

Your trusted nutrition & healthy lifestyle hub



Nutrition & Healthy Lifestyle News

Issue 6

You'll find lots of news below including an announcement from the Heart Foundation regarding their Tick program, the opening of Blackmores flagship store, a new video from me giving my top tips for cardiovascular health and a totally yum popsicle recipe featuring our Star Food of the Month. **And if you're struggling to find a healthy biscuit check out the new Skinnybiks available through the site.**

My personal news is that next week I head back to my homeland Scotland to get married. So forgive me if my social media posts keeping you abreast

of interesting research and healthy lifestyle news is a little quiet over the holidays. I promise I'll be back in 2016 with renewed energy to grow our little hub of trusted information so that we can all continue to live healthier, happier lives. In the meantime enjoy the holiday period and my best wishes for an awesome 2016.

Best,

Joanna x



Blackmores Opens Flagship Store

Last week I had the honour of speaking at the opening of Blackmores flagship store in Sydney's Bondi Westfield and interviewing Marcus Blackmore (pictured), the son of the founder of the company.

Introducing Skinnybik



Developed by my colleague A/Prof Antigone Kouris PhD APD, Clinical Dietitian/Nutritionist, **Skinnnybik get a massive tick from me as a healthy cookie treat!**

Like me, Antigone is a big fan of lupin (you can read about this amazing legume in my [Food Library](#)) and initially developed these cookies for her own clients looking for a healthy snack as part of their weight control programs. They have been such a hit that she and her husband Chris have commercialised the business.

I'm delighted to announce that we now have special bundle packs of Skinnnybik now available on our site and if you're a Get Lean member I have included a 5% discount for you. You can choose between the completely gluten free bundle, or the bundle with both gluten free and spelt varieties.

The gluten free varieties are Lupin, Cranberry & Rose; Lupin Cocoa & Dark Choc Chip; Lupin, Turmeric & Chia. My kids are particularly loving the choc chip! Additionally there is the Spelt, Date & Butterscotch. The latter are not gluten free, but are fructose friendly.

Check out the bundle options in the [Shop](#).
