

the natural foodstore

your organic oasis

ISSUE 21
February • March • April 2008

CERVICAL CANCER

can your immune system make a difference?

Media coverage of the recently introduced human papillomavirus (HPV) vaccine - including talk of state-mandated vaccination programs - has brought considerable attention to this issue.

Whilst it is suggested this vaccine may represent a medical breakthrough, there is reason to be cautious. Neither the benefits nor the risks are fully known. A lot of the attention is fuelled by the reactions so far - in USA 2,227 reactions (this is almost 20% of total reactions to all vaccines reported) & in Australia, 496 reactions had been reported. What is sad is the amazing amount of mistakes linked to the vaccinations, 14 children under the age of 9, 1 as young as 3 months have been vaccinated along with several boys!

What is HPV?

HPV is the name for a group of viruses that effect different parts of the body & cause skin warts, genital warts & some cancers. HPV types that can cause genital warts or cervical cancer can be spread by direct, skin-to-skin contact during all types of sexual activity with a person who has the virus. Anyone who has ever had sexual contact could have HPV - it is so common that 4 in 5 people will have had a genital HPV infection at some time in their lives. Most genital infections with HPV do not cause any symptoms & people generally do not know they have the infection. But it is still important to be vigilant with these viruses.

What is the link between HPV & cervical cancer?

Certain strains of HPV that affect the genitals can actually cause the cervical cell changes that may lead to cervical cancer. Most women who have HPV slowly clear the virus naturally & do NOT develop cervical cancer. However, in some cases particularly if left undetected, cervical cancer can develop,

usually over a period of more than ten years. Gardasil, the new vaccine, apparently helps protect against 4 types of HPV that are sexually transmitted. **But it will not protect against the nearly one dozen other types of HPV associated with cervical cancer**, nor will it protect against any type that a girl or young woman has encountered before vaccination. So women will still be at some risk even after they've been vaccinated & regular cervical cancer screening with Pap smear testing is necessary. Moreover, other sexually transmitted diseases will also need to be guarded against.

There are still questions about the vaccine's safety & effectiveness beyond five years, especially in girls aged 11 & 12 - the age group targeted for vaccination by health officials. Diane M. Harper, director of Dartmouth Medical School's Gynecologic Cancer Prevention Research Group in New Hampshire, warned that there have been no tests of the vaccine's effectiveness on girls under the age of 15. The drug may not be effective on younger girls & it may have unforeseen side effects or interactions with other vaccines given at that age. Finally, Harper warned that not enough research has been done to know how long the vaccine lasts, or at what age a booster may be needed. There too, are sources suggesting that HPV itself is an indicator to cervical cancer, which if not addressed, will become the precursor. When we take responsibility for our health, regular Pap smear testing allows us to know there is a health issue & immune boosting becomes the way we can start to support our bodies in a healthy way.

What You May Wish To Know?

- **Regular pap smears are still essential** annually from the moment women become sexually active. Sadly, research shows many of those who die from cervical cancer, have not been screened in their previous 3 years.

Continued to page 3

win win win
your organic reward



Blessed Earth
Organically certified
bed linens, mattresses,
bath wares & more.

\$500.00
VOUCHER

You MUST be in this March prize draw!

Just by shopping at
The Natural Foodstore
See page 7 for details.

Back To School

*Yummy back to school
Made easy!*

- organic street mix
- insecticide free almonds**
- organic hazelnuts
- juice fruit balls (no added sugar!)**
- chocolate coated sultanas
- all in good value**
- convenient sealed packs**
- check in store for more**

Lauren

one of our
wonderful
register girls

**Eckhart
Tolle**
"The
Power of
Now"



**Lauren's favourite book
available in store now**

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 Naturopaths & Herbalist are available FREE 7 days a week from 9am ~ 5pm

We are closed:

Good Friday 21 March
Easter Sunday 23 March
Anzac Day 25 April

Please note we are open:
Easter Monday 24 March

advertising

advertising

If you would like to advertise to 13,500 households ring Donna Potts on 0422 016 349.

"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".

A NOTE FROM
KYLIE

'The First Wealth is Health'

Ralph Waldo Emerson

Each year I hear a lot of 'New Year Resolutions' about improving health, losing weight or giving up a bad habit. We do this because deep down we all know health is the most important aspect of our life, and we try to start the year off with good intentions.

Most of us also know someone who has been compromised or lost their health and the devastating and long-term effects that it can have. Without good health we cannot enjoy our freedom, family, work and other life pleasures. Your body carries you through each and every day and is a living organism to be nourished and nurtured (not neglected).

So, why not try to keep your health a priority throughout the whole year and enjoy the vitality that good health can bring. Cleansing is often a good place to start, so we have included an article in this issue to help you on your way. You can also come in and discuss your needs with our friendly and informed staff.

And, maybe next year you can have a more challenging resolution !

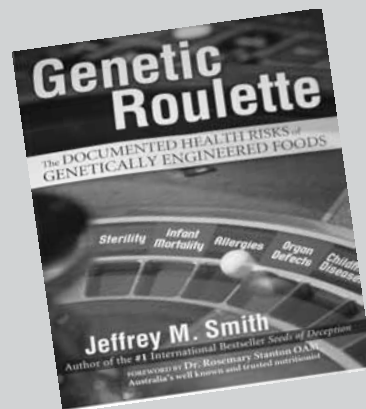
See you in store
Kylie Mannix
Store Manager

**Notice:
Customer Club
Members**

Please notice your Customer Club specials have gone green ... all signage is being printed on green cards throughout the store to make them easier to read for you.

Book Review

By Barb



Genetic Roulette

by Jeffery Smith is the most comprehensive & well documented research on the health risks of genetically modified foods. Full of easy to read facts this book is a must for all of us concerned about our food future.



**The Skin
Type Solution**

by Dr Leslie Baumann is all about you & your skin. Highly recommended to read before you shop for skin care products. Find out which skin type you really are. Get the info, get the results for a fresh new face.

Raw Food Made Easy with Jennifer Cornbleet is a fabulous DVD showing you creative ways to enjoy fresh fruits & vegetables. Inspiring new ideas for breakfast, lunch & dinner to entice the whole family into great food.



South End, Coolum Esplanade
(Opposite surf club)
ph 07 5446 5846

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.

So, come down to Get Set Footwear in Coolum and check out all the new styles and give your feet the support they need!



the clean, green living machine

IS THAT YOU?

- more energy
- more vitality
- stay healthy, longer

W

Our cars are simple examples of performance equates to what you fill your tank with! So when we keep ourselves healthy & we nurture what we put into our bodies, they will work toward keeping us healthier for a longer period of time. Our bodies KNOW how to fight disease, that's why we have an immune system, so if you keep yours in tune, you have more chance of staying well.

D

The German Biochemist & Physicist, Johanna Budwig, was a leading authority on fats, oils & nutrition. She believed that cancer, as well as the vast majority of illnesses were primarily caused by the improper processing of foods & oils, particularly the overheating or boiling of oils. Omega 3's are important as we all know, so we thought this easy, great start to the day would be helpful to us all.

I

2 tablespoons sheeps yoghurt – easily digested, good protein
1 tablespoon good quality LSA – zinc & protein
1 teaspoon flax meal or a drizzle of flax oil – Omega 3,
lining for bowels

U

1 stewed apple - fibre

E

Pop yoghurt into a bowl, then top with other ingredients -
a clean investment into your own future ... your health.

R

The Natural Foodstore also stocks a good variety of sheeps cheese – even those who originally found sheeps cheese strong, the range today is fantastic & very palatable. Sheeps products are easier on our digestion due to their molecular structure & add a spice of variety to our diet. Watch for our cheese tasting promotions in store.

taste this
great brekky
in store
Tuesday
12 Feb

Australian Bush Flower Consultant
regards Pauline

Clearing your space!

Australian Bush Flower Essences–
Space Clearing Mist

Space Clearing Mist is used by spraying it into the atmosphere to help remove any negative emotions or energies that may have built up in the room, work place or around you. It can assist in bringing back harmony to the environment. A great time to use Space Clearing Mist is when there has been an argument & the people involved have parted with unresolved issues. You can also spray it in the air above your head if you feel someone has left their unhappy energy with you.



for you
Universal Health

"You have set me free" LM
"I feel 10ft. tall and bullet proof" DW

5441 3818
11 Magnolia St, Nambour
info@universalhealthforyou.com.au
www.universalhealthforyou.com.au



Ingrid Johansson

"Now I can walk and bend over without pain" N.D.
"My N.S.T. treatment reduced my pain by 90%" T.M.

YOUR ORGANIC OASIS

Continued from page 1

- Information & knowledge are critical. Vaccinations will never, on their own eradicate health problems. You can make a difference in your children's lives through giving them the confidence to say no to sex, or the authority to insist that a condom is used. Honest, open dialogue with your children about the responsibilities of becoming sexually active will have more all-round benefit.
- Be Healthy ~ it is essential to have a good immune system. It is noted by all authorities that most HPV's disappear themselves when our immune systems are strong & healthy. Eat organic, eat mostly unprocessed foods & eat well.

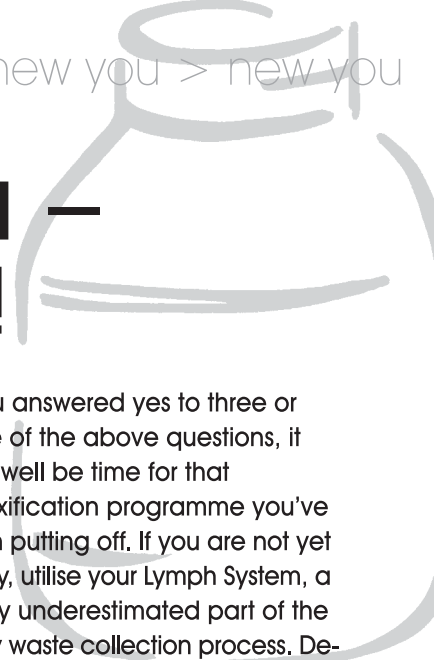
Ref: National Vaccine Information Centre, Times Online UK, National Cancer Institute of Australia, Australian Vaccination Network, Harvard Women's Health Watch, newstarget.com



healthy happy pets

We have a really good range of organic & natural pet products in store for you now. Just check in with the staff for any help or ideas. Great pooch prize giveaway to all Customer Club members who buy pet products during February! See in store for more details & specials.

Time For A New You – the not so difficult way!



your organic oasis

Practitioner Update by Grace Williams- Herbalist Dip Med (Herbs)

Just like dusting your furniture & cleaning your bathrooms, the human body also needs to be cleaned. The holiday season has come & gone & for many of us, our normal diets may have been altered to include hydrogenated oils, white sugar, white flour, alcohol, soft drinks (both diet substance & sugar sweetened) & what about all the food chemicals commonly used in processed foods!



How about a check list of symptoms to signal it may be a good time for a "cleansing".

Do you experience fatigue or low energy levels?

Try Vitamin B, Ginseng, Royal Jelly, Co Enzyme Q10, Cell Food Oxygen for a pick up.

Do you have a craving for, or are you eating more sugar than previously?

Try Chromium or herbal extract of Gymemna Sylvestre to restore intestinal balance.

Do you have less than two bowel movements per day?

Increase your fibre, e.g. Psyllium, Rice Bran, Oat Bran, Slippery Elm, Drink water, Take a good Pro-Biotic to assist diminished gut flora.

Do you experience indigestion/acid reflux after eating?

A digestive enzyme is very helpful, available in a tablet, herbal extract or herbal tea form.

Do you experience recurring yeast infections?

Remove all sugars & yeasts from the diet; increase your intake of green vegetables: take Caprylic Acid, as MCT OIL, (a coconut derived substance); use Kyolic Garlic; drink Pau D'arco Tea; take a high dose Pro-biotic.

Do you have increased (or new) aches & pains in the joints?

Eat to reduce your acid levels, e.g. alkaline foods; reduce your intake of coffee/sugar/dairy; use a liver tonic containing St. Mary's Thistle; drink green juices made palatable with pineapple which has a high Bromelain component (very anti-inflammatory).

Do you experience headaches or a "heavy dull head"?

Once again, take a liver support; reduce acidity; eat only gluten free foods; drink a blood cleansing tea e.g. Nettle/Horsetail or cleanse & boost your immune system with Olive/Rosehip herbal tea mix.

Do you have bad breath or excessive body odour?

Take Silica or Charcoal to absorb & remove body toxins. Support with Bio Bubble or Grainfields Food based acidophilus. Add Chlorophyll to drinking water.

If you answered yes to three or more of the above questions, it may well be time for that detoxification programme you've been putting off. If you are not yet ready, utilise your Lymph System, a highly underestimated part of the body waste collection process. De-Tox Foot Patches will give a lot of benefit whilst you rest or sleep, well worth a try.

Bodecare Brushes – a luxury you can afford

Cleansing also happens on our largest organ - our skin. Body brushes are wonderful ways to care for your self & cleanse in one go. The natural stimulation performed by the gentle skin brushing enhances elimination through the skin, increases circulation, allowing toxins to leave the body through clean, open pores. You too, can have that healthy soft, summer glow. Bodecare & The Natural Foodstore are offering you a great deal in February. Chat to our Skincare Staff for your great Bodecare deal!



Bodecare are offering you great health benefits & that soft summer glow.

20% off

all Bodecare products in February only at The Natural Foodstore

WHAT'S ON **WHAT'S ON** and It's All FREE*! **ON** WHAT'S ON

February

- 1st - 29th Pooch Prize Giveaway ~ see in store for details.
20% off all Bodecare Brushes ~ get that healthy summer glow!
- 6th 20% off all juicing & detox books ~ come in for info & ideas how to kick start a healthy new regime just for you.
- 12th Kick Start Your Day brekky cereal tasting
- 13th Inika demonstration with Mardi Morton 9 - 3pm. See page 6 for more details.
- 14th, 15th Sea Mineral Taste Testing 10am - 4pm. Discount on the day.
- 19th Marc De Bruin ~ in store FREE chats with our favourite Life Coach 10 - 1 pm.
- 27th Pregnancy & Parenting books 20% off. If there is a question to be answered on these subjects there is a book with the answer for you.
- 28th Revitalise Vitamin C Taste Testing 10 - 12 pm. Discount on the day.

March

- 6th Load Up taste testing ~ nature's superfoods Fruitful Greens and Berry Brights 10 - 2pm.
- 11th Marc De Bruin ~ in store FREE chats with our favourite Life Coach 10 - 1 pm.
- 14th **AMAZING TASTES** Linda Mahony is our well known presenter of "Turn Over A New Leaf" by Di Skully. Linda brings mouth-watering taste sensations for you to try from this great book. 10% discount on book purchase on the day. Linda will be in-store 11 - 2pm.

April

- 11th Marc De Bruin ~ in store FREE chats with our favourite Life Coach 10 - 1 pm.
- 23rd **ONE DAY ONLY** Essential Oils for healing & pampering. 20% off Vrindavan range of beautiful & exotic oils. Pure quality. Pure value.

RECIPE

Baba Ganoush

Baba Ganoush - can be prepared without oil or tahini making it fat free, vegetarian, vegan & ready to zip from the fridge to enjoy at any time.

what you need

- 2 eggplants
- 2 tablespoons fresh lemon juice
- 5 cloves minced garlic, preferably roasted
- 1/2 teaspoon cumin
- 1/2 teaspoon parsley



how to

1. Pre heat oven to 400 degrees
2. Slice eggplants in half lengthways & pierce with a fork in several places. You may also wish to add the garlic cloves onto the baking tray to roast for extra flavour
3. Roast for about 45 minutes or until soft. Allow to cool slightly
4. Scoop out inside flesh leaving the skin behind
5. Put into processor or blender with remaining ingredients and blend until smooth

extra bits

NB. You may add a 1/2 chopped fresh chilli & juice from a lime for a zesty flavour OR add 3 tablespoons tahini to add good protein.

New Site Report!!!

We are enormously excited! This is where we will keep you updated every step of the way about our brand new site. The Natural Foodstore has been wanting to make a great move for some time now ... & don't worry, it's just up the road.

So far, there have been a lot of steps taken to get us this far & now we are excited to let you know, what our wishes are! Currently, the application process has begun & will most likely take 12 months for an approval.

If in the meantime, you have suggestions on making your shopping experience even better - please just let us know.

BREAST HEALTH

No Radiation.

Non invasive

Digital Infrared Thermal Imaging

Now available: *Brisbane, Nambour, Hervey Bay
Rockhampton & Emerald.*

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 Fibromialgia, 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
Sunstate Thermal Imaging on: 4125 1500.....0418 821 535
E-mail : weseepain@bigpond.com..More Information at www.stimaging.com.au

PAIN

Thermal Imaging (D.I.T.I.)

The Only Method Available for "Visualising" Your Pain

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

HEALTHY SKIN

FEBRUARY

"INIKA"

NEW MINERAL FOUNDATION

100% crushed minerals from the earth

No preservatives
No fillers
No added ingredients resulting in a light & natural coverage that is so easy to apply

FREE DEMONSTRATION on YOUR COLOUR

Wednesday 13th with Mardi Morton

Find your makeup colour to suit your skin tone ...
How to choose your eye colours ...
How to apply your foundation & eye colours in a few easy strokes ...



MARCH

JURLIQUE gift with purchase... purchase two full sized skin products & receive a Jurlique gift valued at \$80.00

SANCTUM SALE

25% off
all sanctum products



APRIL

Disposable Nappies "choice fabulous choice"

Safeties

3 sizes new born, infant, crawlers were \$26.25 10% off april only

- 100% biodegradable
- natural & reconstructed materials
- comfortable & breath easy
- ultra dry against baby's skin

Mini, midi, maxi, junior were \$36.95 10% off april only

- chlorine free absorbent core
- packing is compostable
- over 50% of nappy used from renewable resources

Sizes 1 to 6 were \$33.45 10% off april only

- fragrance & latex free
- hypo allergenic
- close fitting
- absorbent polymer non toxic gel

Eco pads & liners are also available at 10% off

Thankyou to all who supported our efforts to bring the cost of 7th Gen back to an affordable price

Moltex

7th Generation





Chemical Free Frozen mango & strawberries (find them in our freezer) so you get a longer season ... the best way to eat frozen fruits are in frozen smoothies, juicing, home-made ice creams or jams.

And whilst the buzz word is on cleansing ...

As usual, the early months of the New Year are often geared towards getting our energy back to optimum levels! Juicing is an obvious choice here & great recipes will include: "the early starter" ~ get this juice into your diet prior to 10 am & feel the zing!

1/2 small beetroot ~ we are tending to stay away from the starchy veges when cleansing & even though beetroot might be considered starchy, it also contains a great protective substance against early antigens, activation of Epstein Barr & liver dysfunction helps wonderfully in our internal cleanse.

2 small sticks celery ~ may help lower blood pressure & cholesterol

1 apple ~ keep the skin on for fibre when juicing, may help increase serum HDL (good cholesterol) levels.

1/2 lemon or lime ~ fantastic additions to your juice. Adds a zing to freshen your mouth & your immune system.

small cutting of wheatgrass ~ great tonic for the kidneys plus the added value of substantial antioxidant properties.

Others additions to your daily juice may include:

pineapple ~ may help reduce inflammation & assist digestion of protein due to its bromelain content.

paw paw ~ may assist in lowering elevated serum triglycerides due to papain content.

garlic ~ if yeast overgrowth is present, garlic maybe beneficial also to help remove mercury accumulation.

greens ~ we love our greens & so can you ~ a little tucked away in your juice is enormously beneficial, they are raw, full of fibre & loads of nutritional benefits including the potential of decreasing the likelihood of gallstones. Toss a piece of broccoli, kale or spinach into your juicer & feel the difference to your day!

dandelion ~ good to stimulate the flow of stored bile from the gallbladder & enhance the function of the liver.

win win win
your organic reward



Blessed Earth

Australia's leading manufacturer of organic cotton & wool products are now in Montville!

- Their range includes:
- Demeter certified wool futons, toppers, quilts & pillows
 - Demeter certified cotton bed linen
 - Demeter certified cotton underwear
 - Organic cotton clothing, bras & socks, bath wares, baby items & more.

Spend \$55.00 in one shop at The Natural Foodstore during March. Put your receipt into the winners box & you are in the draw!

Many of Blessed Earth's excellent quality products are proudly made in Australia.

128 Main Street Montville (next to Lyle's Restaurant)
Ph: 07 5478 5889
or shop online at www.blessedearth.com.au

Aussie Fare for ANZAC's

Great ideas for Aussie Anzacs

Queensland Yoghurt Co

- Organic Lemon Myrtle Yoghurt
- Organic Rhubarb Yoghurt

Paris Creek Biodynamic Bush Honey Yoghurt
Brookfarm Macadamia Muesli
Wattleseed or Ginger Anzac Cookies



australianethical
investment + superannuation

... and talking about going green

You maybe interested in Australian Ethical Investment & Superannuation. This company has been around for sometime now so we think they are well & truly on the right track in their ability to run a good business but also for all of us who believe in putting our money into trusted & ethical businesses.

This is another wonderful way you can make a difference to our world with the decisions you make.

Contact: Australian Ethical Investment Ltd
GPO Box 2435, Canberra 2601
www.austethical.com.au
1800 021 227

YOUR ORGANIC OASIS

Specials Specials Specials Specials

be quick - specials only available until sold out

February

- 20% off Quick Cleanse Detox 7 day kit
- 15% off Quick Cleanse Detox 15 day kit
- 15% off Super Bowel Cleanse kits
- 15% off Ear Candles, Nutribiotic Ear Drops & Brauer Earache Relief
- 15% off Space Clearing 'Australian Bush Flower' Essence
- 15% off Footsies detox patches
- 15% off Bio Bubble & Grainfields naturally fermented drink supplements
- 10% off 'The Redwood Co' Vegan/Vegetarian Fridge Range
- 10% off Brookfarm Muesli, Toasted, Natural & Gluten-Free
- 10% off Gluten Free Cake & Muffin Mixes: Select, Orgran, Well & Good, Real Good Foods
- 10% off 'Cooks' Apple Juice
- 10% off Meredith Sheeps Yoghurt
- 15% off Bulk Bin goodies for the School Kids: Banana Boats, Dried Pineapple, Dried Mango, Fancy Large Apricots & Organic Turkish Apricots without Sulphur

- 10% off 'Alchemy' Skin/Body/Hair Care range
- 20% off the following Books:
 - Anti-Cancer Cookbook
 - Vegetarian Gourmet
 - Yoga Beats Asthma
 - Brain Power

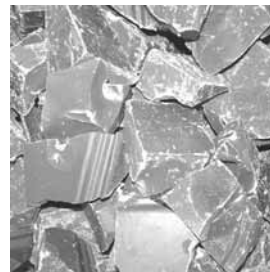
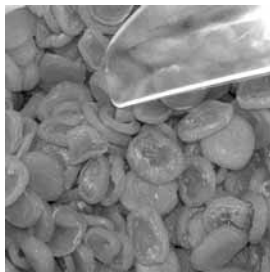
March

- 15% off NutraLife Supplements inc COQ10, Multivits, Fish Oil etc
- 10% off 'Puk' range of Dukka, Relish, Oil & Vinegars
- 10% off 'Fat Hen' Oils: Lemon Myrtle, Chilli Lime, Garlic, Extra Virgin
- 15 % off selected Bulk Bin Flours: Buckwheat, Coconut, Brown Rice Flour & White Rice Flour
- 10% off 'True Organic' Cheeses
- 10% off 'Syndian' Frozen Convenience Meals
- 25% off Sanctum Skin / Body Care range
- 20% off the following Books:
 - Your Body's Telling You
 - Reflexology Health @ Your Fingertips
 - Natural Medicine First Aid Remedies

April

- 15% off Olive Leaf Supplements
- 15% off Nasal Cleansing Pot
- 10% off Maleny Clean Cuisine range of Sauces, Mustards etc
- 15% off Chocolate from the Bulk Bins; Dark 70%, White, Milk & Dairy Free
- 10% off Cocoa Farm Chocolate inc Mango/Lime, Honey/Almond, Merlot & Shiraz
- 10% off Paris Creek Yoghurt & Quark
- 10% off Nappies: 7th Generation, Safeties, Moltex, Weenees Eco Nappy Pads & Nappy Liners
- 20% off the following Books:
 - Ayurvedic Cooking for Westerners
 - Neti: Healing Secrets of Yoga & Ayurveda
 - The Neti Pot for Better Health
 - The Spirit of Water

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



on sale

PUMPKIN SCONES RECIPE

Pumpkin Scones

These moist delicious scones are old favourites, Served with organic mud cream and organic jam, everyone will love you!

You'll need:

- 1 level tablespoon butter
- 3 level tablespoons sugar
- 3/4 cup cooked mashed pumpkin
- 1 egg
- 2 cups self raising organic wholemeal flour
- Pinch of sea salt
- 1/4 cup unhomogenised milk

Cream the butter & sugar, add the egg & mix. Fold in the pumpkin. Sift the flour & fold in with the beaten egg & milk. Knead well. Roll out the dough & cut it using a scone cutter or small glass, into circles. Bake in a hot oven for 15 minutes.