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a mother’s diet  
with fish oil  
during  
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disease.”*

## News in Autumn!

A warm welcome to all new readers and I hope you enjoy our quarterly newsletter.

**Congratulations** and well done to those couples that have recently announced that they are expecting. We had 4 pregnancy announcements in the same week from people undertaking the preconception program. Well Done!

Also, big congratulations to my clients who recently participated in the **Australian Ironman in Port Macquarie** and to their families who supported them along the way! What an amazing atmosphere it was.

## Nutrient Highlight: Something Fishy!

In recent years a lot of discussion has occurred with respect to the benefits of fish oil in our diet, so this month we look at the benefits.

Fish Oil contains two Essential Fatty Acids (EFAs): Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) known as The Omega 3's. In the body EFAs are involved in growth and cell division. EFAs also form part of every cell membrane and are required for the developing brain and nervous system in the foetus. .

A deficiency in **EPA** is linked to immune dysfunction (allergies), fatigue, gastrointestinal disorders, infertility, depression and hormonal problems.

**EPA** is also used in the treatment of conditions such as eczema, dermatitis and skin allergies. The action of fish oils on these conditions is due to the anti-inflammatory properties of EPA.

Whereas DHA is effective in the treatment of heart and circulatory problems and diseases such as cancer, cardiovascular disease, hypertension and Alzheimer's disease.

Supplementing with 3 grams of Omega 3 has a beneficial effect on cholesterol and triglycerides and on mild to moderate high blood pressure. Studies also showed that populations with diets high in fish oil have a lower incidence of cancer and the reoccurrence of tumors.

A recent Australian study found that supplementing a mother's diet with fish oil during pregnancy reduced the chances of the infant developing an allergic disease. Newborn babies of these women had a lower immune response to allergens and symptoms of dermatitis were less severe.

EFA requirements vary depending on stress levels and nutritional state. Some studies suggest having 2-3 meals per week of EFA-rich fish (salmon and tuna for example) has beneficial effects on arthritis and also prevents heart disease. While other deficiency states require up to 9 grams per day.

Recent studies have shown that the action of Fish oil supplements differ due to the levels of EPA or DHA. Manufacturers are now able to concentrated supplements for higher levels of either EPA or DHA, so their actions are more specific.

### A final note on quality:

Our oceans have been contaminated with pesticides and heavy metals. Therefore when you choose a fish oil supplement it is imperative to find one that has been purified. At Burraneer Wellness we have chosen an EPA/DHA supplement that exceeds international industry standards for quality and purity.

## HELP KIDS BEAT THE WINTER BUGS WITH IMMUNE BOOSTERS

*The average child has 5 to 6 acute infections each year. While this is an essential part of development of immunity, kids are increasingly susceptible and need extra help in fending off infections.*

**Here are a few simple ideas to give their immune systems a boost this winter:**

**Fresh Fruit and Veg** every day will give children the nutrients they need. Remember the more colour and variety the more nutrients they will contain!

For fussy eaters, a good quality **Children's multi vitamin tablet** will help them to get the essential nutrients missing from their diet.

**Avoid excess sugar, salt and soft drinks** all of which impair absorption of nutrients like Zinc and Calcium that are imperative to healthy immunity.

**Vitamin C** during the winter months can ward off colds and flu's. Vitamin C is found in citrus fruits and green leafy vegetables and is particularly high in parsley, which can be used in soups and stews. Powdered Vitamin C can be added to juice or a milkshake.

Foods such as **Onions, Garlic and Honey** are also potent antimicrobial agents and can easily be added to family meals.

**Yoghurt**, with live cultures restores gut flora after antibiotic treatment. The gut is the first line of defence from pathogens. If your child is dairy intolerant, dairy free Probiotic supplements are available.

**Cod Liver Oil** is a rich source of Vitamin A which is essential for lung and mucous membrane repair, and also omega-3 fatty acids which are soothing to inflamed respiratory tissue.

Rosehip tea which is high in Vitamin C and Echinacea renown for its influence on immunity can be cooled for kids and honey can be added to sweeten it up.

### **Autumn Recipe: Rich in Omega-3**

#### **Ocean Trout with Roma Tomatoes**

*Sauce:*

1 small red onion, chopped  
1 tablespoon of balsamic vinegar  
10 roma (plum) tomatoes, roasted and peeled  
2 teaspoons small capers  
1 teaspoon of pinenuts  
1 tablespoon of fresh basil

6 potatoes peeled  
2 garlic cloves, roasted & peeled  
¼ small avocado  
3 tablespoons of lemon juice  
4 x 125g pieces of trout  
Fresh basil sprigs, to garnish

To make the sauce, heat 1 tablespoon of water in a saucepan and sauté the red onion with a sprinkle of salt and pepper until soft. Add the balsamic vinegar and cook for 1 minute.

*Serves 4*

*Nutrition per serve: Energy 1718 (410 cal), Protein: 35g Total Fat 14g, Carbs 24g: Fibre: 9g; Sodium 106mg*

Add the roasted tomatoes, capers, pine nuts and 2 tablespoons of water and slowly bring to the boil. Reduce the heat and simmer gently for about 40 minutes until the sauce has thickened, stirring occasionally. Add the basil and more salt and pepper if required.

Meanwhile boil the potatoes in salted water for about 25 minutes, or until tender. Drain. Add the garlic and mash well. Mash in the Avocado.

Put the lemon juice in a frying pan over high heat then add the fish. Season with salt and pepper and cook for 1 minute each side. If the pan dries out, add a little water. Turn off the heat, cover the pan and leave for 5 minutes (the fish will complete its cooking in the pan).

Serve the fish on top of the mash, with the tomato sauce over the top. Garnish with basil sprigs.

#### **Clinic Updates:**

- **Gift Vouchers for Reflexology & Remedial Massage are available for Mothers Day (14<sup>th</sup> May)**
- **Krista is now available Fridays instead of Mondays.**