



MARIO'S NOTES

Hello Club Member,

Joyfulness is creating an atmosphere around yourself of gladness, delight & pleasure.

It is an act of the will (a choice), a conscious effort to create an atmosphere deliberately & selflessly to benefit the lives of others. It challenges the mindset & asks you to make the journey easier for others & for yourself. Joyfulness precedes success, good health & better relationships.

7 Easy Rules to a Joyful Workplace

1. Engage in Cheerful conversations
2. Praise others directly or indirectly – don't gossip.
3. Give lots of compliments – no sarcasm or put-downs.
4. Forgive & forget – don't ponder on failures or mistakes.
5. Pull your weight – be part of a willing & sharing team.
6. Clean up your vocabulary – no smut or foul language.
7. Smile more –no moods or scowling. If you are not a joy bringer you are a misery merchant.

Have a joyful month.....Mario

Coeliac Disease

DO YOU SUFFER FROM BLOATING, WIND, IRRITABLE BOWL OR CRAMPING? You could be Gluten intolerant!

Coeliac Disease is a medical condition which causes a permanent intestinal intolerance to the gluten protein found in wheat, barley, rye, triticale & oats.

Damage occurs to the mucosal wall of the small intestine. This has very small finger-like projections on its surface called villi. Villi play an important role in the absorption of nutrients from food. In Coeliac Disease, villi are destroyed, which can cause the person to become malnourished, regardless of the quantity of food eaten.

Most people who develop Coeliac Disease have a family history of the disease.

SIGNS & SYMPTOMS

There is no specific set of symptoms that occurs. One symptom may occur or a combination of symptoms may develop. It can go undetected throughout childhood, with symptoms not developing until adulthood.

Diarrhoea may begin at any age & is often present for years prior to diagnosis. *Fatigue, weakness or lethargy, anaemia, iron or folic acid deficiencies, weight loss, constipation, flatulence & bloating of the abdomen, abdominal cramping, nausea & vomiting.*

Please consult your Dr. They may need to take a biopsy (very small portion of your duodenum) for testing.

WHAT WILL HELP?

- A life long gluten-free diet – Avoid any products which contain the following ingredients: Wheat; rye; barley; triticale; oats; flour (unless a gluten-free source is specified); pasta; semolina; farina or thickeners; wheat starch, starch (if not specified as gluten-free); cereal; bread; biscuit; batter; crumbs; corn flour (if not specified as gluten-free); malt
- Many processed foods contain gluten, so always check food labels. Becoming "ingredient aware" is an essential part of gluten-free shopping
- Avoid Beer due to the gluten content
- Coeliac Disease can lead to other food sensitivities. Keep rotating the food you eat to help prevent this

WHAT CALANNA PHARMACY CAN PROVIDE FOR YOU:

- Education on medications that contain Gluten/wheat starch
- Special gluten-free bread, cake, biscuit & pancake mix & pasta's
- Mario's Good Gut Pack – Slippery Elm Bark Powder & Aloe Vera Juice (please see overleaf)
- Vitamin C & Zinc helps heal cells in the gut
- Magnesium may help stop cramping
- Calcium & Vitamin D supplements can prevent loss of bone strength in Coeliac Disease
- Essential Fatty Acids such as Fish Oil supplements can help make up for poor absorption of these nutrients from dietary sources
- Iron, Folic Acid, Magnesium, Vitamin A & Zinc deficiencies are common in Coeliac Disease
- Acidophilus is an excellent source of dietary fibre that may improve digestive function
- **Our Natural Therapists can provide a Urinary Indican Test.** Tests for leaky gut syndrome, will show if you have food intolerances & chronic allergies. Only Available at Woree. Make your appointment today!

Coeliac Awareness Week 13 - 20 March

Z e s t f o r l i f e !

Do you like what you see in the mirror?

Want to lose those extra kilos & change your life?

Our professional Team at Calanna Pharmacies can help you lose weight & keep it off for good, with our revolutionary "LOSE WEIGHT PLUS" Program. Proven to get results that last!

Our Calanna Team will develop personalised meals, shopping lists, exercise plans & conduct regular health checks & reviews. **Lose Weight today & keep it off for good!** Call us on 4054 2440, 4031 4222 or visit us at www.calannapharmacy.com.au Get started on your journey to a NEW YOU!

Homeopathy week

We're celebrating "World Homeopathy Awareness Week" all month at Calanna Pharmacies. March is a great time to stock up on Remedies & Kits. These can be tailor made eg. Mums/babies, travellers, tissue salts, pets, home & full first aid kits.

**Buy a minimum of 6 Remedies
& Receive them at ½ Price!**

DID YOU KNOW?

Not only do we have our amazing Homeopath Jude, we also have a fantastic Herbal Practitioner Karen. We call them "The Dynamic Duo" & rightfully so.

They consult from the Natural Medicine Clinic in our Woree Pharmacy, providing a variety of health tests as well as consultations.

We've been blessed to have their expertise since 2002 (Jude) & 2003 (Karen). Jude has special interests in mums/babies, children's ailments, family dynamics & emotional well-being. Karen's special interest is stress & fatigue.

WHAT HEALTH ISSUES THEY MAY BE ABLE TO HELP YOU WITH

These are just a few of the many:

- Asthma
- Allergies
- ADD/ADHD
- Bed Wetting
- Building Healthy Immune System
- Constipation
- Chronic Illness
- Stress
- Fatigue
- Digestive Disorders
- Grief
- Insomnia
- Fertility Problems
- Headache
- PMT
- Gall Bladder Trouble
- Ulcers
- Stones (Kidney)
- Post Natal Depression
- Sleeping Problems
- Mental/Emotional Problems

Come & pick up one of their service brochures today or look online at www.calannapharmacy.com.au



CALANNA
PHARMACY

Products To Help

MARIO'S GOOD GUT PACK

Contains Slippery Elm Bark Powder 95g & Lifestream Biogenic Aloe Vera Juice 500ml

Just \$29.95



Mario's Slippery Elm Bark Powder

- Heals, soothes & protects mucus membranes
- Becomes a food for beneficial bacteria in the large intestine
- Can provide quick relief for pain
- Very beneficial in healing of Peptic (stomach) Ulcers, provides protective barrier between the ulcer & damaging stomach acid
- Beneficial for people with Reflux & Irritable Bowel too
- Assists in relieving the symptoms of constipation & diarrhoea
- Safe to use with other medications

Aloe Vera Juice

- Brings natural relief of abdominal pain, discomfort, bloating & wind associated with medically diagnosed irritable bowel syndrome
- Helps maintain healthy intestinal bacteria
- Aids in healthy functioning of the digestive tract
- Soothing to the lining of the stomach & intestines & supports smooth, natural digestion
- Supports the immune system against allergies
- Safe to use with other medications

We Stock Wheat & Gluten Free Products!!

In the "Well & Good" range we stock packet mixes of Instant Bread, Multi Purpose Cake, Muffin & Chocolate Mud cake.....yum!

We have Vegie Rice Pasta, Rice Spirals & delicious Buckwheat Pancake Mix in the "Orgran" brand

These products have more health benefits. Come & read the packets for yourself!



Sources: Calanna Pharmacy Health Practitioners & Healthpoint Technologies Kiosk

Woree Ph: 4054 2440 • North Cairns Ph: 4031 4222
www.calannapharmacy.com.au