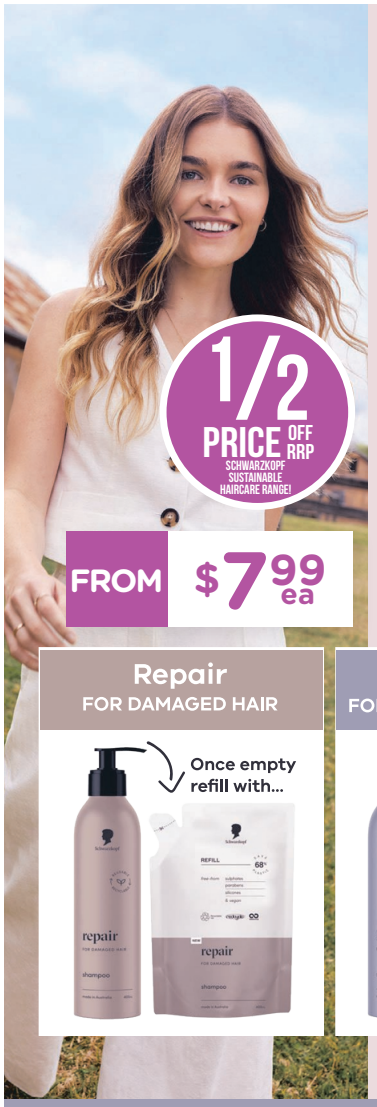

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THINK PINK

If the runway, red carpet, and everyday street style is anything to go by, the steady influx of Barbiecore shows no signs of slowing down

WORDS **CHARLOTTE BRUNDRETT**


SARAH DAVIDSON

A kaleidoscopic shift in fashion and beauty has led many to nix neutrals in favour of fun, vibrant trends such as Barbiecore.

The style took off after Valentino's pink-centric autumn collection last year and in anticipation of Greta Gerwig's film *Barbie*, out next month, which is giving the look a Melbourne winter refresh.

Barbiecore might be new territory for Gen Z, but it is welcome nostalgia for many Australians, including author, podcaster and *The House of Wellness* TV co-host Sarah Davidson.

"I'm pretty sure I started the Barbiecore trend all the way back in 1989," Sarah says.

"I lived, breathed and embodied the colour pink and have very few memories that aren't coloured accordingly."

Having first trained as a ballerina, which perpetuated her pink obsession, Sarah spent her 20s shunning the colour so as to position herself as a mature moody-monochrome-wearing adult. "(But) as I inched towards 30, I realised life is too short to be minimalist and varying shades of potato," she says.

"Now I fully embrace bright colours in my wardrobe, including pink, because it brings me so much joy and energy."

Melbourne make-up artist Nicole Kene is excited to see how the trend evolves.

"Being a '90s child that was Barbie obsessed, the Barbiecore trend is all very nostalgic for me," Nicole says. "I'm looking forward to seeing how the film encapsulates the styling, hair and make-up that we've come to associate with Barbiecore and the iconic doll itself."



SKINCARE

The most obvious way to inject some pink into your skincare is by incorporating a pink clay mask into your weekly treatments, which can help to detoxify the skin by drawing out oil and impurities.

MAKE-UP

There are a variety of ways you can introduce pink into your make-up this season, Nicole says.

"I get a lot of requests for pink lips. Even if it's a nude lip, my clients usually ask for one with a pink undertone," she says.

"Pairing nude pink lips with a cool-toned, baby pink blush is a look I love because it is a very soft, natural look that is universally flattering."

If all-pink sounds intimidating, Nicole says it doesn't have to involve dramatic make-up.

"Hailey Bieber has helped to popularise the 'clean girl' make-up look, which essentially involves a sheer base, defined eyes and a glossy lip," she says.

"If you're nervous about adding colour to your make-up, a sweep of pink blush on the cheeks and eyes, paired with a pink tinted balm can create the same understated, subtle look as 'clean girl make-up,' just a little more pink infused."


MEGAN FOX

HAIR

Despite Barbiecore's association with maximalist looks, don't expect hot pink hair to take off anytime soon. Instead, follow Megan Fox's cue and opt for a baby pink rinse or glaze, which only lasts a few washes and gives your hair a subtle touch of pink rather than anything dramatic.

"Another way to add a hint of pink is by using pink ribbons in your hair, which is predicted to be a major hair accessory trend this season," Nicole says.

The ballet-inspired trend, referred to as coquette hair, involves relaxed braids, pigtails and top buns that are accessorised with ribbons.

Nail it

Last winter was all about the French manicure revival, but this year sees a new take on the classic nail trend. Ombre, pearlescent and glitter French manicures give the trend edgier, on-trend finishes, so it's worth trying out if you want your next manicure to be wearable, but also chic.

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