

## Fitness in the slow lane

Pilates is a great, treadmill and dumbbell-free gym alternative to get you up and going and in shape for your next trip.

Bend yourself into shape with the Pilates Miniball DVD, which features international pilates instructor Juliana Afram. Afram has created an holistic exercise program of 20 exercises.

Pilates is a mind and body exercise method that teaches body awareness, good posture and improves flexibility and agility. It focuses on breathing and strengthening the core stabilising muscles of the body.

The pilates DVD is effective for people of all fitness levels because the exercises are low-impact and don't require much movement.

Pilates Miniball DVD, rrp \$17.55. Visit [www.stretchnow.com.au](http://www.stretchnow.com.au) or tel.: 03 9817 5250.

## The tree of life

The first Australian clinical trials on liquid Olive Leaf Extract commenced in November at two Australian hospitals and the University of Queensland. It was the beginning of a four-month research project regarding its anti-oxidant power, the anecdotal reports on arthritis and the effects on cancer cells in the laboratory. The research project will look at its affect on blood pressure, cardio health, cholesterol and inflammation as well as its anti-oxidant capacity.



At the end of 2006 Olive Leaf Australia, the world's largest specialised olive leaf grove, shipped in its seventy-five millionth dose of its freshly harvested olive leaf extract liquid.

Liquid Olive Leaf Extract is one of Australia's most sought after natural health supplements.

The latest public trial of Olive Leaf Australia's extract on almost 1,000 people showed 88 per cent of those surveyed indicated a variety of health benefits, including improved energy, reduced cold and flu symptoms, and relief of sinus congestion. Other health improvements over the trial period included improvement in joints, skin, aching muscles, and general wellbeing.



Olive Leaf Australia's liquid extract. Available nationally at Health Food Stores and major pharmacies. Visit: [www.EnvirOlea.com](http://www.EnvirOlea.com)