



## Ramadan Pharmacy Newsletter - October 2014



In Australia there are many insects, spiders and snakes that bite and sting. Most bites and stings are not life threatening, but may cause mild pain, redness and/or itching. For most bites and stings the following first aid treatment will help ease a child's discomfort.

### First Aid

- Wash the area with soap and water and keep it clean and dry
- Apply ice (wrapped in a thin cotton cloth) or cool running water to reduce the swelling and relieve the pain.
- Seek advice from the Poisons Information Centre 13 11 26

If your child is having difficulty breathing, is unconscious or fitting, call an ambulance on 000.

For more information about how to manage bites and stings contact the Poisons Information Centre on 13 11 26

## Mediterranean Chicken Bake

### Ingredients (serves 6)

1 tbs olive oil  
6 small (about 600g) chicken drumsticks  
6 (about 1.5kg) chicken thigh cutlets  
1kg chat (small coliban) potatoes, halved  
2 ripe tomatoes, finely chopped  
95g (1/2 cup) kalamata olives  
2 garlic cloves, peeled, thinly sliced  
2 sprigs fresh rosemary, leaves picked  
125ml (1/2 cup) dry white wine  
Sea salt flakes  
Freshly ground black pepper

### Method

Preheat oven to 200°C. Heat the oil in a 3L (12-cup capacity) flameproof, ovenproof baking dish over medium heat. Add the chicken drumsticks and cook, turning occasionally, for 5 minutes or until browned all over. Transfer to a plate and cover with foil to keep warm. Repeat with the chicken thigh cutlets.



Add the potato to the dish and cook, turning occasionally, for 5 minutes or until golden. Remove from heat. Add the chicken to the potato in the dish and top with tomato, olives and garlic. Sprinkle with rosemary. Pour over the wine. Season with salt and pepper.

Bake in oven for 45 minutes or until the chicken is cooked through and potato is tender. Serve immediately.

**Did you know....** Your nose can remember 50,000 different scents. While a dog's nose may be a more sensitive than a human's, that doesn't mean that the human sense of smell is useless. Humans can identify a wide variety of scents and many are strongly tied to memories.

## Win a \$30 iTunes Voucher

① CUT  CUT CUT CUT CUT CUT CUT CUT CUT	② GIVE GIVE GIVE GIVE GET GET GET GET
③ CHTONGUEEEK	④ R O A D S
⑤ O_ER_T_O_	⑥ ECNALG

Can you work out these commonly used phrases?

Email your replies to [ramadanpharmacy@gmail.com](mailto:ramadanpharmacy@gmail.com) or fill in the competition form in store.

You could win one of five \$30 iTunes vouchers.

*Good Luck!*

## Nutraceuticals



Nutritional supplementation is essential for optimising our cellular function. We live in a world of high stress and many of us have busy lifestyles and poor dietary habits. As a consequence nutritional supplementation is an essential key to health, vitality and longevity. Your supplementation regime should include a potent and comprehensive multivitamin, multimineral, antioxidant, anti-glycation supplements, probiotics and some essential fatty acids.

The multivitamin and multiminerals must provide all the essential nutrients in sufficient quantities in order to maintain and renew your body. If even one is missing, or in short supply, then the functions of all the others are impaired.

Antioxidants protect against free radicals and are known to prevent many diseases. Antioxidants are essential in maintaining health and preserving brain function. Your antioxidant regimen should contain all of the following: glutathione, selenium, Coenzyme Q10, alpha lipoic acid and Vitamins A, C and E.

The main benefit of these fatty acids is their ability to control inflammation, which is a "silent killer" that can cause cardiovascular disease, arthritis, etc. The best way to supplement these essential fatty acids is to take a good quality mercury free fish oil supplement high in EPA every day.

A good quality probiotic will maintain a healthy gut flora, which will aid digestion and help maintain a healthy immune system.

Contact us for advice on formulating a nutraceuticals regimen to suit your individual needs.

Check out our website for more information.

[www.ramadanpharmacy.com.au](http://www.ramadanpharmacy.com.au)

Like our Facebook page and you will automatically go in the draw to have \$50 uploaded to your Ramadan Pharmacy rewards card.

[Facebook.com/RamadanPharmacy](https://www.facebook.com/RamadanPharmacy)

## Upcoming Events

### October Spring into shape for Summer!!!

There are plenty of give aways including free weight loss sachets, free shakers and free meal plans prepared by a leading dietician.



up to **85% off** GENUINE PERFUMES!

