

the natural foodstore

your organic oasis



ISSUE 27
August • September • October 2009

YOUR NEWSLETTER ONLINE!
www.thenaturalfoodstore.com.au
 Put a smile on your dial and sign up to receive your newsletter online. Let's all continue working to save the environment together ~ we have wanted this for a while now & know you have too! And ... whilst on our new site, you will be able to see what changes we have made so that YOU have all the info YOU need on health at your fingertips.

Home Delivery
 We have rolled out the Home Delivery - this is very exciting for everyone involved. Your order forms are now online ready to either download to your own computer, fill in & email them back to us which we would really love or you may print out, fill it in & fax back to us. The new form will be downloaded each Friday ready for the new week.

win win win
 your organic reward



August

Wine Lovers & Diabetics - take note!
 We have 6 bottles of lovely Uruguyan organic wines to give away. These are sugar free & very palatable. See page 7 for more details.



October
Yelena's Make up Artistry
 You can WIN a beautiful make up session for 2 people just by shopping in store. See page 7 for more details & What's On In August & September for a FREE in store mini make up. See page 7 for more details

Kids Eating



How do we get our kids to eat veggies & foods that we believe are good for them? Let's take a quick look at 6 challenges we often create & how to change them?

1. DON'T send kids out of the kitchen ~ yes, there are dangers like boiling water, sharp knives & hot stoves. You are their parent, maintain a safe kitchen by using the back burners on your stove, put knives in the centre of a bench where kids can't reach them & then teach, teach, teach! Don't leave them alone & always watch when they are doing something a little out of their depth. Also, assess the risk so that if something does go wrong, you have limited damage. Lastly, trust that your child can do what you responsibly teach them - good energy creates confidence in children.
2. DON'T pressure kids to eat something - this one is hard to swallow! We all hear stories about kids sitting at a table for seemingly hours & hours because they would not eat carrots, beans or peas. Put all of the food on a platter in the middle of the table & get the kids to serve themselves. If your kids are older, this may take more time but for young kids, they will take colourful, textured foods & that is the mix you want them to take. Make sure there is a good selection of foods you want them to eat & then don't nag or question. If they want to take just the grated carrots, finely sliced snow peas with cheese blocks then that is just great. Another tip here is put yummy sauces, dressings, mayo

- into little bowls on their plate so they can "dip" - kids love dipping things.
3. DON'T reward kids with food! No bikkies when we hurt ourselves, we need fixing & a hug. No ice cream when we miss our pet, we need understanding & love ~ no chocolate when we are being a good girl, we need appraisal. Food is not a reward, it is a need.
4. DON'T keep sweet treats out of reach. Have a kids shelf & let them know it is their food but there are rules. They need to eat their dinner before they have something sweet or can choose one thing each day - you choose the rules with them & make sure they are adhered to - never bend the rules otherwise children get confused & make sure mum & dad agree to the rules. Make sure the sweet treats are still good though, home made cookies, organic dark chocolate & yes, kids can like dark chocolate.
5. DON'T give up - sometimes it is just easier to throw your hands in the air & walk out of the kitchen. Don't - these are your children & their attitude will make you proud as they grow. Teach them well & be there for them.
6. AND MOST OF ALL LOVE FOOD - your children will see & feel the passion you have as it is totally infectious. Use it to your advantage.

Frogseye Jelly is back! Keep a look out in store during August

YOUR organic oasis 

the natural foodstore
your organic oasis

352 Mans Road
Forest Glen QLD 4556
Phone (07) 5445 6440
Facsimile (07) 5445 3941
Trading Hours
Monday - Friday
8.00am - 6.00pm
Saturday
8.00am - 5.00pm
Sunday
9.00am - 5.00pm

Our Naturopaths or Herbalists are available FREE 7 days a week from 9am - 8pm

Please note we are open every day in August, September & October.

advertising

advertising

If you would like to advertise to 15,500 households ring Donna Potts on 0422 016 349 or email donna@thenaturalfoodstore.com.au

Please be aware that the articles & advertising contained in this newsletter are intended to provide nutritional & health information to guide only & not to be used as diagnosis or treatment. If you are unsure please come in and see us!

Hi THERE

Winter is upon us & for many people, it is a time for being inside, bunkering down & biding our time until Spring. I however, look forward to this time as a chance to prepare, reinvigorate & think about what I would like to plant & grow in the warmer months. It is wonderful to be in the garden at this time of year, as things move slower & it is easier to reconnect to my surroundings & the world around me. I can't wait until my nine month old son is old enough to enjoy these simple pleasures. Jackie French - a regular contributor to the Earth Garden Magazine - wrote in a recent article, "It's the essential human dream, the Garden of Eden ... try letting your kids choose between picking their own strawberries or raspberries, warm from the soil & sun, or eating a supermarket lamington. Sometimes we forget what the true luxuries are."

Looking after & connecting with our own surroundings is infectious & will result in a greater feeling of wellbeing for you, your family & your community. Go on DKG, you know you want to!!

Store Manager
Andrew Crebert



Attention All Customer Club Members

It has been an enormous pleasure watching The Customer Club programme grow over the years - we now have a wonderful membership of 15,500! Thank you to each & every one of you who have made this a great part of The Natural Foodstore.

As we are trying to keep down costs & plastic use, it is time to keep an eye on replacing key tags. Until now, we have been happy to hand out new ones to anyone who had misplaced theirs however year after

year, key tags are being replaced many times to the same people. We would like to stop this.

From 1st August onwards, anyone who wishes to get a replacement key tag will need to use 500 of their Customer Club points to do so.

We hope you understand & let's see this as an improvement to lessen the amount of plastic we need to use.

Thank you.

GREAT BOOKS • GREAT BOOKS

Review by Barb

Kitchen Garden Cooking with Kids by Stephanie Alexander
Teach your children the art of creating a garden, growing a garden & cooking with all the produce from their very own home made garden. This book is pure inspiration with beautiful colour imagery for ideas, projects & kid friendly recipes - \$45.00



Vegetarian World Food the best of cooking with Kurma Mouth watering colour photographs to tantalise & invoke a cooking frenzy of delicious healthy meals. With hard gloss cover this book makes an ideal gift for vegetarians & meat-eaters alike - \$39.95



How can I be prepared with **Self-Sufficiency** by Isobell Shipard
136 pages full of essential & practical info on plants, plans & recipes to be self-sufficient & help survive in a toxic world. A must for all earth loving people - \$37.00



Suzuki's Green Guide by David Suzuki & David R. Boyd
With over 40 years of experience & passion for a cleaner, greener non-toxic world, David gives us strategies for each individual to reduce the size of their ecological footprint within the pages of this easy to read book - \$29.95



great books by Barb

GREAT BOOKS • GREAT BOOKS



Noosaville - 2/229 Gympie Tce (next to Raw Energy Cafe) 5447 1755
Caloundra - 82a Bulcock St (next to Amazon Games) 5492 7185
www.getsetfootwear.com.au

BIRKENSTOCK

Made in Germany • Tradition seit 1774

No part of the body is subject to more strain and stress than the foot. They keep the body in balance, cushion shocks and carry the whole weight of the body. This is why it is important to support the feet as much as possible - especially when walking on hard floors. The shape of the Original Birkenstock-Footbed

enables the body weight to be distributed evenly over the whole foot, providing it with optimal support.

With the largest range of Birkenstock on the Sunshine Coast come in and give you feet the support they deserve.



Wild Oregano Oil

Now in stock for winter

Wild Oregano has many effects on your body - it may be used orally for respiratory infections such as sinusitis & colds, allergies, ear infections & arthritis. It can also be applied topically to treat acne, athlete's foot, dandruff & insect bites.

- Anti-inflammatory • Antibacterial
- Gastrointestinal health • Antiseptic
- Immune Boost • Antifungal • TGA approved

10% off
in August

Montville Mist Springwater

- Fluoride & Chemical Free
- Unbeatable prices at 60c per litre
- Free fortnightly delivery
- Rich in natural minerals
- Essential for good health & wellbeing

Call Peter today and arrange for pure springwater to be delivered to your home or office today.

Toll Free: 1800 001 102 Email: peter@montvillemist.com.au
www.montvillemist.com.au



Clean & Calm with Essential Oils

Feel calm about keeping your home clean & fresh by using beautiful environmentally friendly essential oils. When you are buying a pure & good quality Essential Oil, please remember they must be bottled in dark glass along with having their botanical name on the label.

Clove Bud Oil:

What an amazing scent ~ rich & earthy!

Why? Kills mould spores to prevent mildew plus adds a wonderful freshness.

How? Pop into an atomiser 100ml water, 10 drops of clove bud oil & 10 drops of glycerine to combine.

Where? Safe to use on timber, plastics, fabrics, spray in wardrobes, on kitchen benches & bathroom surfaces.

Lavender Oil:

Why? Fantastic as a bathroom disinfectant, Lavender adds a wonderful smell along with antiseptic properties.

How? Dilute with 100ml water, 10 drops of lavender plus 10 drops of glycerine. To change the scent, just add 2 extra drops of jasmine or rose geranium.

Where? Great for toilet seats, cistern, bath & bathroom vanities.

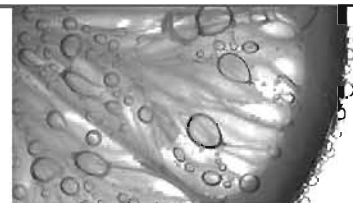
And for the family ~ Breathe Easy:

Created by The Oil Garden & sold in store ~ such an impeccable combination of oils for winter. Keeps sniffles at bay & alleviates congestion to the nose & head.

The people working for you directly impact your business. But what is it that adversely affects their productivity and effectiveness?

The things that stress your staff, distract them.

The stress may come from workplace issues, personal issues and/or financial issues. Regardless of where their stress originates, it ends with your bottom line.



ALL SORTED.

The Natural Foodstore:

"We understand that, just like our bodies, our business is only as healthy and strong as what we put into the people who work here. Recognising the value of our staff and the wisdom in investing in their wellbeing, we have worked with All Sorted to help our staff to identify and more effectively manage their stressors."

We have enjoyed marked improvements and benefits from working with Helen to support our staff, on an emotional level. And we look forward to continuing to do so, to the benefit of our staff and, ultimately, our customers."

In the current economic climate, redundancy fears and financial pressures are contributing to an increase in stress in the workplace. **All Sorted** provides short, sharp training solutions to your people problems. Choose from on-site workshops and lectures or one on one sessions to assist your staff to be more motivated, productive, efficient, energetic and happy. How would this positively impact your business - your life?

"I have always been told that it is important to leave home at home and work at work. At one point in my life, I found this almost impossible to do. I was so affected by what was going on in my personal life that it affected many of my decisions at work. It actually became a work issue. I worked with Helen to learn how to move through what was going on for me. I learnt how to let go of an issue, rather than put it to the side". Donna



If you want the most from your staff, we highly recommend you contact **All Sorted** now and find out what your choices are.

Sunshine Coast - 07 5406 1008

Brisbane - 07 3105 2810

Stress@work

YOUR organic oasis



SPICE UP YOUR *Life*



Give your Health a Super Boost

The contents of the little spice containers in most kitchens have romantic histories. The story of spices is a tale of camel caravans, perilous voyages through unknown seas, & the rise & fall of far-flung empires. Spices were traded as currency as long ago as 4000 years & in medieval times, the demand for spices to flavour tasteless foods made them literally worth their weight in gold. A 1/2 kilo of pepper cost more than a sheep, a 1/2 kilo of cloves was worth more than a cow.

How fortunate we are that we do not have to trade livestock, but can just roll up to The Natural Foodstore to get spices which compliment the taste of almost any food. Any way you do it ~ by adding spice to veggie dishes; sprinkling on meats, poultry or fish before cooking; using a little in your veggie juices & smoothies or making a tea, you have just added a wealth of health benefits to your day. Do spices have **antioxidants**? It may come as a surprise but they certainly do, & they come without the sugar component of some antioxidant rich fruits (super foods & excellent sources in their own right, but remember their sugar content).

What is an "Oxidant"? The word means the same as "Free Radicals" which are basically left over molecular fragments from metabolism. They are "hot" injuring whatever they touch, causing cell damage & arterial wall inflammation. **Antioxidants e.g. spices** - combine with & "neutralise" oxidants, rendering them harmless. How strongly & quickly a particular antioxidant can "neutralise" an oxidising agent, is expressed as an **ORAC value** (Oxygen Radical Absorbance Capacity). This the measure of the antioxidant content of any type of food & spices have more power, measure for measure, than

many fruits & vegetables. However, please keep in mind that whilst you may easily enjoy a 1/2 cup of blueberries, you are highly unlikely to use more than 1/2 teaspoon of e.g. cinnamon per serve.

There are so many spices you could utilise to benefit your health & taste buds it would be impossible to list them all, but below are a few that offer outstanding benefits:-

Caraway Seed

Carum Carvi - Umbelliferae Caraway contains Limonene, a volatile oil also found in citrus plants. Caraway is one of the oldest spices & was historically known as a cure all. It boosts the immune system while soothing irritated skin. Mixed with olive or coconut oil it is used as a rub to treat bronchitis, sore throats & colds. Chewing Caraway will also help freshen the breath. Caraway helps fight cancer of the breast, liver & gall bladder & has anti-inflammatory & antibacterial effects.

Ground Cinnamon

Cinnamomum verum or Lauraceae Originally native to Sri Lanka, Cinnamon contains Cinnamaldehyde, Cinnamyl Acetate, along with Manganese, Fibre, Iron & Calcium. It helps regulate blood sugar & minimal but positive results have been shown in the treatment of diabetes & memory dysfunction. Research by U.S.D.A. indicates that taking 1/4 teaspoon of Cinnamon daily will help lower the risk of Metabolic Syndrome i.e. high blood cholesterol, triglyceride & glucose levels. Should not be confused with Cassia (Cinamomum aromaticum) a related species from China.

Oregano

Origanum vulgare Thymol & Carvacrol are two of Oregano's potent antibacterial properties. It kills unfriendly bacteria in the gut without damage to friendly organisms & is effective against

Candida albicans overgrowth, particularly in the sinus cavities. It has 4 times the antioxidant activity of Blueberries.

Star Anise

Illicium Verum Mostly cultivated in China & Vietnam, Star Anise has a long history of use in Chinese medicines. It is used to treat colic in babies, stomach aches, indigestion & when brewed as a tea, it helps clear breathing passages. Now it has a new use - as the base for Roche's flu drug, Tamiflu.

Ground Turmeric

Curcuma longa - Zingiberaceae Also known as Curcumin, is one of Nature's most powerful healers. Recent research shows it as positive for cardiovascular & liver protection. It is a highly effective pain reliever via inhibition of COX 2 enzymes, which commonly have only responded to pharmaceutical intervention. Curcumin is useful for the treatment of arthritis as well as for Alzheimer's disease, where it's believed to inhibit the formation of amyloid plaques.

It would seem that spices have untapped potential to aid in prevention of disease & by combining spices with the healthiest fruits & vegetables, you are giving yourself & your family the best & tastiest way possible to ensure good health.

Bibliography:
www.naturalnews.com
www.marlinrothonline.com
www.examiner.com
www.wikipeid.org
www.reveria.com

your organic oasis

Practitioner Update by Grace Williams HERBALIST

pure spirit

Pure Spirit Yoga SPA is a fresh, natural unified approach to extend and enhance your life, comprising of four essential health ingredients.

- ⊗ Pure Body Organic Beauty nourish your face & body naturally.
- ⊗ Pure Touch for pregnancy, reflexology, abhyanga & zenhai shiatsu massages.
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WHAT'S ON **WHAT'S ON** and It's All FREE*! **ON** WHAT'S ON

AUGUST

Win Win Win Your Organic Reward Organic Sugarfree Wines
1 pack of 6! See page 7 for more.

- Tue 4th 11.30 Marc De Bruin is back in town! FREE Life Coaching chats one on one.
- Thu 6th 10 - 2pm FREE Evohe nourishing winter masque PLUS a repair intensive hand treatment ~ YES at the same time! Bookings essential at the registers.
- Thu 13th 10 - 2pm Yelena's Makeup Artistry ~ FREE mini personal make up consultation. Yelena shows you how to work with your make up to enhance your natural beauty. Bookings essential at the registers.
- Wed 19th 11 - 2pm Linda Mahony with taste tests from Turn Over a New Leaf. Linda is as always, informative & inspirational with great recipes from DI Skelly & Graeme Heron's books for healthy eating. For children & adults with 10% discount on all 3 books.
- Thu 20th 11 - 2pm FREE Inika Make Up Consultations with Mard. Bookings essential at the registers.
- Sat 22nd 12 - 2pm Find space in your sacred place with Lyn Moe's CD "Your Sacred Space" - a relaxing journey with yoga nidra. 10% discount.
- Wed 26th 11 - 2pm Lyn Reilly is walking proof of health & vitality with her Vegan Cookbook. She will be in-store for you to sample some great tastes. Vegan Cooking will be discounted 10% off.

SEPTEMBER

Every Tuesday ~ All FRUIT & VEG 20% off

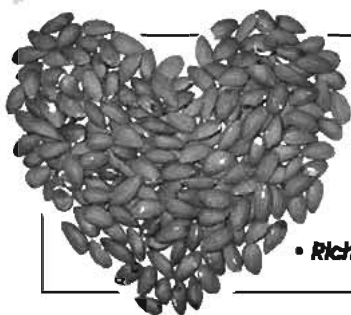
- Tue 1st 11.30 Marc De Bruin is in store again with FREE Life Coaching chats.
- Sat 5th 10 - 2pm Yelena's Makeup Artistry ~ FREE mini personal make up consultation. Yelena is back in store to help you with your make up colours. Bookings essential at the registers.

- Tue 15th 11 - 2pm "Guided Meditation" CD & "I Am A Light" book by Suzannah can help calm those hectic & stress filled days of your life. 10% discount.
- Wed 16th 11 - 2pm Taste some delicious sensations from DI Skelly & Graeme Heron's books, "Turn Over A New Leaf", "Real Food Power for Kids" & "Vega & the Magic Apple" with kitchen coach Linda Mahony. Easy to prepare foods for all the family. All books 10% off on the day.
- Sat 19th 12 - 2pm Find space in your sacred place with Lyn Moe's CD "Your Sacred Space" - a relaxing journey with yoga nidra. 10% discount.
- Thu 24th 11 - 2 pm Scenar Therapy naturally assists with pain relief. Hanna & Kathy will be in-store for a FREE demo.
- Wed 30th 11 - 2pm Lyn Reilly is with us again with Vegan Cookbook. Great tastes as well as 10% off Vegan Cooking.

OCTOBER

Win Win Win ~ your organic reward - win a beautiful makeover for your wedding or special event! See page 7 for more.

- Tue 13th 11.30 Marc De Bruin in store with more FREE Life Coaching chats.
- Sat 17th 11 - 2pm Linda Mahony returns with delicious vegetarian samples along with great information on nutrition for all the family. All recipes from DI Skelly & Graeme Heron's books. All books 10% discount.
- Sat 17th 12 - 2pm Find space in your sacred place with Lyn Moe's CD "Your Sacred Space" - a relaxing journey with yoga nidra. 10% discount.
- Fri 23rd 12 - 2pm Our Scenar Therapy friends, Hanna & Kathy are back in store for a FREE demo on muscle pain.
- Wed 28th 11 - 2pm Lyn Reilly is back with more sumptuous samples from her Vegan Cookbook. This affordable book is a must for anyone wanting to begin a vegan lifestyle. 10% discount.



ALMOND PASTE
is now available
freshly crushed in store
250gr & 500gr tubs

- Virtually no carbs • Gluten free
- Rich source of Vitamin E
- Rich in monounsaturated fat - one of the good guys

SONYA ... you are a wonderful customer!

One of our staff was at the registers the other afternoon when they watched Sonya put her shopping through. What was noticeable was ALL OF HER FRESH PRODUCE was in FREGGIES - our new fruit & veg bags.

Sonya, thanks for the inspiration!

NEED PAIN RELIEF?

DO YOU SUFFER FROM:

- ARTHRITIS
- CHRONIC/ACUTE PAIN
- RECOVERING FROM ILLNESS, INJURY OR SURGERY?

IF YOU ANSWERED YES TO ANY OF THE ABOVE, SCENAR IS FOR YOU!

SCENAR THERAPY WORKS GENTLY TO RELIEVE PAIN FAST BY ASSISTING YOUR BODY'S OWN NATURAL HEALING PROCESSES.

FOR SCENAR DEMOS INSTORE, SEE THE "WHAT'S ON SECTION".

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Painless breast screening

Earliest detection

No Contact with body

Complete body imaging.

Used as an aid for diagnosis and prognosis for conditions & injuries including: Back Injuries, Arthritis, Headache, Nerve damage, Unexplained pain, Breast disease, Carpal Tunnel Syndrome, Disc disease, Inflammatory pain, Skin Cancer, Referred pain Syndrome, Sprain, Strain, Stroke screening Fibromyalgia, RSD (CRPS), Dental & TMJ, Artery Inflammation, Whiplash, Vascular disease, Digestive disorder.

Can assess and monitor the progression or regression of pain and pathology almost anywhere in the body.

For more information or an appointment please call Graham & Beverley Baillie
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PAIN



Digital Thermal Imaging (D.T.I.)

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Our aim is to provide you with the safest possible ingredients for **HEALTHY SKIN**

august

10% off all Mlescence products

PLUS
new ekko magic multi purpose earth friendly compostable cotton cloth
10% discount in August ~
pack of 100 only \$22.28
You save \$2.47

PLUS
FREE GIFT when you purchase 2 Evohe products at one time

FREE Evohe mini facials
Thursday August 6th 10 - 2pm
FREE Inika make up consultation with Mardi
Thursday 20th August 11 - 2pm
Bookings essential ~
See What's On on page 5 for more details

Devita is back!
Exciting News ... with Devita's return we can now focus on treating dehydration, gently removing the outer dead layer of skin & stimulating new cell growth as well as strengthening & rebuilding connective tissue.
Available in store NOW.

september

10% off all Vrindaven products

PLUS
Massive savings on Kanso dry body brush
50% OFF
reduced to \$6.17

PLUS
FREE Evohe perfume valued at \$29.50 when you purchase 3 evoh products at one time

ANTIOXIDANTS for anti-aging
free radicals are impaired molecules that steal from healthy cells which may damage the tissue at a cellular level. Antioxidants will destroy the free radicals, so these are vital in your skin care. We are exposed to free radicals from the environment, chemicals, pollutants & even the sun. Ingredients to look for in your skincare products are Vitamin C, Vitamin E, Green Tea, Grape Seed Extract, Olive oil, Co Q10
You will find these ingredients in a variety of our skin care products ~ please come & talk to us for more information.

october

10% off all mukti products

PLUS
new biologica coconut shampoo & conditioner
1 litre bottles only
\$15.25



4 new beautiful pure healing oils

camellia oil
has natural antioxidants that protect the skin from free radicals containing Vitamins A, B, C & E 50ml \$12.95

carrot infused oil
helps your skin look alive with beta carotene & Vit A to maintain elasticity of the skin 50ml \$9.95

neem seed oil
is used as an effective insect repellent, in lice treatments & in a carrier oil for rheumatic disorders 50ml \$6.50

dove bud essential oil
is a potent antimicrobial & antifungal agent with a strong warm & spicy aroma. Great to use in cleaning products to kill mould. 15ml \$10.35



All products on special only whilst stocks last - not available with any other offer

your organic oasis

YOUR organic market UPDATE



- Grapes are coming to the end of their season
- Mandarins will see the season finish with the later varieties of local Red Emperor & local Hicksons
- all of our wonderful staple veggies are peak in season from the Gatton area including
 - ~ Broccoli, Celery, Cauliflower, Carrots, Potato & Pumpkin
- Strawberries, Strawberries, Strawberries!!!
 - ~ with 4 local growers around the area of Glasshouse, Beerwah & Coochin Hills the price will start high but will rapidly reduce through the month of August, look out for specials at the register!!!

giving back to YOU
 Our fruit & veggie staff would like to give back to our dedicated Natural Foodstore shoppers so every Tuesday in September every FRUIT & VEGGIE will be 20% off, it's our way of saying thanks for supporting us, our farmers & the planet.

Integrated Medicine
 at Crescent Place

Dr Richard Mayes
 MBBS, DRANZCOG, FRACGP

Patient-centred multidisciplinary care

Appts: Wed & Thurs
 136 Nambour-Mapleton Road, Nambour **5476 4993**

Love those Antioxidants

Did you know that the 2 veggies with the highest orac levels of antioxidants are both in season right now!

- Kale ~ at a whopping 1770 orac units per 100 grams
 - Spinach ~ at 1260 orac units per 100 grams
- And you can also get great benefits from the fruit section as well
- Strawberries - bursting with flavour & 1540 orac units per 100 grams
 - Sweet juicy oranges at 750 orac units per 100 grams

Antioxidants are the ones that help to mop up free radicals that occur in our bodies.

So make sure you stock up today for taste, freshness & health benefits!

Did you know?
 Customer Club members can buy any product from our bulk bins & save, save, save!

- If you buy 5kg you get 10% off
- Buying 10kg gets you a whole 15% off
- Buy 25kg & you get a whopping 25% off

**SAVE!
 SAVE!
 SAVE!**

Win Win Win your organic reward

August

6 BOTTLES OF VINOS de la CRUZ Sugarless Organic wines
 Low GI & No Preservatives



Generally red & white wines contain residual & added sugars. During the fermentation process, the grapes' yeast consumes sugar which converts to alcohol but there will always be some sugar that doesn't convert ~ this is the residual sugar.

At Vinos de la Cruz Winery, the grapes are grown in healthy biologically active soil & processed organically so the good health of the grapes' yeast consumes all of the sugar during fermentation. Nor is there any sugar added to the wines. The sugar content of the wines has been scientifically tested & proven as is the organic certification.



The range includes Pinot Noir, Merlot, Malbec, Cabernet Sauvignon, Muscat D'Hamburg, Brut Sparkling Wine, Arloaba, Sauvignon Blanc & Chardonnay.

You can WIN Your Organic Reward by shopping in store during August. When your shopping is \$65.00 or more in 1 shop, pop your receipt into the Winner's Box for your chance to WIN WIN WIN.

For more information visit www.sugarlessorganicwine.com.au or phone Laura Adams on 0412 846482.

October

Win a beautifully professional make up for 2



Yelena McCleary is based on The Sunshine Coast & provides a professional Makeup Artist service. Her goal is to make customers feel & look beautiful for every occasion. Each person is different & Yelena likes bringing out your unique natural beauty.

After many years of experience in skincare & the use of natural techniques, Yelena will always aim to maintain a healthy flawless complexion through specialising in mineral & natural makeup distributed from The Natural Food Store. With formal qualifications from The Brisbane Academy of Makeup combined with her diverse experience in the makeup industry, Yelena is able to give her clients a complete service with a quality result every time.

Your opportunity to Win this luxurious prize awaits in store when you spend \$65.00 or more in one shop during October. See in store for more details.

Or call Yelena at Yelena's Makeup Service on 0414 443 927.

YOUR organic oasis

Specials Specials Specials Specials

be quick - specials only available until sold out

Huge Bulk Buy

25kg bags of ORGANIC LONG GRAIN WHITE RICE for an amazing \$145.00 ~ save \$90 but only while stocks last.

! Just to let all members know that bulk will have ALMOND PASTE as well as peanut butter.

August

- 15% off all Goji & Noni Juices
- 15% off all Barley & Wheat Grass Powders
- 15% off all Powerfoods products
- 15% off Gelatine & Vegetable Capsules
- 20% off all Salt Products including Himalayan, Amenas, Bioforce & Lotus Salts
- 15% off all Herbs & Spices from the Bulk Spice area
- 20% off all Pureharvest 1 litre Juices
- 15% off all Extra Juicy 250ml Poppers
- 15% off all Beans, Lentils & Peas from Bulk Bins only
- 10% off all Miesence products
- 10% off new ekko magic cotton cloths
- 20% off the following titles:
 - ~ Healthy Soil Handbook
 - ~ Small Edible Garden
 - ~ Getting Started In Permaculture
 - ~ Natural Home Heating
 - ~ Earth Gardener's Companion

September

- 20% off all Fruit & Vegetables every Tuesday In September
- 15% off all Nature's Sunshine Range
- 20% off all Crispbreads, Crackers, Rice Cakes & Corn Thins
- 20% off all Goji Berry products
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recipe

Veggie Pasties by kids for kids & adults

From Real Food Power For Kids available in store

- 4 carrots
 - 2 turnips
 - 2 potatoes
 - 2 onions
 - 1 teaspoon sage
 - Celtic salt & a little pepper
- Spelt pastry

1. Preheat oven to 250 degrees.
2. Grate all veggies by hand or in a food processor.
3. Roll out pastry with a floured rolling pin & board then cut out circles around a saucer.
4. Place grated veggies in the middle. Wet edges of pastry, fold over & seal.
5. Make leaves or other shapes to decorate.
6. Bake in a hot oven until pastry is golden brown.
7. Serve with home made Tomato Sauce.

Spelt Pastry

- 2 1/2 cups Spelt Flour - can be wholemeal
- 2 tablespoons tahini
- 1 teaspoon celtic sea salt
- Water

Combine all dry ingredients in a bowl
Rub in the tahini until mixture resembles coarse breadcrumbs.
Add enough water to make ingredients cling together in a ball
Knead & pop to the side until ready to use.

