

TIPS FOR PREGNANT & BREAST-FEEDING WOMEN

- These women may use *Juice Plus+*® as a part of a healthy lifestyle along with other recommendations by their physicians such as taking prenatal vitamins. It will not result in an unhealthy excess of any one vitamin or mineral.
- Most physicians and other medical experts recommended that expectant mothers supplement their diets with 400 micrograms of folate per day. Taking 4 *Juice Plus+*® capsules daily satisfies this requirement.
- Always inform your physician of anything you add or change in your usual diet or health regimen.
- Good nutrition is extremely important during the recovery process after childbirth.
- Breast-feeding mothers require good nutrition for both the mother and child. If the mother is lacking, the child will also be deficient as the child takes all the goodness from the mother's milk. Therefore she must have enough nutrition for both of them.



Happy Mother's Day

10th May 2009

Show how you appreciate your mother/ wife/ partner by getting a gift voucher from Ultimate Care For You.

A gift of touch is the best gift to nurture them.



ultimate care for you

Welcome to "Ultimate Care For You". We provide guaranteed, high quality, face and body treatments and a professional and friendly one-on-one service. Allow yourself to escape the hustle and bustle of city life in our tranquil atmosphere, close to Central Station.

Wellness Presentation Invitation

You are invited to come to our Wellness Presentation. Learn more about how to gain health and fight premature aging! It would be held at 115 Wilton Street, Surry Hills. Mark your calendar! Saturday 14th March or Sunday 26th April 2009, at 2.45pm (for 3 pm start). You are welcome to bring a guest each. For catering purposes, please RSVP the latest 1 week before the dates. We look forward to see you soon, Ingrid Galloway & Andrew Shadwick.

Appointments are essential! Please call Ingrid on 0413-161616

115 Wilton Street Surry Hills NSW 2010

ingrid@ultimatecareforyou.com www.ultimatecareforyou.com

SPECIAL OFFER



To celebrate Ingrid's birthday this April, we are giving unbelievable specials for our loyal clients....

Pay only \$560 instead of \$700 for your initial GREEN PEEL & receive a FREE Signature Facial! (you save \$235).

Pay only \$320 instead of \$400 for your follow up GREEN PEEL & receive a FREE Signature Facial! (you save \$175).

Pay only \$544 instead of \$680 for 4 UNIVERSAL CONTOUR WRAPS & receive a FREE relaxing Body Scrub! (you save \$216).

Dear Clients,

Since I practice my therapies in 1999, I have come across many, many clients. One thing that I notice the most is, how women, especially mothers, are simply feeling guilty about looking after themselves. They put other people's needs first, and then their own. Any money leftover in the family is used to buy more toys or better clothes for the children. A lot of mothers that I looked after are simply worn out. So why are we doing this? Are we forgetting to love ourselves? Are we simply expecting too much out of ourselves?

A client of mine complained about her lack of energy, weight gain and feeling 'blue'. Apparently it is her thyroid that is out of balance (fluctuation between Hypothyroidism and Hyperthyroidism). I began searching for more info about this and found out Oprah (yes, THE Oprah) has the same problem. And do you know what she has learnt? Her weight issue (it has been her life time battle) isn't about eating less or exercising harder or even about a malfunctioning thyroid. It is about her life being out of balance. Too much work and not enough play, not enough time to calm down. Now, do not let your well run dry.

By looking after yourself, you will be able to give a better energy for other people including your family. I provide a variety of treatments that will nurture and give the ultimate care for you. However, it is up to you to do something about it.

Lots of love, *Ingrid Galloway*

Juice Plus+® AND PREGNANCY

Medical doctors everywhere are recommending *Juice Plus+*®. Doug Odom, M.D., an obstetrician and gynaecologist in Mississippi, carefully documenting his observation and analysis the outcome of more than 350 pregnancies within his group practice over an almost three-year period. "I've delivered literally thousands of babies over the past 30+ years," he said. "I was always worried that something I recommended could turn out to be harmful to my patients," he explains.

"Juice Plus+® is a whole food based nutrition- a wide variety of nutritional elements from a wide variety of fruits and vegetables. It's backed by a whole body of published, peer-reviewed clinical research that's impressive in terms of both quantity and quality. You never see that with other nutritional products."

Dr. Odom began sharing *Juice Plus+*® with his patients in May 1998. "I started noticing improvements here and there, but we really saw it in the expectant moms. Pregnancy is a very physically demanding 9 months. There is a rapid acceleration of free radical damage (oxidative stress). We started to see healthier pregnancies, seeing fewer Caesarean deliveries, fewer premature deliveries, and a lower incidence of preeclampsia – a condition of late pregnancy that is characterised by high blood pressure and that can be potentially life-threatening to both mother and baby. We also noticed that the newborns of these moms tended to have higher birth weights, fewer admissions to neonatal intensive care units, and a lower incidence of respiratory distress syndrome. It made sense to me that better nutrition would lead to healthier moms, and healthier moms have healthier babies," he recalls.

