



**Advantage
Pharmacy**

**PARENTING
LIFELINES**

Ten tips for avoiding
new parent burnout
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**COLD HARD
FACTS**

Cold and flu myths
and misconceptions
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**HEART TO
HEART**

Keep your blood
pumping with diet
and exercise *p.22*

A Better *You*

SPRING 2024

SURVIVING *Allergy Season*

Turn your
ahhh-choos
into ahhs

Plus
10 SNEAKY
SIGNS
OF IRON
DEFICIENCY
p.28

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A Better You

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COVER: ISTOCK/ERSTUDIOSTOK

10 WAYS TO COMBAT PARENTAL Burnout

It's important to take care of yourself, too

BY GINA KELLY

PARENTING CAN BE STRESSFUL, whether you're dealing with toddler tantrums or teenage hormones. To combat parental burnout, it's crucial to prioritise your own well-being. Here are some proven stress-reducing strategies.

1 DIVVY UP THE MENTAL LOAD

Have an endless to-do list? Seek support from your partner, family, or friends. Ask your dad to help with the school run or your friend to grab milk while they're out.

2 CREATE A SUPPORT SYSTEM

Connect with other parents for emotional support and practical advice. A strong social network helps parents feel more understood and less isolated.

3 TALK TO A THERAPIST

If your parental worry feels overwhelming, consider seeking professional help. A therapist can offer empathy and active listening to help you manage stress.

4 MAKE SLEEP A PRIORITY

Adequate sleep is essential for overall health. Develop a bedtime routine, avoid screens before sleep, and consult a healthcare professional if you have trouble sleeping.

5 SPEND TIME IN NATURE

Nature exposure is a proven way to reduce stress. Even a 10-minute walk outdoors can enhance your well-being. Try incorporating fresh air and sunshine into family activities.

6 EAT HEALTHY FOODS

Stress can lead to unhealthy eating, but nutritious foods help manage cortisol levels. Opt for more meals rich in vegetables and healthy omega-3 fats.

7 LIMIT ALCOHOL INTAKE

Excessive alcohol can increase anxiety. Trade that nightly glass of wine for a non-alcoholic option such as herbal iced tea or flavoured water.

8 SET BOUNDARIES

Establishing limits with family, friends, and colleagues is vital. Don't hesitate to say no when necessary to avoid feeling overwhelmed.

9 WORK OUT YOUR STRESS

Exercise affects mood-regulating neurotransmitters like serotonin. Aim for 150 minutes of movement each week to help boost your mood.

10 PRACTICE MEDITATION AND MINDFULNESS

Perception plays a big role in burnout. Meditation and mindfulness practices, like deep breathing, can help reduce your stress.

Remember—self-care is crucial for being the best parent you can be. Implement these strategies to beat burnout and boost overall well-being. ■

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THIS IS WHAT HAPPENS WHEN YOU BECOME A Parent

BY JOSHUA DUVAUCHELLE

How to thrive on dirty nappies and no sleep

THINK YOU'VE FIGURED LIFE OUT? Think you know how to be productive on a few hours of sleep? Becoming a new parent will make you question everything. Here's how to embrace the joys and challenges that come with your newest addition.

After seeing the results of a pregnancy test, it's easy to go into a research overdrive. Following mummy bloggers. Googling every pregnancy term you come across. Creating a never-ending laundry list of must-haves intended to keep your future child happy and healthy until they turn 30.

Yet all your preparation can't prepare you for the first time you feel your child kick, or finally meet them in person.

A DOSE OF PARENT BRAIN

Parenthood turns almost everyone into a sobbing mess, at one point or another. Blame hormones.

Mothers experience changes in emotion and cognition throughout pregnancy, but especially in the second and third trimesters. Studies suggest that sex hormones like estrogen and anti-inflammatory hormones like hydrocortisone permanently reshape mothers' brains, interfering with memory and language but boosting empathy and threat detection.

Fathers tend to experience changes only after the baby has been delivered, when they meet their child. Within the first few weeks, levels of testosterone drop and levels of prolactin—a hormone that encourages the development of fatherly behaviour—skyrocket.

In both parents, skin-to-skin contact and parent-infant play correlate strongly with rises in oxytocin, sometimes called the "love hormone." In other words, the more you hang out with your little one, the more like a parent you begin to feel.

DIFFERENT CHALLENGES

Studies have shown that a parent's confidence in their ability to influence their child in a healthy and success-promoting manner, also known as parental self-efficacy (PSE), is hugely important for both the parents' and child's welfare.

For mothers, PSE tends to be high immediately after childbirth, especially if breastfeeding initiation succeeds or they have had a child before.

Traditionally, more is expected of mothers, and fulfilling those responsibilities to the child boosts self-esteem and confidence, at a price.

Studies have shown that new mothers struggle with physical fatigue for the first two years after delivery.

For fathers, PSE often begins at detrimentally low levels. In one study, most fathers used words such as "useless" and "excluded" to describe their experiences during the early stages of parenthood, especially around feeding the baby.

RIGHTING THE BALANCE

On top of an opportunity to make the split of parenting labour fairer, getting dads involved has unique benefits, according to paediatricians.

Dads tend to get kids excited, helping their child to learn healthy risk-taking; they talk to babies differently than mothers, improving a baby's language development through variation; and help raise children who have healthier, less aggressive problem-solving skills.

Fathers looking to take on more parental labour should ask their partner what they can do to help, seek out parenting information, and remember that they are capable parents themselves.

IT TAKES A VILLAGE

Lastly, both mothers and fathers shouldn't need to be isolating. Try splitting the night into two shifts: one for you and one for your partner, so that only one of you has to get up. Turn to your social circle and learn from them: ask for encouragement, advice, and assistance.

Accepting help lets you be healthier, happier, and more present for your new baby. And that's all your little one really wants from you. ■

DON'T GET CAUGHT WITH YOUR NAPPY DOWN!

TEST DRIVE

Do a test drive to the hospital and plan for traffic. When the contractions start, it will be hard to yell, "Hey Siri, where's the hospital?"

NAPPY PREP

Lay out the nappy and wipes *before* undoing a dirty nappy. It's a good story the first time your baby pees in your eye. It's not so funny if it happens again.

PACKING TIP

Pack more nappies and more baby clothes than you think you'll need. You'll need them. Also pack a new outfit for yourself, in case you get peed on!

QUICK HANDS

Get ready to reverse-Houdini your little one. Baby clothes come with an ungodly number of snaps and buttons, which you'll have to navigate while your baby does everything it can to stay *au naturel*.



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PHILIPS
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Feed their way, parent your way

Nutrition for
toddlers to
teens

FIRST FOODS TO Fast Foods

BY LISA PETTY, PHD



FEEDING KIDS A NUTRITIOUS DIET

Feeding children a nutritious diet requires thoughtful planning, but it doesn't need to be complex. Here's a guide to managing your child's nutrition from infancy through adolescence.

FIRST FOODS

Introducing solid foods typically starts around six months, when babies might show interest in eating or have their first tooth. At this stage, it's essential to include iron-rich foods, as breast milk alone may not meet their nutritional needs by eight to nine months. Begin with iron-fortified cereals, well-cooked minced meats, eggs, or lentils. Establish healthy drinking habits by offering

ISTOCK/ZELJKOPANTRAC

water and limiting fruit juices to lay a foundation for a balanced diet.

NEW FEEDING GUIDELINES

Recent guidelines recommend:

- ▶ Introducing iron-rich foods at around six months.
- ▶ Gradually incorporating other food groups.
- ▶ Not delaying the introduction of potential allergens like peanuts and eggs, as this does not reduce allergy risk.
- ▶ Offering homogenised milk from nine to 12 months.
- ▶ Using open cups rather than sippy cups to develop mature drinking skills.

MANAGING TODDLERS' DIETS

As toddlers grow, they may become picky eaters and experience fluctuating appetites due to slowed growth. Offer a variety of foods regularly and opt for smaller, frequent meals instead of large portions. Aiming for a balanced week of meals is more effective than focusing on daily intake. According

to Nemours KidsHealth, Toddlers generally need about 1,000 to 1,400 calories per day, depending on their activity level. Encourage healthy eating habits without creating conflicts over food choices. Consistency in offering a variety of foods is key, as a child's appetite can vary from day to day.

FOOD SWINGS

Teenagers may experience mood swings and increased appetite. To manage this, prevent low blood sugar by ensuring they eat balanced meals and snacks every few hours. Maintain nutritious options and be a positive role model, rather than enforcing restrictive eating habits.

HEALTH SABOTEURS

Certain foods are linked to overweight and obesity in teens, including sugar-sweetened beverages, pizza, processed desserts, breads, pasta dishes, and savory snacks like potato chips. Reducing these items can help maintain a healthy weight and improve overall health.

TIPS FOR PICKY EATERS

- 1 **Offer Finger Foods:** Provide easy-to-grasp finger foods to make meals accessible.
- 2 **DIY:** Involve children in meal preparation to increase their interest in food.
- 3 **Hide Veggies:** Add vegetables to familiar dishes like pasta sauces to sneak in extra nutrients.
- 4 **Play with Food:** Create visually appealing meals to make eating more engaging.
- 5 **Peer Influence:** Arrange playdates with health-conscious peers to encourage better eating habits.
- 6 **The Bite Rule:** Gradually increase the number of bites of new foods according to the child's age.
- 7 **Grow Your Own:** Involve children in gardening to spark interest in fresh produce.

By following these guidelines and tips, you can support your child's growth and development, ensuring they have a balanced and nutritious diet throughout their early years and into adolescence. ■

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It's a multidimensional, nurturing journey

BECOMING Mothers

BY DANIELA GINTA, MSC

MOTHERHOOD IS ESSENTIAL TO LIFE: after all, we all start somewhere. But mothering encompasses more than a baby's birth, and it goes beyond parenting one's child. It is, above all, a journey of being transformed, finding meaning, and understanding the depth of the love we can have for others.

ISTOCK/MARTINDR

As we raise our children, we raise ourselves, growing and learning with our child and allowing mothering to infuse our lives beyond actual parenting.

Mothering is joyful, but also overwhelming and exhausting, and a meandering journey at times.

SHIFTING PARENTAL LANDSCAPES

Not long ago, it was accepted in Australia that most women would have children at a relatively young age. But we are always redefining life and parenting, which is reflected in the changing average maternal age just over 31 (according to a 2024 report by the Australia Institute of Health and Welfare), the changing birth rate (increasing now after declining last decade), and the declining proportion of couples raising children (the Australian Bureau of Statistics released a report in 2019 noting a decline from 54% to 49% among this demographic).

The reasons for these changes are many: some people choose to divorce after having children; some are raising children

as single parents; some struggle with infertility or other medical impediments; others opt not to have children for personal, financial, or environmental reasons. This shifting landscape is changing what we imagine motherhood to be.

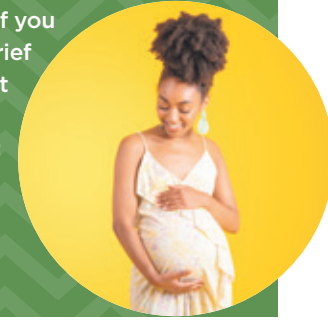
ONE PLUS ONE MAKES TWO

There are birth mums, adoptive mums, surrogate mums, and stepmums; there are friend mums, pet mums, and plant mums; there are also mother figures among us who do not have their own children. The common denominators are the ability to move mountains for the one you mother, and to let go and grieve when it's time to let them move on without you.

We are social creatures, and we need closeness; maternal instincts can manifest in many ways. Mothering can add much to our well-being, both emotional and physical, as long as we are loving, committed, and open to being changed in the process. ■

WHEN TRAGEDY STRIKES

A 2018 study published in the journal *BMC Womens Health* states that, in Australia, approximately one in four pregnancies end in miscarriage. Late miscarriages may be seen as harder to bear, but loss is heartbreaking whenever it occurs. If you know someone who's bearing this kind of loss, acknowledge it by sending a thoughtful note or asking how you can best provide help. If you are experiencing this grief yourself, remember that miscarriages are more common than we think: do not be afraid to seek support from the people you trust.



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YOUR BODY ON

Magnifying the immune response

Seasonal Allergies

BY CASSIE IRWIN, ND

SEASONAL ALLERGIES PLAGUE SUFFERERS with aggravating symptoms, which can reduce productivity, incur expenses, and have a negative impact on health-related quality of life. Having seasonal allergies also increases the risk of developing related conditions, such as asthma, chronic sinusitis, and nasal polyps. Those with seasonal allergies may wonder, why me?

STAYING IMMUNE

The immune system is overworked and underpaid. It's constantly responsible for scanning the body for precancerous cells, sensing and fighting infection, and regulating inflammation. The immune system must also maintain tolerance to the body's own cells and tissues, as well as to antigens from food and the environment.

Immune tolerance is the prevention of an immune response against a certain antigen. This is important for maintaining overall balance in the body and preventing autoimmune and allergic reactions. But when it comes to seasonal allergies, tolerance to a normally harmless environmental antigen, such as grass or birch pollen, is lost.

WHAT'S IN A NAME?

Allergic rhinitis is an immune-mediated mucosal inflammatory reaction in the nasal passageways, which may cause symptoms including nasal congestion, runny nose, frequent sneezing, and itchy nose or eyes.

Also known as hay fever, allergic rhinitis often co-occurs with asthma and conjunctivitis. Allergic rhinitis may result from both seasonal and perennial allergies.

Seasonal allergens are airborne particles from the environment that, in those who are hypersensitive, trigger allergic rhinitis upon inhalation. Symptoms wax and wane with the season. Common seasonal allergens include pollen from grass, trees (including birch), ragweed, and mould.

Perennial allergens are unrelated to the season and may cause allergic rhinitis in hypersensitive individuals all year long. Common perennial allergen sources include pet dander, house dust mites, and cockroaches. Compared with seasonal allergies, it's less common for perennial allergies to cause eye symptoms.

FEELING SENSITIVE

Allergic rhinitis is a hypersensitivity reaction, in which the immune system inappropriately and excessively fights back against the antigen as if it were a threat. Specifically, allergic

rhinitis is a type I hypersensitivity reaction, in which immunoglobulin E (IgE) antibodies are recruited upon detection of an antigen.

Seasonal allergic rhinitis symptoms can present very quickly after pollen antigen recognition. Type I hypersensitivity reactions happen within 24 hours of antigen exposure.

UNDER THE MICROSCOPE

As soon as the immune system reacts to an antigen from pollen, IgE then binds to the IgE receptors on mast cells and basophils. This binding causes the mast cells and basophils to degranulate, which releases histamine, leukotrienes, prostaglandins, and other mediators of inflammation into the area.

The problem is that these compounds have no real enemy to battle in the nasal pathways and instead irritate the local tissue. The resulting inflammation causes the telltale symptoms of seasonal allergies: nasal and ear congestion; runny nose; postnasal drip; sneezing; and itchiness of the palate, nose, eyes, and ears.

CONTRIBUTING FACTORS

There are genetic, epigenetic, socio-economic, and environmental risk factors for seasonal allergic rhinitis.

The **"hygiene hypothesis"** suggests that a lack of early life exposure to microbes and antigens may impair proper immune function and increase susceptibility to allergic diseases. However, persistent pollen exposure in infancy increases risk of allergic rhinitis.

Geographic distribution affects risk of seasonal allergy. For instance, Brisbane's grass pollen season starts between mid-September to late November, whereas Sydney's starts anywhere from the end of July through to early October.

Climate change and air pollutants are acknowledged aggravators of allergic rhinitis. **Drinking milk** appears to have a protective effect on hay fever risk.

TREATMENT OPTIONS

Treatments for allergies can be individually curated to support the optimal functioning

LIFESTYLE STRATEGIES

- ▶ Wear a hat, glasses, and nasal filters when outdoors.
- ▶ Shower upon return from work or a walk.
- ▶ Irrigate nasal passageways via a neti pot with distilled water and salt.
- ▶ Keep windows closed.
- ▶ Wash curtains, carpets, and bedding regularly.
- ▶ Mop floors regularly.
- ▶ Use HEPA air filters.
- ▶ Eradicate mould.



of your immune system, and may involve additional nutrients, allergy shots, prescription medication, and diet or lifestyle modifications.

Allergists may offer skin prick testing and other forms of assessment to determine if IgE is active when presented with relevant allergens. Treatment may include an intranasal, oral, or ocular antihistamine or corticosteroid, or a combination of both.

Allergen immunotherapy ("allergy shots") may be indicated for patients with persistent symptoms. This involves administering a small amount of allergen into the skin or under the tongue to stimulate an allergic response, with the goal of building tolerance over time.

Consider asking for help from your Pharmacist or a healthcare professional for support throughout allergy season. ■

8-STEP ALLERGY Survival Kit

BY JOSHUA DUVAUCHELLE

Conquer the season of sneezes

THE 2023 IQAIR WORLD AIR QUALITY REPORT states that Australia is one of only seven countries that meets the World Health Organization's guideline limit for airborne particles, yet almost one in five Australians suffer from respiratory allergies to pollen, dust, and other particulates. According to the Australian Institute of Health and Welfare, these allergies are nothing to sneeze at, costing us all in medical fees, lost productivity, and more.

RUNNY NOSE NATION
Adelaide and Brisbane boast some of the nation's cleanest breezes, according to IQAir, while Sydney and Townsville rank on the bottom of the list. But even so-called "clean" cities aren't exempt from constant sneezing, stuffy noses, and itchy eyes.

Urban allergy audits have found high percentages of extremely allergenic, pollen-producing plants in all major Australian cities. It's time to give your nose a break. Combine simple lifestyle changes and antiallergy medication to survive—nay, thrive—this allergy season.

1 STOP, DROP, AND WASH

After enjoying the outdoors, change your clothes immediately to avoid tracking pollen and dust into your home. While you're at it, wash your hands and face, too.

A saline spray and saline eye drops can quickly flush out pollen, dust, and other pollutants from sensitive noses and eyes.

2 FRESHEN INDOOR AIR

The Department of Climate Change, Energy, the Environment, and Water says that Australians spend 90 percent or more of their time indoors.

Potentially worse than outdoor allergens, being continually exposed to indoor allergens may prompt us to develop hypersensitivities that make us more prone to allergic reactions generally. Invest in your health by using a high-efficiency particulate air (HEPA) filter.



TOP: ISTOCK/SVELANA PARNIKOVA; LEFT: ISTOCK/SIMPSON

3 GET STEAMY

Dry air can exacerbate our allergy symptoms. A home humidifier or vapouriser helps replenish airborne moisture.

Aim for humidity of approximately 30 to 50 percent, as recommended in a 2023 study published in the *International Journal of Molecular Sciences*. Too much humidity can make things worse, leading to problems with mould and dust mites.



FROM LEFT TO RIGHT: ISTOCK/PUHMEC; ISTOCK/ANDREER; ISTOCK/RIANA JACKSON

4 TRY ANTIALLERGY MEDICATIONS

When we have allergies, our immune system goes into overdrive responding to otherwise harmless triggers, putting stress on our bodies that can make our allergies even worse.

Taking antiallergy medications like antihistamines could both alleviate symptoms and prevent the worsening of allergies due to your body's stress and exhaustion.

5 UNDO THE HAIRDO

Sticky hairsprays, gels, and other hairstyling products can trap floating allergens. Go *au naturel* to lower your risks and breathe a little more freely.

No matter your hairstyle, keep it clean. Hair, almost like an air filter, can catch and hold allergens that you might breathe in later.

6 WALK AWAY FROM CARPET

Remove or reduce all carpeting in your home. Carpets can trap



particles that can later be kicked back up into the air. Wet carpets can also be a source of mould growth—a common indoor allergen.

Hard-surface floors are easier to keep clean, especially near doors or windows where air pollutants may enter a home.

7 CLEAN GREEN

Regularly cleaning counters, floors, and other hard surfaces helps to limit the buildup of dust, pollen, and other allergens.

However, it's also important to be careful about the products we use. Some people can develop allergies to the volatile organic compounds (VOCs) in some cleaning products.

8 DE-FUZZ FURRY FRIENDS

Our animal companions can track in allergens from the outdoors, and pet dander itself is also a common allergen.

Wash your pet any time they come indoors. For cats and other water-shy animal companions, a moist pet wipe can work instead.



AIR POLLEN ORACLE

Unlike other areas of our lives, when it comes to seasonal allergies, we really can see into our future. Every morning, we can check local pollen levels and adjust our planned activities as necessary on high pollen count days.

The Bureau of Meteorology has partnered with CSIRO, the Australian Society of Clinical Immunology and Allergy, and Asthma Australia to produce the AusPollen project. The project provides regularly updated air pollen level maps, available at aus-pollen.edu.au.

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COLD AND FLU

Are they true or false?

Beliefs

BY HARRIET COOPER

AS COLD AND FLU season approaches, it's crucial to separate fact from fiction about these common illnesses.

Getting a Cold or the Flu is Inconvenient, Not Serious

MOSTLY TRUE Around 20% of us catch the flu each year. For most, this means feeling unwell with symptoms like fatigue, aches, congestion, and fever. While most recover without serious issues, the flu can be severe for the elderly and young children. Colds, though milder, can result in serious complications like pneumonia, particularly in individuals with weakened immune systems or respiratory conditions.



Cold Weather Causes Colds and Flu

MOSTLY FALSE Cold weather aligns with cold and flu season but doesn't cause these illnesses. The viruses thrive in winter because people stay indoors and are in close contact.



We're More Likely to Catch Illnesses on Airplane Flights

TRUE Air travel increases the risk of getting sick due to dry cabin air, which thickens nasal mucus, making it less effective at trapping viruses. Staying hydrated and using a saline nasal spray can help reduce infection risk.

Once We're Sick, We're Safe for the Rest of the Season

FALSE The influenza virus evolves annually, and different strains can circulate. Getting the flu doesn't guarantee immunity for the season.

Conventional Remedies Cure Colds and Flu

FALSE Over-the-counter remedies don't cure colds or flu but they do alleviate symptoms. Nasal decongestants, throat lozenges, and cough medicines are helpful in minimizing difficult symptoms.

Taking Antibiotics Fights Colds and Flu

FALSE Antibiotics don't work against viral infections like colds and flu, although they may be necessary for secondary bacterial infections.



Feed a Cold; Starve a Fever

FALSE Proper nutrition and hydration are essential for recovery. Eating well and staying hydrated helps, but over- or

under-eating doesn't affect illness duration. Warm drinks and soups can soothe symptoms, but avoid caffeine which is dehydrating.



Taking Vitamin C Prevents Colds

TRUE Vitamin C can offer moderate benefits in preventing colds and reducing symptom duration, especially in children and those under stress from cold weather or intense activity.

Exercising Regularly Can Prevent Colds

FALSE BUT... Regular exercise strengthens the immune system, potentially speeding up recovery from colds. While it doesn't prevent colds, staying active supports overall health. So don't use cold weather as an excuse to stay in bed. Get up. Get moving. Get healthy. ■

TOP: ISTOCK/MARTINPRESCOTT; LEFT TO RIGHT: ISTOCK/SUZU MEDIA PRODUCTION; ISTOCK/PIXELVISTA; ISTOCK/ASIAVISION; ISTOCK/140898467

BEAT THE Relentless COLD

BY MICHELLE SCHOFFRO COOK, PHD, DNM

End the "never-ending cold" cycle



WHEN IT COMES TO COLDS, most of us find solace in knowing that our unbearable sore throat or irritating cough will be over quickly. But for some unlucky people, the prolonged suffering often called the "never-ending cold" may continue for weeks or months. Fortunately, the remedies and simple strategies discussed below might just help you feel back to normal in no time.

THE COLD HARSH FACTS

Over 200 viruses, including rhinoviruses, coronaviruses, and respiratory syncytial viruses (RSV), cause colds. While most colds resolve within a week, some people experience what's known as a "never-ending cold," with symptoms persisting for weeks or even months. Symptoms include congestion, coughing, runny nose, sneezing, sore throat, and reduced taste and smell. Here are strategies and remedies to help alleviate prolonged cold symptoms.

PREVENTING COLDS

To reduce the risk of catching or prolonging a cold:

- ▶ **Wash Hands Regularly:** Helps remove germs.
- ▶ **Avoid Touching Face:** Prevents transferring viruses to eyes and nose.
- ▶ **Avoid Smoking/Vaping:** Reduces respiratory irritation.
- ▶ **Exercise Regularly:** Especially outdoors for better respiratory health.
- ▶ **Stay Hydrated:** Drink plenty of fluids.
- ▶ **Eat Well:** Include vegetables and sprouts in your diet.
- ▶ **Limit Sugar:** Reduces inflammation and boosts immunity.

TREATING THE RELENTLESS COLD

If a cold lingers, consult a physician to rule out secondary infections like bronchitis or sinusitis. Conditions such as asthma or chronic bronchitis might worsen cold symptoms. Seek

medical advice if you have high fever, severe symptoms, or ear pain.

For symptom relief of more common symptoms, try these approaches:

- ▶ **Rest:** Essential for recovery.
- ▶ **Adjust Environment:** Maintain a warm but not hot room temperature; use a humidifier if the air is dry to ease congestion and coughing.
- ▶ **Soothe Throat:** Use ice chips, throat sprays, lozenges, or salt-water gargles.
- ▶ **Try Medicine:** Over-the-counter cold and cough medicines can be effective for adults and children over 5. Follow dosage instructions.
- ▶ **Relieve Congestion:** Saline sprays or nasal drops can help.

For personalised recommendations, consult your healthcare provider or Pharmacist. They can suggest the best remedies based on your specific symptoms. ■

HAYFEVER-Y?

RUNNY?

SNEEZY?

We've got your nose



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10 USEFUL STRETCHES FOR LOWER BACK PAIN

Suffering from lower back pain? We have you covered | BY GINA KELLY

STRETCHING YOUR LOWER BACK is crucial for recovery. Here are ten effective stretches to ease lower back pain. Consult your doctor before starting any new exercise routine, and remember, strengthening your back helps prevent future pain.

1 CHILD'S POSE

Kneel on the floor with toes together and knees hip-width apart. Lower your chest between your knees and rest your forehead on the floor, stretching your arms out in front. Hold for five deep breaths.

2 CAT-CAMEL

Begin on your hands and knees. Inhale, rounding your back and tucking your head. Exhale, arching your back and lifting your head. Repeat five to

ten times, moving at your own pace.

3 KNEES-TO-CHEST

Lie on your back with knees bent and feet flat. Bring your knees to your chest, wrapping your arms around your shins. Keep your back flat on the floor and hold for one to two minutes.

4 RAGDOLL FOLD

Stand with legs hip-width apart and knees bent. Bend at the waist, letting your chest



drape over your thighs. Hands can hang down or you can hold opposite elbows. Hold for 20 seconds, then slowly roll up.

5 SEATED SADDLE STRETCH

Sit with legs spread wide and feet flexed. Bend at the waist, reaching forward as far as comfortable. Avoid rounding your back. Hold for 20 to 30 seconds.

6 SEATED TOE TOUCH

Sit with legs extended and feet flexed. Reach forward from the waist to stretch your hamstrings. Hold for at least 30 seconds and remember to breathe.

7 REVERSE PIGEON

Lie on your back with knees bent. Cross your right leg over your left knee. For a deeper stretch, pull your left thigh towards your chest. Hold for one minute, then switch sides.

8 SEATED SPINAL TWIST

Sit with legs straight. Place your right foot on the outside of your left leg. Wrap your left arm around your right leg and hold for 30 to 60 seconds. Repeat on the other side.

9 LEGS-UP-THE-WALL

Lie on the floor with knees bent, feet flat, and toes touching the wall. Walk your feet up the wall until your body forms an L-shape. Hold for one minute or longer.

10 SUPERMAN STRETCH

Lie on your stomach with arms and legs extended. Lift your arms and legs off the floor, holding for 20 seconds. Repeat five times.

These stretches can help alleviate lower back pain and improve flexibility, supporting overall recovery. ■

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4 STEPS TO A *Safe* WORKOUT

BY MICHAEL FOSTON, ASC, BCRPA PT

INJURY CAN BE especially frustrating as we age and juggle busy lives. Preparing your body is crucial for avoiding injuries.

Tips for staying injury-free

WORKOUT CHALLENGES

Maintaining a regular exercise routine is vital to prevent injury. Common injury causes include:

- ▶ Lack of strength and conditioning
- ▶ Insufficient warm-up
- ▶ Decreased flexibility
- ▶ Ignoring personal limits

TIPS FOR STAYING INJURY-FREE

Know Your Limitations

Start activities slowly and at low intensity. The American Orthopaedic Society for Sports Medicine recommends gradually increasing the intensity by no more than 10% per week to prevent overloading muscles and joints. Have realistic expectations

following long periods of inactivity.

Rest and Recovery

Assess if you are physically and mentally prepared for your activities. Recovery is as important as exercise. Schedule rest days and take breaks if you feel unwell. Care for physical injuries like scrapes and wounds by keeping them clean, covered, and monitored by a doctor or your pharmacist.

Be Patient

Learning new sports or improving fitness requires time. Begin with the basics and gradually build up. Persistent soreness beyond 48 hours or one-sided discomfort may indicate early injury.

Stay Hydrated

Hydration is essential year-round. You can become dehydrated in any temperature, especially during intense activities. Prevent dehydration by drinking water regularly, consuming water-rich foods like cucumbers and tomatoes, and avoiding excessive caffeine. Dress appropriately to avoid overheating.

Train for Joint Stability and Mobility

Joint stability and mobility are crucial for injury prevention. Focus on exercises that enhance strength, core stability, and joint mobility. Ensure your core and pelvis are strong and flexible.

Gym Workouts

Prepare your body with full-body exercises, plyometrics, and core stability training. Exercises like squats and lunges boost muscle control and overall strength, while plyometrics enhance joint stability.

Warm-Up Properly

A dynamic warm-up loosens tight muscles, increases blood flow, and activates the nervous system. Incorporate dynamic stretches to reduce muscle tension and injury risk.

Move More at Work

If your job involves prolonged sitting, get up and move every hour. Include dynamic exercises during these breaks to maintain muscle activity and overall movement health.

Enjoy Your Routine

Make warm-ups enjoyable. Use this time to focus and prepare mentally for your activity.

Warm-Up Exercises

Perform 10-12 repetitions of each exercise, with two sets:

- ▶ **Lateral Lunge:** Step sideways, bend the knee, keeping toes forward, then switch sides.
- ▶ **Body-Weight Squats:** Squat with arms extended, keep your back straight, then return and squeeze glutes.
- ▶ **Jump Squats:** Squat, then jump explosively and land back in a squat.
- ▶ **Reverse Lunge with Overhead Reach:** Step back, bend the knee, reach overhead, then switch sides.
- ▶ **Mountain Climbers:** From a push-up position, alternate bringing knees towards your chest. ■

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TAKE YOUR

Start with the basics

Heart Health TO HEART

BY DR. KATHERINE KREMBLEWSKI

HEART HEALTH IS A TOPIC often rife with conflicting and confusing information. When dealing with cardiovascular conditions such as high cholesterol or hypertension, it's important to establish a baseline for your specific case. Do this by having your cholesterol and blood pressure checked regularly by your pharmacist or healthcare practitioner.

Once you've reviewed your test outcomes with your doctor, it's often most effective to start with the basics when beginning any treatment protocol. Making dietary and lifestyle changes is of the utmost importance, especially in the case of high cholesterol and/or high blood pressure.

INCREASE YOUR FIBRE INTAKE

Regardless of cardiovascular concern, fibre is an important component of any diet. Known for its ability to "move things along" digestively, fibre is also an important factor in regulating blood sugar levels. Keeping glucose levels stabilised will reduce the risk of plaque formation on artery walls.

Fibre is also an effective way to lower cholesterol levels, as fibre is very efficient at binding cholesterol and removing it from



the bloodstream. Aim to get 25 g of fibre per day if you're a woman and 38 g for a man, ensuring the sources are a good mix of soluble and insoluble fibre.

EAT PLENTY OF FRUITS AND VEGGIES

With so many treatment options on the market, from both pharmaceutical and nutraceutical perspectives, we often forget the

importance of a well-balanced diet, and that includes colourful fruits and vegetables.

Phytonutrients are the active biochemical component in the skins of fruits and vegetables and are responsible for providing antioxidants in our diet. Antioxidants help neutralise any free-radical damage in the body—damage caused not only by external factors such as



environmental toxins but also by our own cells when creating energy.

Phytonutrients not only contribute to heart health but have also been recently discovered to help feed the good bacteria in the gut (filling a role also known as prebiotics). If you find it difficult to get all your daily servings of phytonutrient-rich foods, consider incorporating a high quality food-based supplement into your routine.

GET MOVING!

One of the best ways to love your heart is by getting it pumping. We've known for a while that regular activity has meaningful effects on risk factors for cardiovascular disease. Exercise can also decrease blood pressure, improve insulin sensitivity, increase "good" high-density lipoprotein (HDL) cholesterol, elevate our



with muscle-strengthening activities on two or more days per week.

WHAT WE DON'T EMPHASISE ENOUGH

Sleep is an underappreciated supporter of heart function. For people who eat well, exercise, and don't smoke, getting seven hours of sleep per night further decreases cardiovascular risk.



mood, and decrease our risk of dying from heart disease.

The important thing to remember when working out is to keep switching it up—alternate using weight training, high intensity interval training (HIIT), and restorative exercise (such as yoga or Pilates) to keep your body guessing. Aim for at least 150 minutes of moderate-intensity aerobic physical activity a week,

Effective stress management techniques can help with sleep and bring additional benefits.

WHAT THE JURY IS STILL OUT ON

A wide range of wearables can track and record every aspect of your daily activity, food intake, and biometrics. But are these watches, clips, and pendants doing you any favors or just giving you less money to see the 88th Star Wars film? As far as cardiovascular risk factors are concerned, people wearing activity trackers take more steps and feel more motivated to exercise. Other studies link wearables and online food journaling with improved weight loss.

Unfortunately, the novelty tends to wear off after a while, along with the activity levels. Engagement with an app can help keep interest going, but the

long-term effects of wearables on cardiovascular health still remain to be seen.

RISK FACTORS YOU CAN CHANGE

You may not be able to change your age, sex at birth, or family history, but you could influence

- ▶ elevated blood pressure
- ▶ low-density lipoprotein (LDL) cholesterol
- ▶ weight
- ▶ insulin resistance and diabetes
- ▶ lack of activity
- ▶ smoking

Our understanding of the best steps to take for optimal heart health is still evolving. But it's clear that by eating the right foods, prioritizing healthy gut flora, staying active, and getting a good night's sleep, you'll be taking even more than 10,000 steps in the right direction. ■

GREAT SLEEP— HAPPY Tummy

Good quality sleep improves your microbiome and digestive process

BY DANIELA GINTA, MSC

DO YOU THINK OF SLEEP as a reward to enjoy at the end of each day? Or does it feel more like a chore? If you could ask the trillions of bacteria that reside in your gut about one necessity that ensures their long-lasting well-being, they'd sum it up with two words: quality sleep.

According to the Australian Institute of Health and Welfare, 2 out of every 3 Australians report at least one sleep-related problem, and almost a fifth of Australians are estimated to have sleep deficiencies. In addition to potential negative impacts on heart and mental health, there's evidence that sleep impacts our digestive health.

YOUR GUT NEEDS GOOD SLEEP

Lack of sleep can cause an increase in pro-inflammatory molecules called cytokines, and it can also reduce the amount of beneficial anti-inflammatory short-chain fatty acids and bile acids. Lack of sleep also leads to increased levels of ghrelin, the hunger hormone, and decreased levels of leptin, the satiety hormone.

FACTORS THAT INTERFERE WITH QUALITY SLEEP

- ▶ heavy dinners
- ▶ caffeine late in the day (past 2 pm)
- ▶ nightcaps (alcohol may cause lethargy, but sleep quality will suffer)
- ▶ activities that increase cortisol levels (intense physical training, stress—both acute and chronic)



This means that, when we are tired, we are both more tempted by inflammatory foods and less able to digest them.

To make matters worse, these effects are amplified by the fact that sleep deprivation also reduces insulin sensitivity. This can happen after a couple of nights of poor quality or reduced sleep time, putting extra strain on your pancreas to increase insulin production.

Body systems work synergistically, and our digestive system is connected to every other part of our bodies. Changes in the microbiome can happen as quickly as 48 hours after insufficient sleep. A sleep-deprived, imbalanced gut can increase the body's risk of cardiovascular disease, Alzheimer's disease, type 2 diabetes, and cancer.

AND GOOD SLEEP NEEDS YOUR GUT

The connection between gut health and sleep goes both ways. Poor sleep can be caused by poor digestive conditions, such as dramatic microbiome alterations, gastroesophageal reflux, inflammatory bowel disease, obesity, and liver or pancreatic diseases.

Given these connections, it is possible that too little or too poor-quality sleep could lead to digestive issues, which in turn could

Think of sleep as one of the highest return investments in your long-term health, and make seven to nine hours a night non-negotiable.

lead to difficulties sleeping, which in turn could worsen digestion. The result could be a spiralling feedback loop of stress and harm to the body.

But there is a silver lining, too, especially for those who have few sleep choices due to job or life requirements.

If sleep and digestion are so interconnected, that gives us two areas where we can slow the spiral by taking small steps. For example, the impact of sleep deprivation on the gut is amplified in cases where a diet is high in fat and sugar, and where meals are overly large or overly frequent. By reducing intake of inflammatory foods or frequency of meals, we can allow our digestive systems to rest.

DON'T HIT SNOOZE ON GOOD SLEEP

The bottom line is that sleep is more impactful on all of our body's systems than we might expect. Think of sleep as one of the highest return investments in your long-term health, and make seven to nine hours a night non-negotiable.

No matter our sleep history, the interconnectivity of these systems shows us that we can start making small but impactful changes. Your body and your trillions of gut bugs will thank you for it. ■

COUNTING SHEEP

Women can have a 40 percent increased risk of insomnia, as reported in a 2016 study published in the journal *Philosophical Transactions of the Royal Society B*, due to fluctuating hormones during menstrual cycle, as well as during pregnancy, postpartum, perimenopause, and menopause.

Men can experience decreased testosterone levels due to both aging or sleep loss, which can, in turn, affect sleep quality and cause further complications.



OPPOSITE PAGE: ISTOCK/GOODENOFF; RIGHT: ISTOCK/PEOPLEIMAGES

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OF ACID REFLUX

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2 STOMACH DISCOMFORT

3 THROAT OR CHEST BURNING

4 STOMACH CONTENTS RISING

5 STOMACH BURNING

6 SOUR TASTE



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WELL, THAT'S AWKWARD: DEAL WITH DICEY

Digestive ISSUES

Proper digestion involves our parasympathetic nervous system, which is inhibited when our body is active or stressed.

Most of us are having digestive problems, but they could be easier to solve than you think.

BY ERICA VOLK

ROUGHLY HALF OF ALL AUSTRALIANS suffer regularly from digestive complaints, which can greatly reduce quality of life. The good news is there are simple things you can do to improve digestion at a cost that is easy to stomach!

If you're one of the 13 million Australians who experiences digestive symptoms such as gas, bloating, diarrhea, constipation, abdominal pain, acid reflux, or nausea, you'll understand the profound adverse effects these symptoms can have on quality of life.

Even beyond discomfort and embarrassment, chronic digestive complaints can contribute to downstream effects such as nutrient malabsorption, osteoporosis, skin complaints, and fatigue. The good news is that there are many ways to improve digestion, and they range from affordable to free.

SAY THANK YOU AND CHEW YOUR FOOD

You might have heard the phrase "rest and digest." It turns out that eating on the go has a negative effect on digestion. Proper digestion involves our parasympathetic nervous system, which is inhibited when our body is active or stressed.

Two ways of promoting a relaxed state at mealtime are, first, finding a calm location where you can be still while eating and, second, maintaining a positive attitude during meals. Taking time to eat helps your body to relax, and it turns out that focusing on gratitude before a meal actually has an effect on our parasympathetic nervous system, too.

TAKE A BREAK FROM INFLAMMATION

Sugar, refined grains, and alcohol are all too prevalent in the Western diet and can promote inflammation and wreak havoc on digestion. While it's easy to miss your body's negative reaction to these foods, many people see improvements in their digestion and overall health when reducing or eliminating them from their diet.

Consider even a temporary break from inflammatory foods like sugar, refined grains, and alcohol. Temporarily removing them

from your diet can both reduce digestive inflammation and promote healing of digestive tissues, which reduces digestive symptoms as well as seemingly unrelated symptoms such as pain and fatigue.

DRINK PLENTY OF WATER—BUT NOT WHILE EATING

We've all heard that we should drink more water, and it's true. For the most part, drinking water throughout the day is helpful for digestion, promoting regular and complete bowel movements. However, when it comes to mealtime, it's more advisable to put the water away and let that stomach acid do its job.

Drinking fluids with meals can dilute stomach acid, neutralising its pH and decreasing its ability to break down our food. Chronically low stomach acid is thought to lead to malabsorption of nutrients, including calcium and iron. Furthermore, disruption in stomach acidity levels can feed pathogenic bacteria, aggravating digestive symptoms.

EMBRACE FERMENTED FOODS

An adequate quantity and diversity of healthy bacteria in our intestines is vital for keeping more dangerous bacteria in check and promoting normal digestion. Probiotic

EAT SLOWLY AND DON'T FORGET TO CHEW!

Chewing our food thoroughly helps the amylase in our saliva begin the process of digesting starch and increases the surface area of our food, easing the burden on our stomach.

Another benefit of chewing well is that it gives us time to identify when we are full, helping us to avoid overeating.



supplements can help restore a healthy balance, but they often contain only a few strains out of the hundreds of species of bacteria that live in a healthy gut.

Fermented foods, including sauerkraut and kimchi, deliver another variety of bacteria to help diversify your microbiome. Including them in your diet helps promote healthy digestion and may provide numerous other health benefits.

GET A PROPER EVALUATION

If you have digestive complaints that are not easily managed with the steps listed here, or if your symptoms have persisted for years, it might be time to see a health professional and have a proper evaluation.

Potential underlying causes of chronic digestive symptoms such as diarrhea, constipation, and reflux include sluggish thyroid; structural problems (including a hiatal hernia); food sensitivities; autoimmune disease; or an overgrowth of yeast, parasites, or bacteria. Proper diagnosis and treatment may resolve the issue for good. ■

10 SNEAKY SIGNS OF IRON

BY PATIENCE LISTER

Deficiency

Red flags that your blood cells need support



KEEPING YOUR IRON LEVELS up is critical to your physical and mental well-being. Women, children, vegetarians, and athletes are at greatest risk of deficiency. Here are some sneaky symptoms that can easily go unnoticed:

1 FATIGUE AND WEAKNESS

About 75 percent of the iron in your body is in the haemoglobin and myoglobin responsible for keeping your muscles oxygenated, meaning your muscles are among the first to feel any deficiencies.

2 POOR CONCENTRATION

Your brain relies on iron-rich blood to stay oxygenated, build enzymes, keep neurons energised, and activate neurotransmitters. Iron deficiency may present as brain fog or difficulty focusing.

3 UNUSUAL CRAVINGS

Do you crave handfuls of fresh soil or cups of ice cubes? These "pica" are often caused by your



brain needing more iron, but can be cured by special iron therapies.

4 PALENESS

Don't always shrug off paleness as a sign of too much time indoors. Paleness in your face, nail beds, and the creases of your palms can be a sign of paler, iron-deficient blood cells.

5 MIGRAINES

While many of us blame common triggers for migraines, a 2019 study published in the *International Journal of Hematology-Oncology and Stem Cell Research* observed that there's a strong inverse correlation between dietary iron levels and migraines in women aged 20 to 50.



6 DIZZINESS

Feeling dizzy, faint, or lightheaded are signs that your brain needs more oxygen, which could be due to low iron levels. Iron helps the heart to function and pump blood efficiently.

7 RESTLESS LEGS

Do you find yourself moving in your sleep? Iron deficiency is a risk factor for restless leg syndrome—a condition that 1 in 20 people will have at some point in their lives, as reported by two studies published in the journals *Frontiers in Neurology* and *Nutrients* between 2018 and 2020.

8 SHORTNESS OF BREATH

Struggling to catch your breath

while exercising, despite being in shape, can be a symptom of low iron. Exercise can heighten iron loss, putting athletes at a greater risk.

9 HAIR LOSS

Thinning hair may be a symptom of low iron levels. One 2020 study published in *Advances in Hematology* found that women with pattern hair loss had 37 percent lower blood iron levels than women with healthy hair.

10 RINGING EARS

Low iron makes the heart work harder to pump more blood to the brain and organs, which can be picked up by the ears as a "ringing" or "swooshing" sound. ■

TOP: ISTOCK/ARLETTE LOPEZ; BOTTOM LEFT TO RIGHT: ISTOCK/SINONAPOLLA; ISTOCK/SOUTH_AGENCY

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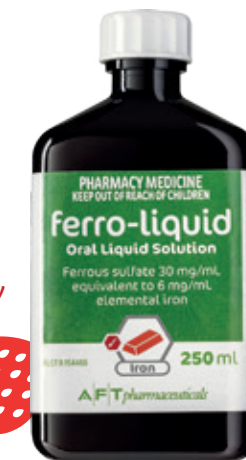
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Treatment ●●●●● OR ●●●●●



Ferro-f-tab for pregnancy PBS listed

For iron and folic acid deficiency anaemia, including in pregnancy.

Dosage (adults):

Prevention ●●●●●

Treatment ●●●●● OR ●●●●●



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THE BEST Supplements FOR EVERY HEALTH GOAL

Support your health from the inside out

BY ASHLEY LINKLETTER



WANT TO IMPROVE your well-being? You're not alone. In a survey conducted by Finder including more than 1,000 Australian adults, around a third have goals to be healthier this year. Here's a list of supplements that can provide a boost in the right direction.

GOAL BETTER OVERALL HEALTH

SUPPLEMENT: VITAMIN D
An essential nutrient, vitamin D supports calcium absorption, insulin production, brain function, and immune support.

GOAL IMPROVED GUT HEALTH

SUPPLEMENT: PSYLLIUM HUSK
As a sources of both soluble and insoluble fibre, psyllium

husk is effective when taken to relieve painful symptoms of gastrointestinal distress such as bloating, gas, diarrhea, and constipation.

GOAL MITIGATE STRESS

SUPPLEMENT: VITAMIN B
Vitamin B is a powerful supplement for not only benefitting your mood, but also improving your physiological response to stress.

GOAL FITNESS GAINS

SUPPLEMENT: CREATINE
An amino acid found in muscles and in the brain, creatine can help you increase muscle size and overall strength, as well as reducing dehydration and muscle cramping.



GOAL ENHANCED FOCUS

SUPPLEMENT: L-THEANINE
L-theanine, a brain-boosting amino acid that's naturally found in green tea and some mushrooms, circulates nerve impulses throughout the brain, helping you to focus.

GOAL STRONGER IMMUNE SYSTEM

SUPPLEMENT: ZINC
Zinc is an effective supplement for supporting immune health. Studies show that zinc can both reduce the duration of a cold by a few days and can help reduce the total number of respiratory infections overall.

GOAL STRONG BONES

SUPPLEMENT: CALCIUM
No matter what stage of life you're in, supplementing with calcium is an easy way to improve bone density and growth, and could potentially prevent osteoporosis later in life.



GOAL GLOWING SKIN

SUPPLEMENT: COLLAGEN
Collagen is a type of protein that is naturally produced in the body and one study found that collagen supplements improved signs of aging skin, dryness, and firmness.

GOAL HEALTHY VISION

SUPPLEMENTS: LUTEIN AND ZEAXANTHIN
Studies have shown that supplementing with lutein and zeaxanthin is a safe and effective way to protect yourself from macular degeneration and vision impairment. ■

FROM TOP: CLOCKWISE: ISTOCK/LUDHILA CHERNETSKA; ISTOCK/VARINICHA KAJAI; ISTOCK/ EKATERINA FEDULYEVA

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OCTOBER IS Mental Health AWARENESS MONTH



DID YOU KNOW THAT the Australian Institute of Health and Welfare reports that over **2 in 5 Australians** aged 16 to 85 are estimated to face mental ill-health at some time in their lives? This Mental Health Awareness Month, we're here to help.

Build healthier habits

In a 2023 study published in the journal *Nature Mental Health*, researchers found that seven lifestyle factors decreased the risk for a wide range of mental health disorders. For example, the study found that participants who maintained five or more of these factors had a **57% lower risk of depression**.

Those factors were regular physical activity, healthy diet, healthy sleep, frequent social connection, reduced sedentary behaviour, moderate alcohol consumption, and never smoking. Making changes to these habits takes time but, research suggests, is well worth it.

BE ACTIVE

Regular exercise is great for your mental health, releasing feel-good chemicals in your brain, reducing stress, and boosting your mood.

SUPPLEMENT YOUR MENTAL WELL-BEING

Some supplements have been found to have potential benefits for supporting mental wellbeing. Before starting any new supplements, speak with our Pharmacy team to avoid any potential interactions with your medicines and to make sure they are right for you.



VITAMIN D
Helps to regulate mood, protects brain cells, and reduces inflammation.



OMEGA-3 FATTY ACIDS
May help to reduce feelings of depression and anxiety.



B VITAMINS
Important for brain function and mood regulation.



MAGNESIUM
May help to reduce symptoms of depression and anxiety.



PROBIOTICS
Good bacteria that support gut health and may help to positively affect mood.



NOURISH YOUR BODY

Fill your plate with fruits, vegetables, whole grains, lean proteins, and healthy fats to support your physical and mental health.

SLEEP WELL

Establish a relaxing bedtime routine, create a comfortable sleep environment, and avoid overly stimulating electronic devices before bed.

CONNECT

Engage in social activities and building meaningful relationships to boost your senses of belonging, self-worth, and well-being.

TAKE CARE

Prioritise yourself by practicing self-care, setting boundaries, and seeking therapy or counselling to ensure you feel energised, protected, and supported.

Seek pharmaceutical support

Taking your medicines correctly and consistently can have a big impact on their effectiveness. Our Pharmacists are here to support you along the way:

- ▶ **Use our Pharmacy app** to effortlessly keep track of all your medicines.
- ▶ **Order ahead** from your phone for quick and convenient pick-ups.
- ▶ **Take advantage of our reminder system** to never forget a refill.
- ▶ **Receive medicine deliveries** when you are unable to visit us in-store.
- ▶ **Book a personalised medication review** to discuss your medicines and inquiries.
- ▶ **Simplify your routine** with our personalised medicine packages.

REMEMBER—IT'S OKAY TO ASK FOR HELP

- ▶ Visit <https://www.lifeline.org.au/> or call 13 11 14 for 24-hour crisis support and suicide prevention services when experiencing emotional distress.
- ▶ Access <https://www.beyondblue.org.au/> or call 1300 22 46 36 for information and support focused on depression, anxiety, and suicide prevention.
- ▶ Explore <https://headtohealth.gov.au/>, a government website that offers various digital mental health resources.
- ▶ Ask your General Practitioner about the Australian Mental Healthcare Plan, through which you may be eligible to access 10 free sessions with a mental health professional: <https://www.healthdirect.gov.au/mental-health-treatment-plan>

If it's effective relief you need...
there's a
Chemists' Own[®]
for that.



Chemists' Own[®]

Always read the label and follow the directions for use. Ask your pharmacist about this product. Incorrect use could be harmful.