



WELLSPRING

FOR ALUMNI AND COMMUNITY IN HEALTH AND WELLNESS

WINTER &
SPRING 2014
BUMPER ISSUE
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Samantha
Gowing



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Gowing

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GOWING OUT ON A LIMB

GAME CHANGER SHARES HOW SHE PUT 'FOOD AS MEDICINE' ON THE MAP

THE GREAT GLUTEN DEBATE ● INSIDE LORNA JANE'S SOCIAL MEDIA EMPIRE
NUTRITIONIST DOMINATES THE AIRWAVES ● BEAUTY PROS SHARE TOP HITS AND MISSES

\$3.90 OR FREE FOR ALUMNI



ENDEAVOUR

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Cover: Samantha Gowling

WELLSPRING

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Wellspring is printed on paper which contains 100% recycled fibre. It is also certified by the FSC (Forest Stewardship Council) and ISO 14001 EMS accredited. We have also made an online version available at endeavour.edu.au/wellspring as part of our efforts to reduce our carbon footprint and paper consumption.

HEALTHY BITES

Unmissable health and wellbeing events from October to November

OCTOBER

Aromatherapy Short Course

11 – 12 October 2014

Brisbane, Melbourne and Sydney
Endeavour College campuses

\$350 per person (students \$280)

This two day short course run by Endeavour offers an informative and practical introduction to the therapeutic benefits and properties of a range of essential oils. Participants can take home the essential oil blends they make, along with profiles of essential oils detailing their therapeutic properties.

endeavourshortcourses.edu.au

The MindBodySpirit Festival (Sydney)

23 – 26 October 2014

Sydney Showground, Exhibition Building, Sydney Olympic Park, Homebush

\$16 per person (buy online)

The MindBodySpirit Festival is Australia's largest health, wellbeing and natural therapies event. From meditation, yoga, herbal supplements, organic health, women's health and body therapies, it's all there at Sydney Olympic Park.

mbsfestival.com.au

Brisbane Twilight Markets

24 October 2014

5pm – 9pm

King George Square, Brisbane CBD

Meander through the stalls of more than 80 local artisans who specialise in producing soulful and stylish handmade wares. This is late-night shopping at King George Square in the Brisbane CBD like you've never experienced it. Free entry.

brisstyle.com.au

Welcome from the CEO

Two years on and we've only just begun...



As I sat down to write this note, I reflected on our intention when launching *Wellspring Magazine* two years ago. We wanted to 'give voice' to the untold stories of champions within the health, wellness and beauty industries united by a thirst to push the boundaries in their fields – many of whom we are very proud to call our alumni.

We have since introduced you to dozens of 'game changing' individuals from the health and wellness sector, like this issue's cover star Samantha Gowing. A hat-winning restaurateur who followed her instincts and dived into the world of food as medicine well before it was on trend, Samantha's influence as a culinary visionary has shaped the wellness tourism industry globally. I'm sure you will find the story of Samantha's career an inspiring read.

When we launched our first 'flip cover' issue featuring graduate and celebrity nutritionist Lola Berry last edition, it was clear from your letters and calls we had struck a chord. For this reason, we decided

to continue the flip cover format to enable us to delve further into the themes we know you love to read about.

In this edition we are thrilled to bring you our special feature devoted to sustainability. It is a cause we are committed to at Endeavour and we actively encourage our teams to work and live more sustainably through initiatives such as our Health, Safety and Environment Week coming up later this month. Through this campaign we challenge our people to scrutinise their work environment to find greener ways to operate and it is a practice I'm pleased to say has been embraced at every level.

Endeavour is now owned by a company called Vocation Ltd who share similar values and are equally passionate about sustainability. In fact the Vocation forest was created... and a tree is planted for each student, with the aim to have 100,000 trees planted by the end of 2014.

We hope you enjoy the magazine in what is our largest issue to date. What can we say? There never seems to be enough room to accommodate the stories we want to share with you. Please – keep sharing your reactions and ideas with us at wellspring@endeavour.edu.au. We want to hear from you.

Yours in natural health

Carolyn J Barker AM
Chief Executive Officer
Endeavour Higher Education



Part of the Vocation group

NOVEMBER

Sports Nutrition Short Course 1 November 2014

Brisbane, Melbourne and Sydney
Endeavour College campuses

\$175 per person (students \$140)

This one day short course run by Endeavour College is a valuable guide for personal trainers, students and practitioners who aim to guide athletes by applying cutting edge nutritional strategies, in order to optimise training sessions, performance capability and recovery times.

endeavourshortcourses.edu.au

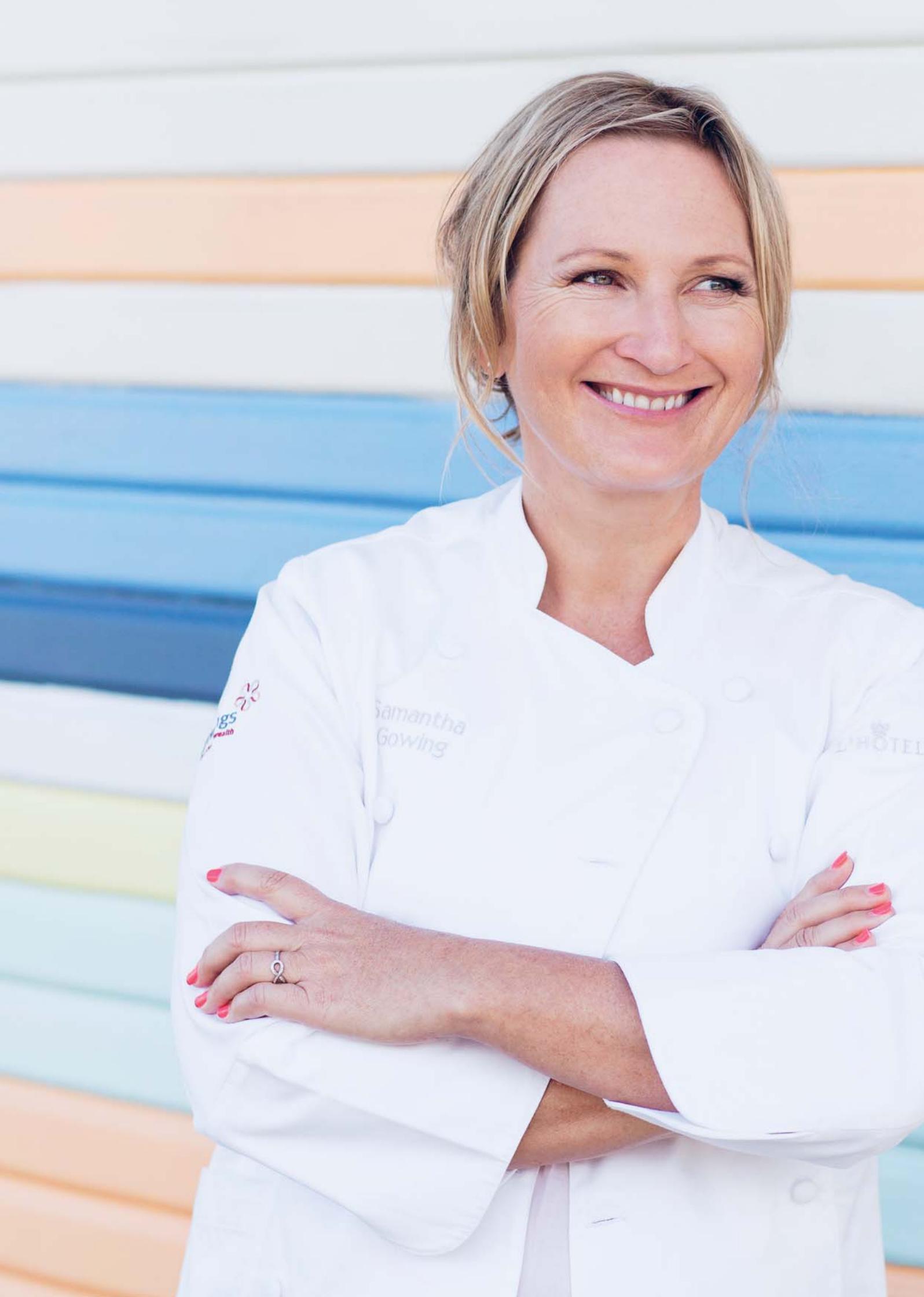
Hillarys Wellness Expo 7 – 9 November 2014

Hillarys Boat Harbour, Perth

Explore wellness, spirit, sustainability and the creative arts through change, environment, music, dance, and cultural expressions. Free entry at Hillarys Boat Harbour.

hillaryswellnessexpo.com







AUSTRALIA'S ORIGINAL 'FOOD AS MEDICINE' CHEF

When Samantha Gowing left her fast-paced career as a hat-winning restaurateur to immerse herself in the world of nutrition at a time before it was trendy, it took Australia a little while to catch on. It proved to be a risk that firmly paid off, with Samantha using her unique blend of nutrition, fine dining and business expertise to help put 'food as medicine' on the map in Australia.

by Nina Tovey



Samantha's unique culinary style has been embraced across the globe through the programs she has designed for luxury hotels, spas and health retreats which celebrate local, seasonal and organic superfoods.

The Byron Bay local has also spearheaded a popular series of mentoring programs to support natural health professionals, worked with major food brands to help develop products, established a globally renowned cooking school, become an acclaimed author and worked as a therapeutic chef and clinical nutritionist in private practice and at premier health retreats.

It was the death of her father and well-known business figure Dennis Gowing after a battle with cancer that marked a turning point for Samantha and prompted her to look at food a different way.

"When dad was diagnosed I was devastated to realise that although I knew how to cook beautiful food, I knew literally nothing about nutrition and health," said Samantha.

This revelation led to Samantha retraining as a fitness instructor and enrolling in nutrition with Endeavour College of Natural Health (then the Australian College of Natural Medicine).

"I initially enrolled in one subject, and I ended up being so impressed with the quality and depth of the teaching that I

sold my house to enrol in the Diploma of Nutrition. It was the smartest and stupidest thing I've ever done," said Samantha.

"I wanted to retrain as I could sense the wellness sector would become a trillion dollar industry. The idea of food as medicine initially was hard for many Australians to swallow and it is safe to say I suffered lots of jibs in the ribs, but eventually I was able to set a pathway for proving healing food could be prepared at a really high culinary standard," said Samantha.

To expand her business after working as a clinical nutritionist, Samantha used her 'risk taking entrepreneurial bones' to think outside the square and explore how else her skills could be of use to the tourism and health industries.

"To take my business to the next level I taught myself a lot of skills – I'm talking branding, SEO, website building, marketing ... it really was a solo mission," said Samantha.

As much as Samantha enjoyed working in a clinic specialising in treating irritable bowel syndrome and adrenal burnout, it was

coaching other health practitioners in areas such as business development, social media and self-publishing that really sustained her.

"To watch other health professionals blossom and grow as they develop their businesses is so rewarding to me... there is nothing like proving to others that the sky is the limit. Every practitioner is so different and I enjoy the challenge of using my toolkit to support them," said Samantha.

Samantha's influence in Australia and overseas hasn't gone unnoticed, with man of the moment Matt Preston referring to her as the 'font of wisdom when it comes to tasty, healthy eating'.

She has worked on joint creative projects with industry luminaries such as Shannon Bennett of Vue de Monde, and taught Ita Buttrose how to stretch better. She also counts singer Claire Bowditch among her biggest supporters.

She has connected with a new wellness community through her hosting role with the online health and wellness smash hit program healthtalks TV.

"It was an unexpected opportunity to connect with a new generation and share my knowledge in an authentic way," said Samantha.

It is Samantha's food philosophy and balanced approach to nutrition that has seen her work resonate with so many people around the world.

"Every last morsel you put in your mouth should be doing something good for you, and should taste unbelievable as well.

Eating well doesn't have to be about denying yourself the good things in life," said Samantha.

"It is all about balance and self-acceptance – there is nothing wrong with enjoying a glass of champagne and a three-course dinner occasionally. I want to show the world you can have your wheat-free, dairy-free, sugar-free cake and eat it too!" said Samantha.

Samantha's philosophies are detailed in her book *The Healing Feeling*, which was released in 2013 at the Ubud Writers and Readers Festival. The book sees Samantha share nourishing recipes along with colourful personal stories and her extensive knowledge of nutrition and Chinese medicine.

When looking back on the programs she's developed for leading hotels she counts her work with the Four Seasons in Bali as a career highlight.

"It was wonderful to work with their spa in Jimbaran to transform their menu from quite a basic selection to include an extensive range of fresh juices and smoothies, and to see this approach permeate through to their restaurant menus," said Samantha.

The Executive Spa Chef has also designed menus for Surf Haven Bali, a luxury women's only surf spa retreat, and created recipes and a nutritional theme for boutique hotel Kahanda Kanda in Sri Lanka.

As the founding Head Chef and nutritionist for Cabarita Ocean Health Retreat Samantha created a unique, tailor-made luxury retreat menu and food philosophy that helped launch the retreat in 2012. Her work was also noted as being the Best Spa Food in the country by the *Sydney Morning Herald* and *The Age*.

In 2010, Samantha was personally recruited to Africa to share her food philosophies at the prestigious Kempinski Zamani Retreat in Zanzibar, Tanzania.

Never one to pause too long, Samantha has returned to study and is on the cusp of graduating with a Masters of Gastronomic Tourism, a qualification which explores every facet of the food and wine tourism experience.

"I'm looking forward to using my new skills and knowledge to help my clients understand the cutting edge of wellness tourism and backing this up with academic fact and analysis," said Samantha.

Samantha is also preparing to launch the Whole Happiness Academy a series of affordable online business programs later this year to share her insights with the world at the touch of a button.

"Since starting on this journey my intention has always been the same – to show food can be something more than a sensual and social experience... it can also be a vital and healing medicine," Samantha said.

foodhealthwealth.com



Every last morsel you put in your mouth should be doing something good for you, and should taste unbelievable as well. ●●

Samantha on:

Staying energised

"I am a big fan of Bikram yoga, surfing and meditation. I have found that acupuncture supports my digestion well – this helps my spleen energy improve which leads to me worrying less. To improve my kidney energy I use Chinese medicine."

Favourite memory from working at Gwinganna Health Retreat

"In 2011 I was asked to return to Gwinganna to co-host a weekend of food with resident head Chef Hermann Schafellner, called 'Nourish'. We taught a series of cooking classes together – and then I had some wonderful one-on-one sessions with some of the guests.

Sharing my knowledge of food as medicine to a dedicated retreat audience is one of the highlights of my work. Giving back and showing gratitude is what makes me thrive."

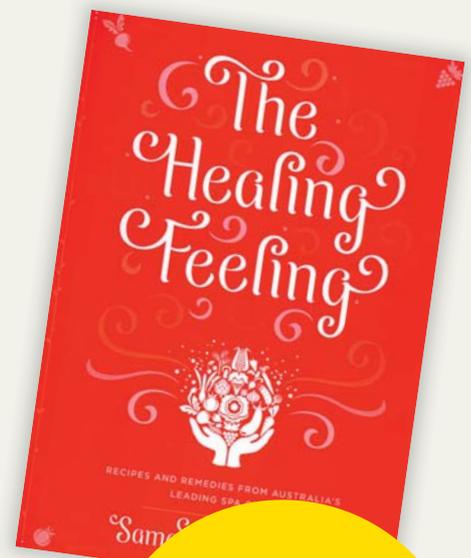
Most valuable lesson learnt in business so far

"I am in the business of providing solutions to wellness so I listen to my gut, trust my instinct and surrender to the decision making process.

As a woman in business for more than 30 years its imperative I back myself emotionally, and rarely second guess the process and choices I make. If something goes wrong I take immediate pro-active steps to resolve it within a week so I can move on."

Advice for potential nutrition students

"I would encourage those interested in pursuing a nutrition career to look closely at the quality of the curriculum, academic team and hands on experience each provider offers. In my view, a slap dash qualification is no comparison to a respected nutrition degree which provides a far higher standard of education and the most exciting career prospects."



The Healing Feeling

\$39.95 + postage

Buy online at
foodhealthwealth.com