

Join the *Wellspring* team as we ask Australia's health and wellness game changers about the products, services and experiences they can't live without. This issue Sam Gowing takes us to Byron Bay.

We Are Combi

I had the great pleasure of helping the crew at Combi open their new store in Byron Bay. Famous for its raw cakes, organic treats, superbowl smoothies and down to earth toasted sangas, Combi is Byron Bay's newest, friendliest place to go for organic nourishment. 📶 wearecombi.com.au



Surfing

I was lucky enough to be guided by former US surfing pro Rusty Miller who gave me my surfing wings. Onshore I was encouraged to learn the action of standing up was not dissimilar to that of Chataranga Dandasana, a yoga position that makes up part of the Vinyasa Flow. Surfing is a daily connection that becomes a part of your existence. It provides a deeper respect for the ocean and the Zen-like experience that it delivers when you are tuned into the immediate experience of what you are doing. Not before, not after, the right here and now.



Bikram Yoga

I took up Bikram yoga 18 months ago after a few false starts. I love how it affects my skin, my digestion and most importantly the stubborn scar tissue from a fractured femur.



A FEW OF MY FAVOURITE THINGS...

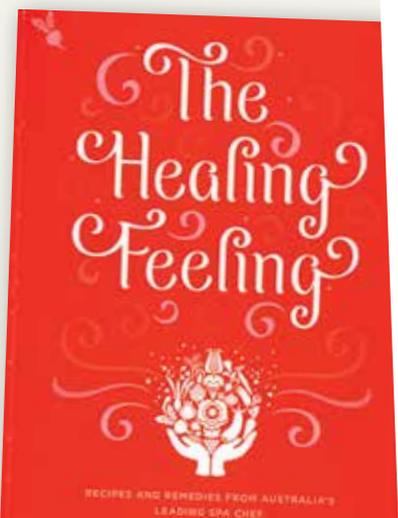
Paper Daisy

Once upon a time, a shabby beach shack lived on the roundabout headed out to Cabarita Ocean Health Retreat, where I was Head Chef for a few years. Recently the old Hideaway has undergone such a transformation, it is barely recognisable to me. Enter Halcyon House with its feature restaurant Paper Daisy where I had the nicest Sunday lunch for some time. A signature pastrami beef on rye with sauerkraut and pickle is a breakfast must have and on my first visit, the paper bark grilled cod with white onion and seaweed was such a triumph I insisted we have French champagne to celebrate (there was little protest)! 📶 halcyonhouse.com.au



The Healing Feeling

I'm so proud of my first book, packed with information and inspiration to eat and live well every day. Inside you'll find natural remedies you can easily whip up in your own kitchen to cleanse your liver, calm your nerves and restore your gut with the good bugs. 📶 foodhealthwealth.com/the-healing-feeling



Celebrate Well

This delicious body of work is a tasty bunch of recipes that reflects the amazing journey I have been on since self-publishing my first book. The recipes I've selected are purely a reflection of what I cook at home. They are intended to be shared over festive times, and I have included a selection of my tried and true tonics to help you heal from acute ailments throughout the year.

📄 foodhealthwealth.com/product/celebrate-well-ebook



LIFESTYLE

Foam

Foam Restaurant, in the nearby beachside town of Lennox Head, has a unique blend of dynamic surf location, a weekly changing menu, beautifully appointed, precise wine list and food service that guarantees a refreshing dining experience amongst a sea of ordinary, tourism-driven hospitality venues within the region. There's no place like Foam! 📄 foamlennox.com



The Byron at Byron

We're so blessed to have Australia's premiere resort at our feet. The Byron is great for conferences, cocktails, Christmas parties and year-round terrific dining. Pop in for coffee and stay for lunch one day. Say hi to Chef Gavin and check out my books in the gift shop while you're there!

📄 thebyronatbyron.com.au



Brookfarm Lime and Chilli Infused Macadamia Oil

The best thing about living in Byron Bay, other than the ocean, is the amazing food bowl of the Northern Rivers and the bounty it has to offer. My number one ingredient is macadamia oil, and this local lime and chilli infused oil is the backbone of so much of my cooking. Rich in omega-7 with a flash point of 210°C, macadamia oil is a healthy chef's best friend. 📄 brookfarm.com.au



Brokenhead Coconut Milk

Oh how I love this stuff! The milk is made from coconut meat and Byron springwater and is just so smooth and creamy. It's a local product, gluten free, vegan and paleo friendly and full of good fats. It is delicious on its own, one of my go-to-milks for smoothies and the perfect ingredient to bring out the best in any Asian inspired dish. And there's plenty of coconut in each bottle compared with some of the other coconut milks on the shelf too. 📄 thebrokenhead.com



About Sam Gowing

Sam is an author, keynote speaker, clinical nutritionist and hat-winning restaurateur who creates spa menus for luxury hotels and health retreats worldwide. Renowned for her nutritional wisdom and influence amongst healthy lifestyle audiences, her Food Health Wealth business runs mentoring programs to help food and health entrepreneurs create successful and sustainable businesses. 📄 foodhealthwealth.com

