

# the natural foodstore

your organic oasis

ISSUE 29  
February • March • April 2010

## YOU have lead the pack!

Your choice has wooed Chefs from around Australia & the world! Organic produce has been tipped as one of the 'hottest' dining trends for 2010 in a survey of over 1800 professional chefs of the American Culinary Federation (ACF) released last month.

The annual 'What's Hot' survey revealed that 73% of ACF chefs voted organic produce as a 'hot' restaurant menu trend for 2010, while nutrition & sustainable menu items took out the top spots. Organic coffee was voted the second hottest non-alcoholic beverage & organic beer, wine & spirits were also tipped to be the top alcohol trends of the coming year.

In Australia, demand for certified organic produce from some of our most highly awarded chefs have lead this trend locally with chefs including Kym Machin, Justin North, David Pugh, Dominique Rizzo & Kylie Kwong all fans of organic.

'It appears that both chefs & consumers are identifying that organic produce is not only a healthier & more sustainable option but is a superior standard of product in terms of quality & flavour' Holly Vyner, Biological Farmers of

Australia General Manager has said. Fomer *Courier-Mail Young Chef of the Year*, Kym Machin has a long standing interest in organics - valuing the nutritional benefits of the produce, the superior taste & quality that he says is a guarantee of the certified organic produce he sources.

Justin North, *2009 Sydney Morning Herald Chef of the Year*, says that certified organic produce certainly fulfills changing consumer preferences for sustainably produced & nutritious foods but insists it is the quality & flavour of organic that truly sets it apart.

'As a chef, I have the responsibility to choose ingredients carefully. By meeting with the famers & understanding & supporting the farming practices they use, I can personally guarantee the quality & standard of the food I serve.'

This is very much along The Natural Foodstore's policies that have worked for 23 years - know your famers, know their practices so we can personally guarantee our fresh foods for you!

Excerpt from BFA Newsletter

**win win win**  
your organic reward



FEBRUARY

an amazing Fab Health Fitness Treatment worth \$250.00  
**Yoga & Pilates Fusion with Sabine Steiner**  
see page 7 for how to

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MARCH

In March you have the opportunity of winning an absolutely beautiful massage  
**Retreats on Buderim specialize in massage & relaxation just for you.**  
See page 7 for more.

Save this read for Easter but do be ready for yummy Easter Eggs this year!  
Choose from a great selection of chocolate

- Organic Milk Easter Eggs
- Organic Dark Easter Eggs
- Organic Milk Easter Bunnies
- NAS Carob Bilby
- NAS Chocolate Bilby
- Dairy Free Easter Bunnies
- Organic Easter Bags

Our famous Spelt, Rye, Gluten Free & Chocolate Hot Cross Buns will be available as well. Get in early.



### Home Delivery

is proving to be a popular way to shop particularly for those who are limited with time. Stop in at [www.thenaturalfoodstore.com.au](http://www.thenaturalfoodstore.com.au) & go into home delivery where you can download the most recent list. All bulk, fruit & veg prices are the same online as they are in store because we know how much it means to you. In store discounts do not apply.

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go to the Join Our Mailing List & sign up!



the natural foodstore your organic oasis

HOME | ABOUT US | PRODUCTS | NEWS | MENU & DRINKS | HEALTHY LIFESTYLE

Welcome to the Natural Foodstore! Hello & welcome to The Natural Foodstore! If you are wanting organic, clean, local products this is just the place to be. With over 70 staff, we have learnt that good service begins with the right product, at the right price & delivered to the right place.

Contact Details  
382 Mone Road Forest Glen, 4050 Queensland, Australia  
Phone: (07) 5445 6440 Fax: (07) 5445 3941 E-mail: [admin@thenaturalfoodstore.com.au](mailto:admin@thenaturalfoodstore.com.au)

Open 7 days a week  
Weekdays 9am-6pm  
Saturdays 9am-5pm  
Sundays 10am-5pm

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What's On  
Organic Greens  
Meet Edward, our fabulous new local Organic Farmer with his tempting organic greens! Taste these sensational flavours!

YOUR organic oasis



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 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 Herbalist are available FREE 7 days a week from 9am ~ 5pm  
 Please note we are closed:  
 Good Friday 2nd April  
 Easter Saturday 3rd April  
 Easter Sunday 4th April  
 Anzac Day Mon 26th April

We are open:  
 Easter Monday 5th April

## advertising

If you would like to advertise to 16,500 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

Happy New Year to everyone, I trust you all had a great Christmas & New Years Eve?

First of all I would like to thank all of you, on behalf of Cittamani Hospice, Cansurvive & Bloomhill Cancer Help, for the amazing generous support that you gave to our "wishing tree" families. Your gifts, along with those from The Natural Foodstore, raised \$100 for each of our twelve "wishing tree" recipients. I personally had the opportunity of notifying some of the Cansurvive families & it was indeed a humbling experience. Those conversations truly reflected & reinforced the old adage that the real pleasure at Christmas time is the giving of a gift, not the receiving!

It's fantastic to see the return of our 20% off days in the next couple of months. I know many of you have been requesting them, so look out for these saver days every Thursday in February (bulk goods from the bulk bins & hoppers) plus every Saturday in April (Fruit & Veg).

The end of February 2010 marks the end of my first year as Store Manager of The Natural Foodstore. It has been a fantastic & at times quite a steep learning curve, but it would not have been nearly as rewarding without the support of all you - the customers. I would also at this time like to acknowledge our wonderful, helpful & knowledgeable staff, they are a credit to, & the most valuable asset that The Natural Foodstore has!

Store Manager  
 Andrew Crebert

## Refunds

Just a quick reminder to all Customers please ~ if you have any products to return, please remember you must have your receipt with you. Product returns with the receipt will always be handled by a Department Manager to ensure you are being looked after but without your receipt, we cannot guarantee any credits can be given.



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](http://www.getsetfootwear.com.au)

## The Revolution is here... **Aetrex Sandalistas**

They are the first sandal perfectly designed for you. To start, the footbed is anatomically shaped and contoured to match the human foot and eliminate pressure and friction. Sandalistas are made with Memory Foam that conforms to your foot and ensures an equal distribution of pressure while you walk. Whether for people with foot problems, someone needing a little support, or mothers chasing after their kids, we all need great shoes. And even better, we need good looking shoes.

*Sandalistas will liberate your sole.*

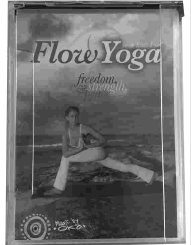


GREAT BOOKS • GREAT BOOKS

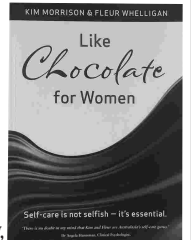
# Review by Barb

[books@thenaturalfoodstore.com.au](mailto:books@thenaturalfoodstore.com.au)

DVD Flow Yoga with Kath Ford  
 The perfect DVD for beginners & intermediate yoga goes. In 50 minutes, Kath can help you discover your beautiful body & stress-free your mind. Filmed on stunning North Stradbroke Island with background music by our local boys, Oka.



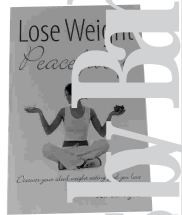
Like Chocolate for Women by Kim Morrison & Fleur Wheligan  
 An elegant book essentially for all women, young & mature, this is a self-care book with extreme difference. Learn about aromatherapy, how to lose guilt, unlock secrets & age with grace, find simple ways to exercise with ease, hormones are made friendly, ultimate 2-minute body boost, healthy, easy to prepare recipes & more. Sheer magic from front to back cover.



Art of Yoga Cards by Katrina Smith  
 44 yoga cards for creating your own personal practice, complete with guide book. Colourful & creative artwork, this pack evokes desire to enjoy yoga to the fullest potential.



Lose Weight Peacefully by Jen Gallagher  
 You have to see it to believe it! Jen's journey is one to write a book about, & she shares how you can be transformed from beautiful woman to amazingly beautiful woman. A brilliant must-read for all of us who desire to be just a little lighter in our life.



The Raw Gourmet by Nomi Shannon  
 Gorgeous, glossy photographs to entice those taste buds. Recipes to enhance health & vitality, packed with some of the best raw food preparations, mealtimes will be tempting with these colourful dishes for all the family.



GREAT BOOKS • GREAT BOOKS



## Spiral Foods & The Natural Foodstore

are working together

to bring you organics at even more affordable prices. Spiral are about to turn 30 & have gone 100% climate neutral! We believe they are great reasons to stock their products in our store. Spirals Organic range of products include Tamari, Soy, Coconut & Olive Oil, Tomato Paste, Pasta Sauces & Pasta, Snack Foods, Tahini, Tea, Maple Syrup, Coconut Cream, Crackers, Fruit Purees, the list goes on.

We respect good clean business & we love good clean food!

## Bulky Buys for kids

It is so good to be able to pick up a couple of bags of healthy school treats for the kids - we have a great selection of Natural Foodstore packaged snacks to help you out.

Naturally Dried Kiwi Fruit - zingy & tasty  
Natural Banana Bites - sweet & full of banana flavour  
Biodynamic Almonds Dry Roasted - crunchy & creamy  
Yoghurt Sultanas - sweet & creamy  
Bits Organic Spelt Crispies with Sesame Seeds

*Mix a few of these ingredients together, pop into a little container & you have created a new sensation every day for the kids to be excited by but most of all - healthy & happy!*

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*Bottled at the source ... Taste the difference*



## Walkabout Mix

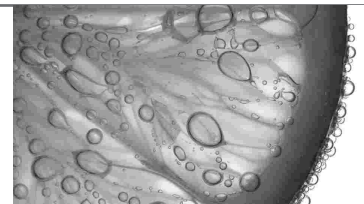
These are a really tasty treat, possibly more for the special occasion but very worthwhile.

Walkabout Mix are a good quality Brookfarm product ~ completely Australian owned. There are 3 in the range using premium dried fruits, exotic nuts & dark chocolate. The range has an energy blend, a strolling blend plus an elegant blend.

See our Grocery staff or check out this product in aisle 1.

## If not me, then who? If not now, then when?

As 2009 drew to a close, it saw a time for endings, beginnings & New Year resolutions. A time when we stop, reflect and decide where to go from here. What did you choose as your motto for 2010? "New Year, new you?" or "Different year, same old s...?"



### ALL SORTED.

What have you committed to change in 2010? What are you going to do differently? & what stopped you from doing it last year? Whether it's shedding unwanted kilos, habits, relationships, jobs or just simply deciding to take control of your life, deciding is only half the equation.

What would happen if, this year, you really committed to achieving your New Year resolutions? What if you were able to get your head in the game & really lose that weight; start that exercise program; change that job or gain that confidence & self esteem?

Are you really ready to change? Are you really willing to do what it takes to get what you want? Is your heart really in it? Or perhaps a better question might be, "Is your head really in it?" The mind is a lousy master but a wonderful servant. The question is, "does your mind rule you, or do you rule your mind?" If you would like to tackle change a little differently this year, & coast effortlessly into the New Year,

we have something for you.

We wanted something special to thank you for your continued loyalty, something that will allow you to finally make the positive changes you deserve. As a gift from us to you, we have negotiated a deal with our resident hypnotherapist & psychotherapist, Helen Grant, for our customers. If you've ever wondered what hypnotherapy can do for you & your New Year resolutions, now's the time to find out. Book in February or March & your initial consultation will be free, so you pay nothing, risk nothing. Helen's time is in great demand & slots are limited, so book early to avoid disappointment.

I wonder what will improve in your life when you finally move past what's been stopping you? Make a positive start to the New Year. Call now & make an appointment to change your life.

*"The best way to predict the future, is to invent it."*

Alan Kay

*"Losers make promises they often break. Winners make commitments they always keep."*

Denis Waitley



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

# Resolutions

YOUR ORGANIC OASIS

# THE GREAT Fat DEBATE



If you are serious about living healthier, you will want to consider the type of fats/oils that you use for cooking, salad dressings & any other general purpose. So much hype comes our way from mainstream media & leading health authorities endeavouring to make us aware of the many ill effects of consuming a diet too high in fats, & even worse, ingesting Trans Fatty Acids (TFA's). Whilst there is unanimous agreement that TFA's are problematic & are to be avoided at all costs, some explanations of these fats are confusing at best, or misleading at worst. It is time for more clarity so we can all choose the fats that are good & avoid those that are not so health promoting.

It has been said that TFA's are like saturated fats "which raise bad cholesterol & cause a build-up of fatty deposits in the arteries." That is not strictly correct as saturated fats raise both good & bad cholesterol & research indicates they alone do not cause fatty arterial deposits. An underactive thyroid coupled with stress & a diet high in polyunsaturated oils is potentially the more likely villain in causing a build up of fatty deposits in the arteries. We are constantly advised to choose vegetable oils, such as Olive, Safflower, Sunflower etc. in preference to Butter or Coconut Oil, however, let's remember that these vegetable oils are rich in omega 6 fatty acids, which when used in large amounts can cause oxidation of our cells. This reaction leads to inflammation, which in turn promotes degenerative conditions & premature aging.

## Why is there so much confusion amongst health authorities in relation to fats?

In 1961, the American Health Association published its first dietary guidelines aimed at the public, in which the medical authors call for the substitution of polyunsaturated oils for saturated fats. This was in spite of the fact that these same medical researchers/authors had previously published papers strongly suggesting that the increase in Heart Disease was at least somewhat due to the increasing consumption of partially hydrogenated vegetable oils (which is what TFA's technically are). In actuality, saturated fats are shown to help in preventing heart disease. If we examine the health

statistics along with the medical research covering the nations that consume large amount of saturated fats in their diet, we find that they are among the healthiest nations/tibes/cultures in the world. Even using the very best organic vegetable oils in baking & frying creates free radicals. In basic chemistry, free radicals are shown to cause prolific cell damage. When used in cooking, all vegetable oils oxidize.

## For the best in food preparation - what's in the pantry?

Organic Extra Virgin Olive oil is a wonderful monosaturated fat & whilst it works really well as a salad dressing, it is not the best oil to cook with, as during cooking its chemical structure makes it susceptible to oxidative damage. Common vegetable oils such as Corn, Safflower & Sunflower are also not a good choice for cooking as these omega-6 oils are highly sensitive to heat damage so can also contribute to the overabundance of omega-6 fats in our daily diet. Most vegetable & seed oils are comprised of long chain fatty acids (LCFA's), which are difficult for the body to break down & are predominantly stored in the body as fat; that's why many people assume that fats are automatically "fattening". Why not give some consideration to Rice Bran Oil. This oil is not so well known or utilised, but contains a nice balance of saturated, monosaturated & polyunsaturated oils, does not have TFA's & is regarded as hypoallergenic. It has a high smoke point which helps prevent fatty acid breakdown & because it is a light viscosity product, less oil will be absorbed during the cooking process. For those who choose not to use vegetable or seed oil, this is a good alternative.

There is only one oil stable enough to resist heat-induced damage. Coconut Oil is made up of medium-chain fatty acids (MCFA's). Two-thirds of the saturated fat in coconut oil is a medium-chain saturated fat. This important fact deserves clarification as MCFA's can actually help us to lose weight, lower cholesterol, improve diabetic conditions & reduce the risk of heart disease. One of the most outstanding benefits of consuming MCFA's is that they do not require the liver & gallbladder to digest

& emulsify them, which means instant energy & increased thermogenesis (increased metabolic rate in the body). A controlled study published in the American Journal of Clinical Nutrition showed the metabolic increase to run at an astounding 48% - 65%, with the thermogenic effect lasting as long as 24 hours. The MCFA's in coconut oil (1) helps kill viruses; (2) helps kill fungi & yeasts (3) helps expel or kill tapeworms (4) improves calcium & magnesium absorption (5) relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement) (6) reduces symptoms associated with psoriasis, eczema & dermatitis. Coconut oil is rich in Lauric Acid, which when consumed is transformed by the body into a substance called Monolaurin. This is the actual compound responsible for helping to strengthen the immune system. So, do enjoy using organic virgin coconut oil, drinking coconut milk/crème in your teas/coffees, as well as pouring it over your pomidge & munching on foods made from coconut flour, all of which will benefit your health & longevity.

Bibliography: Health Solutions Technology:  
[www.naturalnews.com](http://www.naturalnews.com) [www.mercola.com](http://www.mercola.com)  
[www.newstarget.com](http://www.newstarget.com)  
 Healthy Script: [www.whatscookingamerica.net](http://www.whatscookingamerica.net)  
 Journal American Health Assoc.

Spiral Coconut Oil & Alfa 1 Rice Bran Oil on special in February. See page 8 for information.

# WOW! LOOK WHAT'S ON and It's All FREE!

## FEBRUARY

- 2nd 11.30 Cherie is here to chat about her new book *Cancer Journey Handbook for Travellers, Carers & Friends*
- 4th 10-1pm Tara demonstrates her DVD, *Yoga into Oneness* set in beautiful National Parks. 10% discount
- 6th 12-2pm Lyn Moes *Your Sacred Space CD* - be inspired, be stress-free. 10% discount
- 9th 11-2pm Suzannah Taylor ~ find calm within with her guided meditation cd & book *I Am A Light* 10% discount
- 12th 10-12 FREE hair care advice from Karen at Gypsy Rose, product testing & samples. 5 min chat while trying some products & free sample - no bookings necessary. Then Karen will do 12.30-2.30 FREE 20 min professional mini hair consults. Bookings essential.
- 13th 11-1pm Meet Jen Gallagher & be amazed by her journey & her book, *Lose Weight Peacefully*. 10% discount
- 17th 11.30-2pm Linda Mahony *Kitchen Coach*. Come in & be totally inspired by Linda. 10% discount on *Turn Over a New Leaf*, *Real Food Power for Kids & Vegans* & the *Magic Apple*.
- 18th FREE Evohe mini facial & make up demo with Lissa. Allow 20 mins ~ bookings essential.
- 24th 12-2pm *Yoga Inspiration Cards* by Katrina. Each card is colourfully illustrated & artistically designed to guide your yoga practice with ease. 10% discount
- 24th 11.30-2pm Lyn Reilly taste tests of health & vitality from her *Vegan Cookbook*. 10% off

## MARCH

- 6th 12-2pm Find space in your sacred place with Lyn Moes' CD *Your Sacred Space* - a relaxing journey with yoga nidra. 10% discount
- 9th 11 - 2pm *Guided Meditation CD & I Am A Light* book by Suzannah Taylor ~ be stress free & calm in your daily life. 10% discount
- 11th 10 - 1pm Explore the realms of yoga through Tara's DVD *Yoga into Oneness*, experience the relaxing sounds. 10% discount
- 13th 11-1pm need inspiration to feel healthier? Jen Gallagher has the answer - *Lose Weight Peacefully*. 10% discount
- 17th 11.30-2pm delicious taste sensations from Di & Graeme Skelly-Heron's books presented by kitchen coach Linda Mahony. All 3 books 10% off

- 19th FREE Evohe mini facial & make up demo with Lissa. Allow 20 mins ~ bookings essential.
- 22nd Kay Winters - making allergy foods, FREE tastes & ways to work with them
- 24th 11.30-2pm Lyn Reilly has vegan delights with sumptuous taste tests from her great *Vegan Recipes* book. 10% discount
- 24th 12-2pm Katrina inspires with beautiful *Yoga Cards* to help you develop a self-practice which is personal to you. 10% discount

## APRIL

- 1st 10-2 FREE make-up demonstration with Mardi from Inika. Bookings essential
- 7th 11.30 Cherie is back to chat about her new book *Cancer Journey Handbook for Travellers, Carers & Friends* into *Oneness*. 10% discount
- 8th 10-1pm Tara will be in-store with her beautiful DVD *Yoga into Oneness*. 10% discount
- 9th 11-2pm Suzannah Taylor- FREE advice on how your life can transform overnight. 10% discount
- 10th 11-1pm Let Jen give you a boost & a fit fix with *Lose Weight Peacefully*. 10% discount
- 17th 12-2pm Lyn Moes inspires with her *Yoga relaxation CD Sacred Space*. 10% discount
- 21st 10-12pm FREE hair care advice, product testing & samples. 5 min chat while trying some products & free sample - no bookings necessary. Then Karen will be here 12.30-2.30 for FREE 20 min professional mini hair consults. Bookings essential.
- 23rd FREE Evohe mini facial & make up demo with Lissa. Allow 20 mins ~ bookings essential.
- 24th 11.30-2pm Great vegetarian tastes, great information from kitchen coach Linda Mahony. All recipes from this wonderful range of cook books ~ all 3 books 10% discount
- 28th 12-2pm Colourful artwork is presented on Katrina's inspiration *Yoga cards*. Deal your own sequence for a great yoga workout. 10% discount

## Detoxing with Coconut Oil!

Yes we know, any critic would have us for brekky but really, if we cleanse with respect & responsibility, we are in fact doing our bodies the hugest of favours. You choose the length of the cleanse from 3 - 7 days, it is quite strict & may not be for everyone but the benefits are worthwhile.

This cleanse encourages a good quality Coconut Oil taken on its own or with a little organic yoghurt, several times daily along with lemon water & some fresh coconut meat. Good Coconut Oils are

those that are completely unrefined, expeller pressed, unbleached & not deodorised. Adding a high potency Probiotic should also be included. Pop into the store for the FREE Cleanse Sheet & please also have a chat to Grace or one of our Vitamins Staff for any more information on the cleanse you may need.

We have Coconut Oil on sale in February to get you started - see page 8 for info.

## Meet Ryan



Ryan is our Fruit & Veg Manager & works with our farmers purchasing all of our Fresh Produce. I know you will agree he does an outstanding job. Ryan leads a team of 20 staff, has been the drive behind our new Home Delivery operation, is finishing off his degree at Sunny Coast University & has been with the store for 11 years where he started as a very young man. He is now a walking encyclopaedia on anything organic & fresh! Anything you need or want to know - just ask.



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YOUR ORGANIC OASIS



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No Contact with body

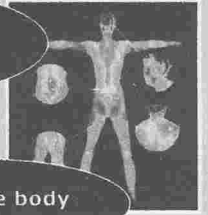
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# PAIN



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The Only Method Available for "Visualising" Your Pain

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

## Healthy Skin & Healthy Discounts for all Customer Club Members

february

### SAVING ON BABY

Think of using clean & friendly ingredients on your little one?

**20% off** Wot Not Baby Wash, Baby Lotion, 30+ Sunscreen & Wipes

**20% off** Miessence Baby Products Belly & Breast Balm, Baby Cream Wash & Baby Lotion

**20% off** A'kin Pure Baby Body Wash & Shampoo, Calming Mist, Massage Oil, Moisturiser & Bottom Balm

**20% off** Think Baby Bottles & Lunch Boxes BPA & PVC free

See Page 5 for What's On in Skincare promos



### MAKE MARCH MENS MONTH!

Men's skin care can often be overlooked! In fact their skin is subjected to a lot of punishment, including the daily shaving resulting in nicks & cuts as well as irritation from shave creams not forgetting the damaging effects of the sun.

We have several ranges to choose from including Weleda, Aubrey, Gaia, Sanctum & Ecotanicals.

These ranges contain herbal ingredients that are healing, calming & nourishing with a slightly masculine scent from essential oils.

For the month of March we have men's skin care ranges reduced by 10% for Customer Club shoppers.



This small unisex range has a few special things to offer if you are looking for something specific.

The detox cleanser for acne & the exfoliant both have all the key ingredients that would be used in the most expensive of products to ensure maximum results, including salicylic acid, hyaluronic acid which are both derived from plants.

The anti-aging day & night moisturisers are also packed with impressive ingredients designed for results including generous amounts of Vitamin C, A & E, hyaluronic acid, green tea & alpha lipoic acid....the day moisturiser even has a good amount of invisible zinc which could almost cover as a sunscreen. These products are affordable especially with an extra 10% discount for Customer Club Members.



march

pure

Come & try exciting new products in the pure range which are on display!

Feel the richness & texture of the cucumber & lime body scrub or the deep cleansing & refreshing smell of the manuka & witch hazel hand & foot scrub.

**Free 15ml rosehip oil when you purchase \$50 or more from the pure range for all Customer Club Members.**

Come & sample some of the powerful antioxidant oils, being used in most skin care ranges, now available for you to add to your own blend of skin care.

The pure range, has been selected for purity & quality & are blended for you to get the best possible product for your skin at an affordable price.

april

your organic oasis





**win win win**  
your organic reward

**20% OFF ALL  
fruit & veg  
EVERY SATURDAY  
in April**

## February

### Apples are Fresh Fresh Fresh!

Apple eaters get decent doses of fibre, vitamin C & a spattering of B Vitamins in a low calorie, low GI package. Plus loads of antioxidant compounds called flavanoids. Our apples are new season & fresh so you can be assured they are packed full of goodness.

### Did you Know?

Wholesome foods ensure we chew a lot ~ carrots, celery, pearl barley, grainy breads are a few of the foods that get our digestive juices flowing whilst eating, therefore encourage our bodies to work on the whole digestive system to do what it needs to do ~ it also adds to satisfy our appetites a whole lot more than stodgy, processed foods. Now that makes sense!

## March

### Good Health with Carrots

Carrots are beautifully in season now - fresh, crunchy & alive with flavour. Carrots help maintain good vision, stimulate the release of hormones & contain carotol, carotene, limonene & pinene. The juice is highly detoxifying & cleanses the liver. Questions have arisen over the years as to which active ingredient helps those challenging cancer so recently, Newcastle University (UK) studied the active ingredients ~ is it beta-carotene or Falcarinol?

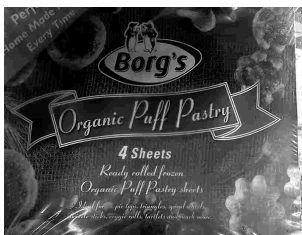
Apparently a definitive answer has not been reached however, they did learn the best way to cook carrots to maintain goodness ~ first steam whole & then cut them. This method lost the least amount of water soluble Falcarinol which is a very good thing.

## Sorry I Don't Do Pastry!

How many times have I picked up a packet of frozen pastry & found margarine & colours in the ingredient list. Please ... why do we need colours in pastry & where's the butter?

Borg's Organic Puff Pastry is wonderful ~ so wonderful in fact that I am now making my own pies at home so we can have them on those special occasions when I couldn't quite do the Big-Ben-I'm-not-quite-sure-how-to-pronounce-these-ingredients.

Britt's have also bought out an Organic Spelt Puff Pastry - your choice. Now you can be the happy home-baker.



## Yo Bro Yotube

Great new mini frozen yoghurt blocks, tasty, great ingredients, organic fruit, gluten free for those who need to know plus no artificial colours or flavours. 4 yum flavours ~ strawberry, mango, tropical or banana. Get in whilst they are in stock!

## Bulk Buys are Back!

Quickly pop this one into your diary because Bulk Buy Thursdays are here in February only. EVERY THURSDAY in Feb, you get EVERY single food product from our Bulk Bins & Bulk Hoppers with a **whopping 20% OFF**

## February

Sabine Steiner is the Director of Synergy Retreats - where beautiful spaces are created for you to relax, unwind, destress & learn how to take that back to your own home & workplace.

The benefits Sabine works on are core stability, weight management, detoxification, decreasing stress levels, posture, improving menopausal symptoms, stretching & strengthening muscles, working with mood swings, breaking old belief systems, improved blood pressure & digestion, clearing your mind & increasing energy levels.

You could WIN an amazing Fab Health Fitness treatment worth \$250.00 which includes a Postural Evaluation, 1hr One-On-One Training & a Tailor Made Training Plan just by shopping here at the store. As a Customer Club Member, all you need to do is spend \$65.00 in one purchase during February, put your receipt into the winners box & you are in the draw.

Or contact Sabine directly  
on 0409 461 940  
Synergy-retreats@live.com  
www.synergyretreats.com.au

## Retreats on Buderim

Feel alive nurtured pampered and relaxed



Marliese French has spent 20 years aniving at this most poignant time in her life where Retreats on Buderim is a sanctuary for you to just be ... & be nourished & be nurtured ...

Massage treatments, 1/2 & full day retreats, couples workshops - here is a world you enter to be peaceful with yourself.

You have the chance to WIN WIN WIN one of these beautiful massages - spend \$65.00 or more in one shop instore during march, put your receipt into the winners box & you will be in the draw.

Or give Marliese a call to have a chat about what relaxation will work best for you.

Retreats on Buderim  
t: 5477 1672  
w: www.retreatsonbuderim.com.au

YOUR organic oasis



# Specials Specials Specials Specials

be quick - specials only available until sold out

## February

- 15% OFF Juices - Deveraux, Lakewood, Pureharvest, Original Juice Company & Extra Juicy
- 30% OFF ALL Bottled Water - Life Energy, Organic Springs, & Mt Waming
- 20% OFF ALL Baby products - Wot Not, Miessence, A'Kin & Think Baby
- 15% OFF ALL Spiral foods products excluding Bonsoy
- 15% OFF Alfa 1 Rice Bran Oil 750ml
- 20% OFF ALL Bulk foods from the Bulk Bins & Hoppers EVERY THURSDAY IN FEB
- 20% OFF all Biotta Juices
- 20% OFF all Balance Waters
- 20% OFF selected Silica products from Planet Health & Hubners
- 20% OFF following book titles:
  - ~ Nourishing Traditions
  - ~ Snack It Out
  - ~ Seafood Bible
  - ~ Raw Food Detox

Please note specials are not available in conjunction with any other offer

## March

- 15% OFF ALL Zehnder Gluten Free products
- 20% OFF ALL Coeliac friendly products from Gluten Free Bakery, Happy Tums & Misty Crystals
- 10% OFF Men's skin care products from Weleda, Aubrey, Gaia, Sanctum & Ecotonicals
- 15% OFF Naturally good Carob Bites
- 15% OFF selected Muffin, Pastry, Custard & Cake Mixes from the Organ Range
- 20% OFF ALL Chocolate, Chocolate Coated & Yoghurt Coated products from the Bulk Bins & Hoppers
- 20% OFF ALL Easter Wrapped Gift Packs from the Bulk Bins
- 30% OFF Natural Foodstore bottled Organic Extra Virgin Olive Oil
- 20% OFF ALL Probiotics from the fridge - excluding "Practitioner only" lines
- 20% OFF following book titles:
  - ~ Take Control of Your Health
  - ~ More Gluten Free & Easy
  - ~ Alkalise or Die
  - ~ Juicing For Life

## April

- 15% OFF Sprouting Breads from Lifestyle Bakery & Purelife
- 10% OFF Coconut Milks & Juice from Dr Antonio Martins
- FREE 15ML Rosehip Oil when you spend \$50 or more from the Pure Range
- 15% OFF ALL Curry Pastes from MYO & Gamisha
- 15% OFF ALL canned Coconut Milks & Creams
- 20% OFF selected Chlorophyll products
- 20% OFF PH Test Papers
- 20% OFF Bio-Bubble Super Foods, Grainfields Liquids, selected Aloe Vera Juices & Vita-Klenz products
- 20% OFF Selected Natural Foodstore Bulk packaged Oils, Honey, Nut Butters etc.
- 20% OFF ALL Beans from the Bulk Bins
- 20% OFF ALL fruit & veg every Saturday in April
- 20% OFF following titles:
  - ~ Tuscan Cookbook
  - ~ Quick Vegetarian Dishes
  - ~ In The Raw
  - ~ Coconut Oil Miracle

on sale  
15% OFF



20% OFF



20% OFF



## recipe

### Veggie Quiches

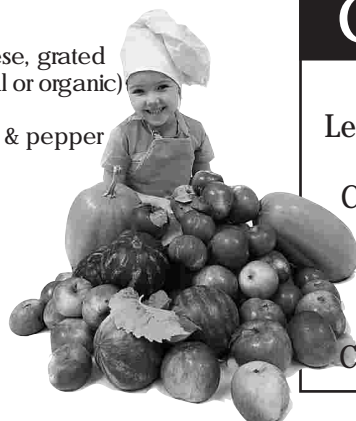
Serves 4 - makes approx 10 quiches

Ingredients:

- 8 free range eggs, lightly beaten
- 125 ml milk - lactose free can be used or for a creamy version use cream
- 150 gm leg ham - delete if vegetarian
- 3 tbsps fresh organic herbs ie. parsley, oregano, basil, thyme, dill
- 4 cups of organic veggies or a blend such as:
  - 1 small sweet potato, 1/2 cup peas, 1 onion, 2 small zucchini & 100 gr broccoli
- 4 tbsps pesto sauce
- 2 cups tasty or pamesan cheese, grated
- 2 sheets puff pastry (wholemeal or organic)
- Olive oil for greasing
- Good quality salt for seasoning & pepper
- Pumpkin seeds on top

Method:

1. Preheat oven at 220 degrees. Grease muffin tray with olive oil.
  2. Cut 12 squares of puff pastry & line each muffin with a puff pastry square.
  3. Dice vegetables & ham, lightly mix together.
  4. Place spoonfuls of veggie & ham mix into the pastry shells. Sprinkle with 1/2 tspn pesto & pamesan cheese.
  5. Mix eggs & milk together. Do not over beat. Season with salt & pepper.
  6. Pour mixture into each shell. Fold tips of pastry lightly over the quiche mixture & cook in oven for approx 30 minutes until golden brown. Brush lightly with milk & sprinkle with pumpkin seeds.
- Serve hot with a tossed green organic garden salad.



## Chef Hats 4 Kids

AT CALOUNDRA & PEREGIAN BEACH

Learn cooking skills with other budding cooks whilst having fun.

Classes run throughout 2010 in school holidays and on weekends.

Contact Karen Green email:

kazgreen@dodo.com.au

Mobile: 0400 836254

Chef Hats Cooking School (adult classes coming)