

your natural christmas



ISSUE 28
November, December 2009
January 2010

Home Delivery

How nice it is to hear that the quality of our foods can be just as good delivered straight to your front door! The home delivery is up & working wonders - customers just log onto our website, go to Home Delivery & there is your form. We are happy to say that you may now also order bulk foods including bulk flours, nuts & grains. What a fab way to shop for great organic & whole foods.

Christmas Baking Bonanza

Great specials on everything Christmassy for baking*
Page 4 & 5 for What's On &
*Page 8 for Specials



The Nifty Gift Sale

Nifty gifts & big smiles
20% OFF
so many ideas!
Page 4/5 have all of the details

The Essential Skincare Sale

20% OFF
Jurlique, Miessence, Sanctum & much much more
See Page 4 & 5 for more ranges on sale

BEST EVER JUICER SALE

It is that time again
Huge savings
Huge voucher giveaway
Fruit & Veg discount vouchers
Customer Reward points
PLUS

massive savings on Oscars ~
only \$395.00
see pages 4 & 5 for more info



Win Win Win

your organic reward
November!



Win a magnificent \$200 Evohe gift basket.
Plus receive an extra gift with your Evohe purchases during November.
See page 6 for more information.

your organic reward
December!

KAPOK



2 beautifully soft natural kapok pillows
See page 7 for details

Your Wishing Tree

We have 12 families who would love your support - each family has been hand-picked by Bloomhill, Cansurville & Cittamani Hospice.
See Andrew's Christmas message on page 2 for more details.

YOUR NEWSLETTER ONLINE!

www.thenaturalfoodstore.com.au
Go to Join Our Mailing List & sign up!

YOUR organic oasis 

352 Mons 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 Naturopath or Herbalist is available FREE 7 days a week from 9am ~ 5pm
Please note we are closed: Christmas
Fri 25th, Sat 26th, Sun 27th
New Years Day
Fri 1st January
Australia Day
Tue 26th January
We are open every other day, 7 days a week

advertising
If you would like to advertise to 16,000 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".



Andrew's Christmas Message

Welcome to the Christmas issue of Vital News. Yes, Christmas is upon us & for most it is a time of friends, family, feasting & fun, but for many it is a time of stress, worry, financial pressure & an inability to connect with family & friends. We at The Natural Foodstore recognise that some of these groups of people reside in our own community, & so we have set up the "wishing tree" to help out where we can. The tree will have on it the stories of 12 families, from within our community (which have been supplied by Cansurive, Bloomhill & Cittamani Hospice Service) that need our support. It will also have removable Christmas apples. Simply take an apple, with your shopping, to the register, buy a voucher from as little as \$5.00 & place it in the box provided. Your generosity will go a long way to helping our community enjoy Christmas a little better this year. Success grows from LOCAL beginnings. Our locals, our community is our sense of connection ~ here is an opportunity to give what you can!

A happy Christmas to all & stay safe.

Andrew Crebert
Store Manager

Did you know!

That the Australia Zoo Wildlife Hospital assisted, cared for & brought back to health 563 wild animals in August 2009! This warms our hearts as our amazing organic fruit & veg is now finding its way to the Australia Zoo Wildlife Hospital each week to help these little guys get healthy again!

Thanks to all of those at the Hospital who give their much needed time.

Review by Barb

books@thenaturalfoodstore.com.au

LOVE GOOD FOOD

TAKE the OPPORTUNITY!



Here are some of the best inspirational cookbooks, full of mouth watering, easy to prepare recipes for the whole family to enjoy creating together. Come in & browse through our great range of speciality & renowned chef's cookbooks - save money & enjoy the pleasure of family fun in the kitchen. Give Mum/Dad a beautiful Cookbook for Christmas & cook them many fabulous dishes as a great thankyou gift - they will love you for it!

great looks by Barb



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

FitFlop

Get a workout while you walk

FitFlop footwear is biomechanically engineered to help tone and tighten your leg muscles while you walk in them. Studies at the Centre for Human Performance at LSBU show that normal walking in FitFlop sandals can help:

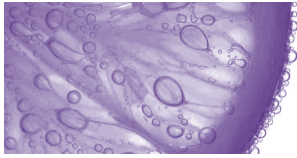
- increase leg, calf and gluteal muscle activity
- improve your posture and core strength
- mimic the gait of barefoot walking but with more muscle load

- improve muscle tone
As well as helping with many other foot and posture conditions.

Come into Get Set Footwear and try the new FitFlop footwear comfort.



ALL SORTED.



The most important investment of your life - your children's future!

From conception, we worry interminably about our children, their health & wellbeing. From pregnancy, birth & infancy right through to adulthood. And as soon as they venture out into the world, children are exposed to people, situations & events beyond the control we thought we had. As they begin to blossom into young adults, before your eyes, you may notice the small shred of control slipping away.

What do you consider to be the most important aspect of their education? And can it help prepare them for the trials & tribulations of life? What skills do they need to deal with bullying, hardship & adversity? Emotional Intelligence (AKA EI and EQ) is the term used for the recognition, understanding & management of emotions in yourself & others. And those who are adept at it can enjoy success in relationships, career & life.

The competencies of EQ are so important & so closely linked to success in both life & business, that global companies are now screening for EQ when recruiting top executives. The foundations for which are laid down during childhood. If you had the opportunity to equip your children with the skills & strategies to build inner strength & resilience, would you take it?

Helen Grant of All Sorted who has worked in this field both here & in the UK with adults & corporations is now developing programmes for children. We at the Natural Foodstore feel this is such a beneficial area that we have asked Helen to avail herself in store to answer your questions in this area. Please see What's On on page 4/5 for the dates Helen will be available for you to book a FREE 20 minute appointment to talk further.



MSG - no it hasn't gone away!

It felt so wonderful all those years ago to learn the numbers of MSG. All of a sudden I could read labels & instantly knew whether I was eating the stuff. However, there is a new glitch in the system.

About MSG

I know you already know all about MSG & how bad it is for you but for those who don't know - let's just go over some facts:

1. MSG does occur in nature known as L-Glutamic Acid which is an Amino Acid. It is found in plants & is harmless although important not to eat too many foods high in glutamate.
2. In processes like hydrolysing, autolyzing, modifying, texturizing, fermenting (not natural fermentation) & refining that natural MSG changes & becomes a flavour enhancer.

MSG is showing up in more foods generally although not always, using these names. At this point, the best way to avoid the processed MSG is to eat foods you have prepared & cooked yourself. Keep it simple & sweet, veges, salads, organic meats, eggs, fish, stews & casseroles in slow cookers, yummy home made curries - there are so many healthy ideas. Come in & see us if you need more information or more help.



Light Therapy System The Benefits

- ~ encourages pain reduction
- ~ promotion of tissue repair & regeneration

call Tim Fraser
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1300 387 063

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Brand new, 100% pure oils

bottled by The Natural Foodstore are now in stock. Fresh & affordable ~ menthol for calming muscles, tangerine for uplifting, basil for moodiness, lemongrass for focus, grapefruit as an antibacterial, cajeput for muscle aches plus loads more, come in & check them out!

YOUR organic oasis

Your Natural Christmas Specials & What's On

Christmas Meal planners are back

Gluten free
Dairy free
Vegetarian
Diabetic
Available in store from
1st December

Christmas Baking Bonanza

Great Value from our Bulk Bins
flours & meals
dried fruit & raw nuts
coconut, cocoa & carob powder
20% OFF all November
plus great recipes in store

The BEST EVER JUICER SALE just got better! Sale now on from 1st - 21st December

Juicer demonstration on
Thursday 10th,
Friday 11th &
Saturday 12th

BRAND NEW

Ezi Dry Snackmakers
\$199.00

Plus a \$10.00 REWARD VOUCHER

Excilibur Dehydrators **\$399.00**
Plus a \$40.00 REWARD VOUCHER

OSCAR \$395.00

Plus 10% OFF fruit & veg voucher available for 4 shops, valid for 12 months!
And on Thursday 10th, Friday 11th, Saturday 12th December
Add a \$40.00 REWARD VOUCHER valid for 2 months but cannot be used against the purchase of the juicer

Normally \$505

CHAMPION \$550.00

Plus 10% OFF fruit & veg voucher available for 4 shops, valid for 12 months!
And on Thursday 10th, Friday 11th, Saturday 12th December
Add a \$55.00 REWARD VOUCHER valid for 2 months but cannot be used against the purchase of the juicer

Normally \$595

HIPPO \$695.00

Plus 10% OFF fruit & veg voucher available for 4 shops, valid for 12 months!
And on Thursday 10th, Friday 11th, Saturday 12th December
Add a \$70.00 REWARD VOUCHER valid for 2 months but cannot be used against the purchase of the juicer

Normally \$745

The Nifty Gift Sale 30th Nov - 6th Dec

20% OFF all books, CD's, DVD's
20% OFF all gift boxes & statues
20% OFF bisagoma baskets, hats & fans
20% OFF all candles including beeswax, soy ecoya, nimbini, kalahari

Once a year 20% off Essential Skincare Sale

Monday 23rd - Sunday 29th November
Jurlique, Mukti, Miessence, Evohe, Devita, Sanctum, Weleda, Kosmea, Inika, Zuii, Olive, Vrindavan, Bee Natural, Avalon, Colour Caramel, Earth Skinfoods, A'kin (excl baby products), Ecotanicals, Perfect Potion & more
all 20% off for one week or until stocks are sold!!

Plus plus plus
Customer Club reward points on all of these purchases

your natural coupon

Christmas is supposed to be fun ... so we created some just for you!
During December, we will be handing out "your natural coupon" in store which gives you instant discounts on loads of different products. Make sure you keep watch.



WHAT'S ON WHAT'S ON WHAT'S ON

November

- Mon 2 11-2pm Kay Winters in store for free allergy chats
- Fri 6 10-2pm Evohe Colours make over with minerals FREE - bookings essential at the registers
- Sun 8 11-2pm Xmas ideas on the BBQ
- Mon 9-22 Christmas Baking Bonanza - beautiful Christmas Baking recipes FREE instore - gluten free, dairy free, but not ... entertainment FREE!
- Tues 10 11-2pm Making your own fruit ice cream - yummy tastes!
- Wed 18 11-2pm Linda Mahony, Kitchen Coach, cooks up great taste samples from Di & Graeme Skelly Heron's cookbooks for children & adults. 10% discount on Tum Over a New Leaf, Real Food Power for Kids & Vega & the Magic Apple
- Wed 18 11.30-2pm Lyn Reilly offers proof of health & vitality with her Vegan Cookbook - great samples. 10% off
- Sun 22 11-2pm More suggestions on the barbie for those peaceful summer evenings outdoors
- Mon 23-29 Essential Skincare Sale - 20% OFF a huge range of skincare - luxuriate & entertain yourself to great value & great beauty!
- Tues 24 11.30-2pm Suzannah - be inspired with her guided meditation CD & book "I Am A Light". 10% discount
- Mon 30-6 The Nifty Gift Sale - we love to give pressies, a nifty chance to get some wonderfully different & inspiring ideas for you to give at Christmas. 20% off all BOOKS, CD's, DVD's, CARDS, CALENDARS, DIARIES, aromatherapy oils & burners & selected gifts.

December

- Tue 1-21 Let us entertain you in health & taste - EACH & EVERY day we have superb flavours for you to try & it's FREE - Great for You & Great for Christmas!
- Thu 3 Meet Merv, our banana Farmer - FREE tastes
- Tue 8 11-2pm Luscious stonefruits - FREE tastes
- Wed 9 10-2pm Free Evohe Mineral Makeovers ~ bookings essential at register
- 10,11,12 THE BEST EVER JUICER SALE & GIFT VOUCHER GIVEAWAY - 3 WHOLE DAYS of juicing for Life!
- Tue 15 Vege's on the Barbie! See, smell & taste - the magic of an Aussie summer!
- Wed 16 11.30 - 2pm Lyn Reilly will inspire some Christmas vegan delights with sumptuous tastes from her Vegan recipe cook book. 10% discount Wednesday only
- Thu 17 10-2pm FREE mineral foundation make over with Mardi from Inika. Bookings essential at registers
- Fri 18 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 on the day
- Sat 19 11-2pm Taste some delicious sensations from Di & Graeme Skelly Heron's books, with kitchen coach Linda Mahony. Easy to prepare foods for all of the family plus 10% off books on the day
- Sat 19 12-2pm find space with Lyn Moe's CD "Your Sacred Space" - a relaxing journey with yoga nidra. 10% discount on the day

January

- Thu 8 Meet Leonard, our fabulous new local Organic Farmer with his tempting organic greens!
- Tue 12 11.30-2pm Suzannah Taylor ~ come in, meet Suzannah & receive free advice on how your life can transform overnight. 10% off on her book & CD
- Thu 14 10-2pm FREE "Colour your eyes" with Yelena ~ bookings essential at register
- Sat 16 11-2pm Linda Mahony returns with delicious vegetarian samples along with great information on nutrition for all the family. All recipes from Di & Graeme Skelly Heron's books. Books 10% discount on the day
- Sat 16 12-2pm Lyn Moes inspires with her Yoga relaxation CD Sacred Space. 10% discount on the day
- Mon 18-30 Back to School we go ~ big ideas & great specials
Helen Grant is in store for FREE mini consultations on children's emotional intelligence. Bookings essential at the register. See page 3 for Helen's story
- Wed 20 11.30-2pm 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 on the day
- Thu 21 10-2pm FREE Mineral foundation make over with Mardi from Inika. Bookings essential at registers allow yourself 30 mins
- Wed 27 11-2 Yoga & Pilates Fusion - chat to people who can help you with your relaxation, breathing & suppleness. Sabine will be in store for FREE information



Dorothea Hofman
BVSC.Hons



I am a veterinarian with 25 years experience, having run my own practice for the last 20 years and through that time have noted the limitation of conventional treatments.

For the last fifteen years I have extensively used alternative treatments on my patients with great success & am pleased to be able to offer this knowledge to the local area with the commencement of my house call practice.

Call 0423 417 495
to arrange an appointment time

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PAIN
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Healthy Skin

I would like to take this time to reflect on how much the cosmetic industry has changed over the past few years. It was not that long ago that we couldn't buy a face cream without petroleum, or a lipstick without preservative. Thank you to our loyal customers who select products based on ingredients, which continues to demonstrate that we do have a say in what we put onto our skin.
 Take care... from your skin care team.
 Anna, Vicki, Yelena, Kirsty, & Bronwyn

NOVEMBER

20% OFF SKIN CARE
 - see Page 4/5 for more details

FREE Evohe Colours
 A simply beautiful range of Skincare. See What's On on page 4/5 for more information & how to book.

yourorganicreward

This beautiful \$200 gift basket brimming with natural organic Evohe skincare could be yours just in time for Christmas! Evohe skincare is formulated using certified organic, sustainably produced, fair-trade ingredients & is one of our premier ranges. All EVOHE ingredients are traceable & have been sourced from Australia, the Arctic Circle, the Swiss Alps & the Brazillian Rainforest. They are naturally preserved & processed to ensure their potent, active properties.

You have the opportunity of winning this beautiful gift basket by spending \$65.00 on any products in store in one shop during November - just pop your receipt into the winner's box & wait with baited breath!



DECEMBER

**FREE 200ml massage oil
 SAVE \$14.95**
 When you purchase \$80 or more of skin care products in store! 14th-20th December.
 Please note medicinal topical products not included.

Free Evohe Mineral Makeovers
 indulge & reward yourself!
 Cleanse, mineral make up & a rewarding hand massage!
 See page 4/5 for booking details.

Whats new!!!
 From Evohe ~ Mineral Make Up foundation from \$49.00
 From Inika ~ Bronzing Mousse. Have a temporary tan without chemicals. \$39.95

JANUARY

FREE Vindavan Soap
 Every day in January all Customer Club members receive a **FREE** olive & essential oils Vindavan soap when you purchase 3!
 Sandalwood insect repellent sticks & purescentual sticks ... 20% off.

FREE Mineral foundation Make Over... with Mardi from Inika
 Try these beautifully natural foundations in store.
 See page 4/5 for booking details.

Colour your eyes
 Yelena, our fully qualified make up artist who recently assisted with make up on the movie "Mind Fire" is available to help you with foundations & colours.
 See page 4/5 for booking details.

What is in your voice is in your life!

Each voice is a unique blend of frequencies

In fact, it is more individualized than the human fingerprint. Not only does the voice reflect the stresses and anxieties from our past and present circumstances, it is the key to unlocking our fullest potential. The Voice Analysis Hydration System (VAHS Pro) can help create balance in the physical, mental and emotional body - initiating the release of stored emotional stresses, hidden fears, depression and anxiety.

Like to know more?
 Vocal Vibrations will be holding an information and experience evening in Diddillibah on the 2nd of November at a cost of \$15 per person. For more information or to book please contact Shellie on 0424 183 340 or vocalvibrations@hotmail.com.

your organic oasis



- Mangoes from the Northern Territory will start in November & supply will peak in December with better tasting & cheaper priced produce from North Queensland
- Watermelons & Rockmelons will also peak during

Nov/Dec with produce slowing into Jan

- Cherries will begin in Nov with a beautiful flush a week or 2 before Christmas
- Cavendish Bananas will be plentiful from our local biodynamic grower at Wamuran as well as a full supply from North Queensland
- Asparagus will be in peak supply write through till January
- December will bring our lovely stone fruit season which will include:
 - o Peaches o Nectarines o Cherries o Apricots o Mangoes
- Apples are pretty well done for the season so enjoy the fresh stone fruit while you can!
- January will bring Grapes and Plums with the first new season Hi-Early Red Delicious Apples starting at the end of January/start of February



Absolutely Fascinating!

Celery, Bok Choy, Rhubarb & many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium & these foods are 23% sodium. If you don't have enough good quality sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Ways with dressings for Summer

Mayonnaise ~ Special 15% OFF Norganic Mayonnaise in November

Fish: add juice of whole lime to mayonnaise then some finely grated zest, mix well. For more flavour add some chopped anchovies.

Chicken: juice a lemon, add the finely grated zest, a sprinkle of freshly ground pepper & very finely chopped parsley. Use as a dipping sauce.

Potatoes: finely chop fresh dill & garlic, stir through

mayonnaise & let sit for an hour. Serve heaped on top of potatoes or as a dipping sauce - kids love it!

Potato Salad: add 1 teaspoon seeded mustard or 1/2 teaspoon cuny powder to mayonnaise. Stir through well then combine with your boiled potatoes to make a sensational potato salad - everyone will comment on this simply beautiful flavour!



Meet Kimmy our Grocery Manager

We would love to introduce Kim, our Grocery Manager. Forever present stacking wonderful organic groceries in aisles 1 & 2, we think she has done an amazing job in creating a high standard of product in the store. Kim's favourite food at the moment are the Falwasser crackers which are new in store ~ all natural ingredients but Kim's favourite 2 are the Sesame & Pepper/Chive flavours. They are on special in December so you could team them up with a lovely soft cheese. Any help on grocery items, just sing out.

Win Win Win

December Your Organic Reward



2 HEAVENLY HEAD KAPOK PILLOWS

- surround yourself with more healthful things
- Fairly Traded in the highlands of Timor
 - Naturally Organic
 - a wonderful lightweight chemical free fibre
 - silky hollow fibres are water resistant, don't soak up sweat & are hypo-allergenic, asthmatics should be mindful of the natural fibre
 - provides support with softness
 - wild harvested from the fallen seed pods of the majestic Kapok tree, hand cleaned & sewn into calico inners.

Checkout our great range at www.kapokpillows.com.au or call us on 07 5448 4715.

Or WIN Your Organic Reward by shopping in store during December. 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.



Your organic oasis



Giri Van Rijn
Dip Herb Med. Dip Rem
Mass. ATMS
Tel: 5476 6946

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Stubborn puzzling symptoms
Live Blood Analysis
See for yourself causes of illhealth
& treat them early



Karuna Tohow
Dip Hom Med
Dip Bow Ayur Cert
Cert LBA ATMS
Tel: 5476 7742



Roasted Asparagus with Walnuts & Feta



This is such an interesting way to eat asparagus - the prep sheds a whole new light on this vege. When using fresh organic ingredients it is an excellent source of Vitamin C, Folate, Copper, Manganese & a good source of Vitamin A, Vitamin E, Thiamin, Riboflavin, Vitamin B6 & Magnesium.

what you need

- 1 bunch asparagus spears (about 30)
- 2 tablespoons cold pressed olive oil or chilli infused oil
- 1/2 cup chopped walnuts
- 1/2 cup goats milk feta cheese
- Sea salt to taste

how to make it

1. Preheat oven to 400F.
2. Rinse asparagus & snap off woody stems - snapping allows them to snap where they need to - break into smaller segments.
3. In a bowl toss asparagus in oil & salt then spread on a baking sheet with baking paper on it.
4. Place in the oven & roast until asparagus is just tender (approx 7-14 minutes) turning once.
5. Whilst asparagus is cooking place walnuts on a separate tray & pop into the oven for 3-5 mins watching carefully as they burn quickly & easily. Remove from oven when done to cool.
6. When asparagus is cooked, pile up on a serving dish, sprinkle with walnuts & crushed feta.

Specials Specials Specials Specials

but be quick - specials only available until sold out

November

- 15% OFF Ozganics Sauces, Dressings & Curry Sauces
- 15% OFF Norganics Mayonaise
- 15% OFF Kamals Kitchen Curries
- 15% OFF Garnisha Curry Pastes
- 15% OFF Baking Powders & Icing Sugars
- 15% OFF Custard Powders
- 15-25% OFF CO Q10 Heart Health Products
- 15% OFF Ginseng Products
- 15% OFF Healthy Bee & Nature's Own Guarana
- 20% OFF Dried Fruit, Flours, Meals, Coconut, Cocoa & Carob Powders & Raw Nuts
- 20% off all frozen meat incl chicken, fish, mince, sausages, roasts
- 20% OFF books:
 - o How Can I be Prepared for Self-Sufficiency
 - o Sustainable Gardens
 - o You Can Heal Your Life & Companion 2 Book Set
 - o Artist Way & Artist Way Workbook 2 Book Set
 - o All Children's Story Books
 - o ZEN Wall Hangings

December

- 20% OFF Absolute Org PPK Fruit & Nut Packs
- 20% OFF ALL Crackers, Crispbreads & Popcorn
- 20% OFF ALL Chips - Vege, Corn & Normal
- 20% OFF Muir Glen Salsa's & Tartex Pates
- 20% OFF ALL Bulk Bin Chocolate & Carob
- 20% OFF Salted Nuts & Mixed Nuts
- 20% OFF Vege & Soya Chips
- 15% off All Homemade Bliss Icecream extra 5% off on 7th December plus FREE tasting
- 15% off all Gigs Icecream extra 5% off on 5th December plus FREE tasting
- 20% off whole DLish Dip Range
- 20% off ALL Sue's Dips
- 15% off all Cheese inc Cow, Goat, Sheep, Soy, Feta
- 15% off all Olives in the fridge
- 20% OFF - ALL CD'S IN STOCK plus books:
 - o Don't Sweat The Small Stuff For Men
 - o Lillian Too's Feng Sui Workbook
 - o CD Box Set 7 CD Power Of Now
 - o Daily Guidance From Your Angels Box 44 Card Set



January

- 15% OFF ALL Pumpkin Seed Products
- 15% Fruit Strips, Nuggets, Munches & Leda Bars
- 15% OFF Orgran Kids Cookie Range
- 15% OFF ALL Nordic Products
- 15% OFF Fish Oils - supplements
- 15% OFF ALL Poly Carb & Stainless Steel Drink Containers
- 20 % OFF Pastelli & Yogurt Bars, Licorice Products, Vege & Soya Chips, Dried Banana, Pineapple, Tomato, Papaya, Apple, Apricots & Sultanas from Bulk Bins
- 20% off all Extra Juicy Poppers Individual & 6 Packs
- 15% off Juicy Iceblocks Individual & Cartons
- 20% OFF Books:
 - o Take Control Of Your Health
 - o Raw Food Detox
 - o Changing Habits Changing Lives Cookbook
 - o DVD Raw Foods Made Easy
 - o Yoga Facelift
 - o 2010 Astrology Books
 - o ALL 2009 Calenders
- 20% OFF Sandalwood & Purescentual Mozzie Repellant Sticks
- Buy 3 Vrindavan Soaps GET ONE FREE



ON SALE

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