

BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS



WHEN	SAT 7TH MAY
WHERE WE MEET	MEET AT TENNIS COURTS. COLBY DRIVE
TIME	8AM
WHATS INVOLVED?	18KM WALK
AFTER THE WALK	BRUNCH AT "BREW TIME CAFÉ" COLBY DRIVE BELGRAVE STH.

***THIS YEAR WE ARE NOT FUNDRAISING BUT CREATING AWARENESS.
WE WILL ALL BE WEARING PINK.
PINK SHIRTS SUPPLIED IF YOU DON'T HAVE ONE 😊**

DATES TO REMEMBER

FRI 29TH APRIL	JACKS ORIGINAL BAND "TEMPUS" PLAYING AT FERNTREE GULLY MIDDLE HOTEL. PURCHASE TICKETS FROM JACK \$10
SAT 30TH APRIL	NO BOOTCAMP THIS MORNING. SARGE IS AT A FITNESS CONVENTION
WED 4TH MAY	LAST SESSION FOR APRIL BOOTCAMP
SAT 7TH MAY	A LONG WALK 18KM WALK IS THE BOOTCAMP SESSION TODAY. DRESS IN PINK FOR BREAST CANCER AWARENESS
SAT 7TH MAY	START OF MAY BOOTCAMP 4 WEEKS \$150 3 SESSIONS / WEEK MON & WED 7PM SAT 9.30AM
SUN 8TH MAY	MOTHERS DAY
MON 13TH JUNE	QUEEN'S BIRTHDAY
FRI 24TH JUNE	LAST DAY OF TERM 2

MOTHERS DAY GIFT IDEA

Allanna Dove is a FitnessNRG Bootcamp member. She makes the most beautiful bouquets using chocolates instead of flowers. A great gift idea for Mother's Day. She will bring a few of her collection to Bootcamp Wednesday 27th April at 7pm if anyone is interested to purchase any. Or you can call her 0405 141 337.



My
BOUQUET
Lady



We're a small family run business that specializes in edible chocolate bouquets.

Our bouquets are hand made and contain only the finest well-known products; they are designed for all occasions' including- weddings, engagements, birthdays, new baby arrivals, thankyou/get well presents and much more.

If you're looking for something a little different or have seen something you like we can work with you to customise your own bouquet to suit your occasion perfectly.

Our beautiful bouquets are available for pick up or delivery (charges may apply). Times are arranged at time of purchase.

Prices range from \$17.00 to \$30.00

Contact me on:

Allanna 0405 141 337



www.facebook.com/mybouquetlady

TUMERIC AND HOW DOES IT HELP OUR HEALTH

Turmeric, also known as curcuma longa, is a very common herb. Often referred to as the “Queen of Spices,” its main characteristics are a pepper-like aroma, sharp taste and golden colour. People across the globe use this herb in their cooking.

According to the Journal of the American Chemical Society, turmeric contains a wide range of antioxidant, antiviral, antibacterial, antifungal, anticarcinogenic, antimutagenic and anti-inflammatory properties. It is also loaded with many healthy nutrients such as protein, dietary fibre, niacin, Vitamin C, Vitamin E, Vitamin K, sodium, potassium, calcium, copper, iron, magnesium and zinc. Due to all these factors, turmeric is often used to treat a wide variety of health problems.

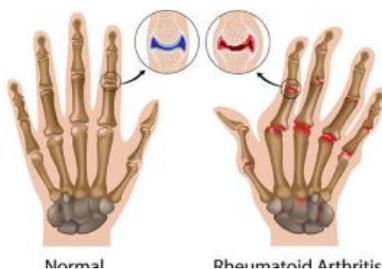
Here are the top 10 health benefits of turmeric

1. Assists in the Prevention of Cancer



Turmeric can help prevent prostate cancer, stop the growth of existing prostate cancer and even destroy cancer cells. Multiple researchers have found that the active components in turmeric makes it one of the best protectors against radiation-induced tumours. It also has a preventive effect against tumour cells such as T-cell leukaemia, colon carcinomas and breast carcinomas.

2. Assists in Relieving Arthritis



The anti-inflammatory properties in turmeric are great for treating both osteoarthritis and rheumatoid arthritis. In addition, turmeric’s antioxidant property destroys free radicals in the body that damage body cells. It has been found that those suffering from rheumatoid arthritis who consume turmeric on a regular basis experience much relief from the moderate to mild joint pains as well as joint inflammation.

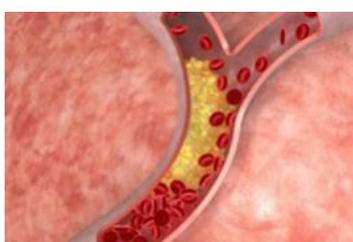
3. Can Control Diabetes



Turmeric can be used in the treatment of diabetes by helping to moderate insulin levels. It also improves glucose control and increases the effect of medications used to treat diabetes. Another significant benefit is turmeric’s effectiveness in helping reduce insulin resistance, which may prevent the onset of Type-2 diabetes.

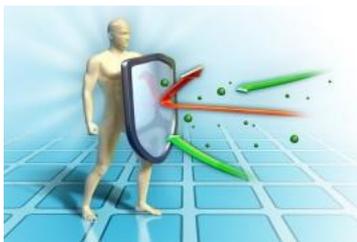
However, when combined with strong medications, turmeric can cause hypoglycaemia (low blood sugar). It is best to consult a healthcare professional before taking turmeric capsules.

4. Helps Reduce Cholesterol Levels



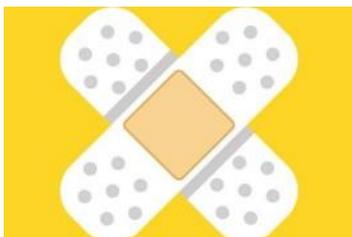
Research has proven that simply using turmeric as a food seasoning can reduce serum cholesterol levels. It is a known fact that high cholesterol can lead to other serious health problems. Maintaining a proper cholesterol level can prevent many cardiovascular diseases.

5. Immunity Booster



Turmeric contains a substance known as lipopolysaccharide, which helps stimulate the body's immune system. Its antibacterial, antiviral and antifungal agents also help strengthen the immune system. A strong immune system lessens the chance of suffering from colds, flu and coughs. If you do get a cold, a cough or the flu, you can feel better sooner by mixing one teaspoon of turmeric powder in a glass of warm milk and drinking it once daily.

6. Heals Wound



Turmeric is a natural antiseptic and antibacterial agent and can be used as an effective disinfectant. If you have a cut or burn, you can sprinkle turmeric powder on the affected area to speed up the healing process. Turmeric also helps repair damaged skin and may be used to treat psoriasis and other inflammatory skin conditions.

7. Weight Management



Turmeric powder can be very helpful in maintaining an ideal body weight. A component present in turmeric helps increase the flow of bile, an important component in the breakdown of dietary fat. Those who wish to lose weight or treat obesity and other associated diseases can benefit from having one teaspoon of turmeric powder with every meal.

8. Prevents Alzheimer's Disease



Brain inflammation is suspected to be one of the leading causes of cognitive disorders such as Alzheimer's disease. Turmeric supports overall brain health by aiding in the removal of plaque build-up in the brain and improving the flow of oxygen. This can also prevent or slow down the progression of Alzheimer's disease.

9. Improves Digestion



Many key components in turmeric stimulate the gallbladder to produce bile, which then improves digestion and reduces symptoms of bloating and gas. Also, turmeric is helpful in treating most forms of inflammatory bowel disease including ulcerative colitis. **However it is important to bear in mind that people suffering from any kind of gallbladder disease should not take turmeric as a dietary supplement as it may worsen the condition.** It is best to

consume turmeric in raw form when suffering from a digestive problem.

10. Prevents Liver Disease



Turmeric is a kind of natural liver detoxifier. The liver detoxifies the blood through the production of enzymes and turmeric increases production of these vital enzymes. These vital enzymes break down and reduce toxins in the body. Turmeric also is believed to invigorate and improve blood circulation. All of these factors support good liver health.

Given the numerous health benefits of turmeric, adding this powerful herb to your diet is one of the best things you can do to improve the quality of your life. You can add turmeric in powder form to curries, stir fried dishes, smoothies, warm milk and even to spicy salad dressings.

However, turmeric should not be used by people with gallstones or bile obstruction.

Adults can take about one to three grams of the dried powdered root per day.

TUMERIC AND LEMON MORNING ELIXIR

What you'll need...

- 1/2 a lemon, squeezed for juice
- 1/4 - 1/2 tsp turmeric
- 1/2 tsp honey
- 1/4 tsp cinnamon powder
- 1 cup warm water, or milk

Instructions

How to make it...

1. Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it — this will ensure that the turmeric does not settle at the bottom of your cup.