

the natural foodstore

your organic oasis

ISSUE 24
April • May • June 2009

Your Health Today... Your Children's Health Tomorrow

A study published very recently in the medical journal Acta Paediatrica is the first to report that birth defect rates in the United States were highest for women conceiving in the spring & summer. The researchers also found that this period of increased risk correlated with increased levels of pesticides in surface water across the United States.

Studying all 30.1 million births which occurred in the U.S. between 1996 & 2002, researchers found a strong association between the increased number of birth defects in children who were conceived during April, May, June or July & elevated levels of nitrates, atrazine & other pesticides in surface water during the same months. Many of these chemicals are suspected to be harmful to the developing embryo, however this is the first study to link their increased seasonal concentration in surface water with the peak in birth defects in infants

conceived in the same months. The correlation was statistically significant for half of the 22 categories of birth defects reported in a Centres for Disease Control database from 1996 to 2002 including spina bifida, cleft lip, clubfoot & Down's syndrome.

"While our study didn't prove a cause & effect link, the fact that birth defects & pesticides in surface water peak during the same 4 months makes us suspect that the two are related," said Paul Winchester, M.D., Indiana University School of Medicine professor of clinical pediatrics, the first author of the study. "What we are most excited about is that if our suspicions are right & pesticides are contributing to birth defect risk, we can reverse or modify the factors that are causing these lifelong & often very serious medical problems."

Birth defects are known to be associated with risk factors such as alcohol, smoking, diabetes

Continued page 3

win win win
your organic reward

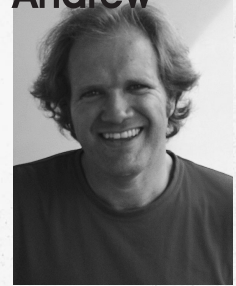
Permaculture Pathways

This is another great way for you to embellish the passion for good food. Sonya is offering 3 different permaculture gardening courses to 3 very lucky customers so get in, & WIN WIN WIN your organic reward!



See page 7 for more details

Message from Andrew



Hi to all

I am honoured & really pleased to be taking over as Manager of the Natural Foodstore. Kylie has created & passed on to me, a smoothly run business which has seen massive growth & expansion, from when I was last here in 2004.

Whilst the store has grown into such a large concern, it has not lost any of its friendly, family feel that makes it different from mainstream retailers.

This feel is directly attributable to four main factors:-

- 1) You the customer ~ without your desire to live & consume in an environmentally sustainable way, we would be just a building, not The Natural Foodstore!
- 2) Our staff ~ who come to work every day with a passionate determination to help, encourage, support & educate our customers.
- 3) Our suppliers, producers & growers ~ these people, through their vision & creativity, provide us with the products that make this store special.
- 4) And finally Kylie ~ over the last 7 years, Kylie has given unbelievable

amounts of her heart, mind & self to The Natural Foodstore. The results speak for themselves. Although she leaves an incredibly large void by going, everyone of us, both customers & staff, know that we only need to look around us to see that she has put her touch on every aspect of the store & so is still very much a part of us.

I hope I can meet the very high standards that have been set.

Thanks *Andrew*

YOUR ORGANIC OASIS 

"I no longer have pain in my knees. It seemed impossible that I could be healed without surgery. Your expertise, not quitting and personal attention have more than impressed me." L. P. (Biomesotherapy - Non-Drug Pain Therapy)

Natural Evidence-Based Medicine for:

- Cancer Support
- Children's Health
- Cholesterol Lowering
- Anxiety
- Women's Health (Menopause, Thyroid, Fibroids, Breast Health)
- Immune Support
- Detox/Fat Loss
- Stress
- Men's Health (Prostate etc)
- Depression
- Corporate Health Programs



Eta S. Brand B.Nat, BSc.Public Health, Med. Tech. 136 Nambour-Mapleton Rd, Nambour **5476 4993**

the natural foodstore
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

Please note we are closed:

Labour Day~
Monday 4th May
Queens Bday~
Monday 8th June

And we are open:

Every other day including
Sunshine Coast Show Day

advertising

advertising

If you would like to advertise to 14,000 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".

A NOTE FROM KYLIE

I would like to extend a heart-felt thank you to all of the wonderful customers that have patronised The Natural Foodstore over the last 10 years. During this time I have had the pleasure of being part of a community that includes customers & staff with like-minded interests in health & wellbeing. I also am extremely fortunate to have 2 beautiful children & a supportive husband that have encouraged me & understood the time I spend away from them, running this store. I have watched my kids grow & recognised the increasing need they have to spend more time with me. Even though I love every moment here at the store, I realise that it is time for me to pass this wonderful job onto someone else.

I would like to introduce you to my replacement, Andrew Crebert, who has been a good friend & colleague of mine & a part of The Natural Foodstore for many years. He is an industry professional who has been involved in Organics at many different levels. Andrew brings with him experience & skill in all aspects of retail, wholesale, buying & management of organic & wholefoods. I am extremely confident that he will take the store, its customers & friends in the right direction for the next stage of its life.

I have made many friends & met some of the most intriguing & informative people during my time here & look forward to returning as a customer - thank you to everyone who has made my time here so special ...

Kylie Mannix
Store Manager

Sahaj Marg Meditation

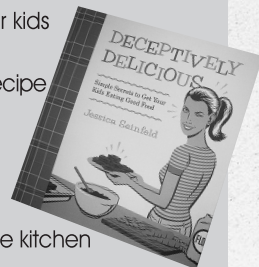
If you would like to learn how to meditate, we are a not-for-profit group that has been alive for a very long time. We invite all members of the Australian community to try this very simple & effective system of spiritual training. If you would like any information please contact:
Helen Wood 5494 9992 or 0438 898 134

Book Review

By Barb

Deceptively Delicious by Jessica Seinfeld

Here is mother's little helper in book form ~ simple secrets to get your kids eating good food. This informative & innovative recipe book shows you ways to disguise healthy food for those fussy kids. Great investment to save you time, money & stress in the kitchen ~ \$35.00

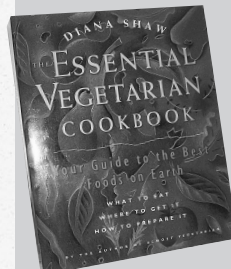
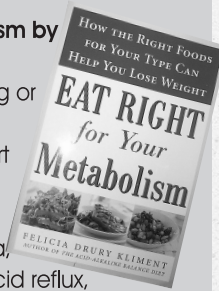


Time Management for Manic Mums by Allison Mitchell

Get control of your life in 7 weeks or less, get more done in less time & enjoy every moment of motherhood ~ this easy to read book shows you how. Ideal gift for the new mums ~ \$24.95

Eat Right for Your Metabolism by Felicia Drury Klimment

Shed weight without dieting or drugs, end unhealthy food cravings, help prevent heart disease, diabetes, cancer, arthritis & autoimmune diseases, conquer insomnia, depression, headaches, acid reflux, IBS & chronic fatigue ~ \$25.95

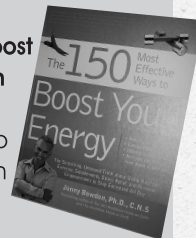


Essential Vegetarian Cookbook by Diana Shaw

Filled with irresistible recipes & accessible information this cookbook is the instruction manual for those who want to eat vegetarian & need to know how ~ \$52.95

150 Most Effective Ways to Boost Your Energy by Jonny Bowden

The title says it all! Refuel your body, energise your mind, sleep better, become vitalised. Learn in small steps to create big changes in your life ~ \$34.99



Noosaville - 2/229 Gympie Tce
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Caloundra - 82a Bulcock St
(next to Amazen Games) 5492 7185
www.getsetfootwear.com.au

BIRKENSTOCK
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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.



Mind your Polenta

polenta

If you are one who finds it difficult to create the tasty alternative to a wheat free diet, then this little ingredient may just be the key for you!

Though it was originally classed as a 'peasant' food, polenta is by no means an ordinary ingredient. As a coarsely ground corn, made from boiled cornmeal, it can be used in a multitude of dishes.



creamy texture due to the gelatinization of starch in the grain. You may cook with mushrooms, meats or other veges & when blended together with various cheeses or tomato sauces, polenta helps create a tasty 'Italian sensation.' This gluten-free alternative also has long-lasting carbohydrates, fibre, vitamins & minerals. So why not give it a try!

Though traditionally cooked as a slow dish, polenta can also be baked or served with various hot dishes, creating a quicker alternative for a busy lifestyle. When boiled, it has a smooth

Polenta is available in store as 500g instant organic packages & in the bulk bins as organic maize meal.

From page 1 : Your Health Today...Your Children's Health Tomorrow

or advanced age. However, the researchers found that even mothers who didn't report these risk factors had higher overall birth defect rates for babies conceived from April to July.

"These observations" by Dr. Winchester are extremely important, as they raise the question for the first time regarding the potential adverse effect of these commonly used chemicals on pregnancy outcome - the health & well-being of our children," said James Lemons, Professor of Pediatrics at the IU School of Medicine.

This study was funded by the Division of Neonatology of the IU School of Medicine.

References:

www.wiley.com, www.dea.org.au, www.clw.csiro.au

ACUPUNCTURE

Acupuncture activates the bodies inherent healing. It is very effective in the treatment of many acute and chronic conditions as well as a preventative treatment. Chinese herbs are used when indicated.

Fine Japanese needles are used minimising pain

Christa McCauley

B.App.Sc.(Acup)Adv.Cert.(China)
AACMA Member

12 years experience

5476 0888

For appointments and enquiries

Crescent Place
Integrated Health Centre
136 Nambour-Mapleton Rd,
Nambour 4560

Chocolate

Love organic, fair trade or dark chocolate?

You can rest assured you are making a great choice.



According to Oxford researchers, chocolate enhances cognitive performance ~ they believe the real source of activity comes from polyphenols - micronutrients found in plant-derived foods which are contained in particularly high levels in cocoa.

First cultivated by ancient Mayan civilisations, raw cocoa is now considered one of the world's most beneficial super foods due to its high content of antioxidants.

Like coffee, Fair Trade chocolate recognises the ethical benefits of organic cocoa sourced from developing communities overseas with programs in place to benefit locals or the environmental benefits of a product grown without insecticides or farm chemicals.

Choose products that are as good for you as they taste.

You have a great range of chocolate to choose from in store ~

Cocolo ~ 70% organic & fair trade

Green & Blacks ~ dark & organic

Loving Earth ~ organic, 72% & fair trade

Plamil ~ organic, dairy free, vegan

& gluten free

Bulk ~ dairy free, dark & great value

Raw cocoa nibs, powder &

whole cocoa beans



YOUR ORGANIC OASIS



Immunisation

The Choice is Yours

Immunisation is a subject that evokes very strong opinions & usually stirs up heated debate with regard to efficacy, safety & reliability. As parents, we are given an immense responsibility to protect our children physically, emotionally & spiritually until they are able to make their own choices. One of the main questions most parents ask themselves are "do we immunize or not" & if so, "at what age, & with which ones?" Education & up to date information is vital to enable parents to focus on the pros & cons; risks & benefits; so that an informed choice can then be made.

What Vaccines Actually Do! To understand the principle behind immunisation, we first need an understanding of how the immune system functions. Our immune system does an amazing job by way of "things" called antigens & antibodies. An invading organism has proteins that are different from the body's normal proteins. These foreign proteins are broken down into little bits called antigens. Antibodies are then made that recognise these antigens & it is the antibodies that are central to the whole immune system, directing the killing cells to the invader. Vaccines are antigens: sometimes they are an attenuated (weakened) virus, sometimes a purified fragment from a specific, vital protein. The vaccine is recognised as foreign by the immune system & a response is mounted to it. Now that the body has seen that invader, it will know how to react when faced with the real virus or bacteria, automatically knowing just what to do.

Why Do Some Parents Question Vaccines? Several vaccines are currently given to children early in life, but many parents & natural health professionals question the wisdom of this practice as the immune systems of newborns & infants under 6 months are undeveloped. It is suspected that the timing of this procedure may contribute to the development of autoimmune (allergies, asthma) & neurological disorders (autism). Such extreme reactions are rare & can be a result of the products used in the production of the vaccine, not the vaccine itself.

However, it is recognised that

vaccinated children will generally have a higher level of disease protection.

Choices! Regardless of what you may have been told, you do have a choice whether or not to vaccinate your child, which diseases to vaccinate against & at what age. The most important point



here is that if you choose not to vaccinate, as a parent you need to be aware that should there be an outbreak of infectious disease, there are certain steps you must take. These things should be discussed with your family Doctor along with your own research. We have 2 books in store which may be worth a read: Investigate Before You Vaccinate & Vaccination (Alive series). The vaccination decision is a very important one so the more across the board information you can gather, the better.

Preparing your child as much as possible with Vitamin C, Olive Leaf Extract & Homeopathic Medicines is beneficial. One option chosen by some parents is to use a prevention/treatment such as the long-practised homeopathic method, which uses minute doses of natural substances to stimulate & enhance your child's natural defence mechanism, thus preventing or minimizing targeted diseases. Homeopathics, just like conventional vaccination, is not for everyone, but it is an available alternative.

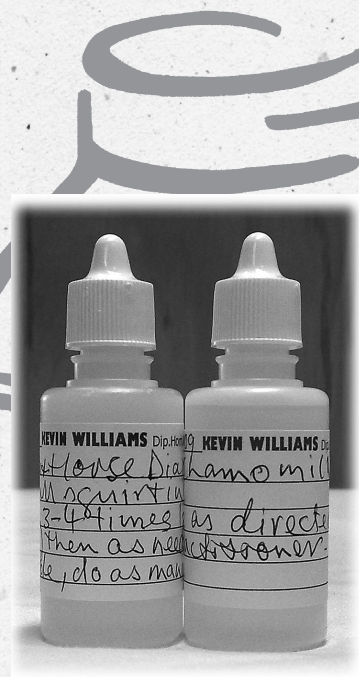
Some parents choose to wait until a child is old enough to have a viable immune system; which can be from 18 - 30 months. You may also prefer to vaccinate separately for individual diseases, but this will require previous arrangements to be made with your Doctor & most likely, will be more

expensive. Some parents do not immunise because they have looked carefully at the pros & cons & have made their informed choice, preferring to maintain a strong immune system in their child to overcome infectious disease. Many infections are spread via coughing or sneezing, so teaching your children to use tissues & support frequent hand washing, especially before eating & after using the bathroom needs to become common practice. These simple actions can be hugely beneficial & protective.

Without vaccines or an alternative form of prevention/treatment, the way to become immune to a disease is by surviving it. A good healthy immune system then becomes the child's friend. Good healthy foods, exercise, a loving & supporting family & building resilience is what these children need to fight disease if & when it comes their way.

The debate will doubtlessly continue, but we all share a common goal, which is to ensure the best possible health & outcome for our Australian children.

References: www.avn.org.au; can family physician; Lancet 1995 Mar 4; Communicable Diseases Intelligence; Aust. Bureau Stats; Aust Jour. Public Health; Med Jour. Aust; Dr. Mark Donohoe MB BS; www.douglasreport.com.au; Merck Manual; NFSM May/June/July 2009



your organic oasis

Practitioner Update by Grace Williams HERBALIST

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

MAY

- Sat 2nd 12-2 Lyn Moes is a yoga instructor with passion, her new yoga nidra cd 'Your Sacred Space' will be available at 10% discount on the day. Come in & be inspired by Lyn.
- Sat 9th 11-1 Give your child some calm viewing. Alexi will be in store showing The Storybook of Zen & Daffodil Yoga DVD. Ideal for ages 1-12yrs ~ colourful, peaceful, imaginative & educational. 10% discount on the day.
- Wed 20th 11-2 Taste some delicious sensations from Di Skelly 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.
- Wed 27th 11-2 Lyn Reilly is the creative author of Vegan Cookbook & she will be in store for you to sample some great recipes from her book. Vegan Cooking is discounted 10% off marked price on the day.

JUNE

- Wed 10th 11-2 Evohe FREE mini facial with these stunning environmental skincare products. Bookings are essential at the registers in store.
- Fri 12th 11-1 FREE make up demonstration with Mardl from Inika
- Sat 13th 11-1 'Storybook of Zen & Daffodil' is an inspiring DVD by Lauren Cox to encourage children to be involved in yoga activities. See this brilliant & colourful DVD, a must for all young family members. 10% discount on the day.

- Tues 16th 11-1 Suzannah Taylor advises on her 'Guided Meditation' CD & 'I Am A Light' book Suzannah can help direct you into a calmer flow in your daily life. 10% discount.
- Sat 20th 12-2 Lyn Moes inspires with her CD 'Your Sacred Space' ~ a relaxing journey with yoga nidra. 10% discount on the day.
- Sat 27th 11-2 Linda Mahony ~ try some delicious vegetarian samples & be well informed on nutritional value for all the family. 10% discount on the day.

JULY

- Thur 2nd 11-1 Nancy White promoting her amazing Colour Dome will be in store.
- Sat 11th 11-1 Yoga for children with Alexi viewing DVD Storybook of Zen & Daffodil, great for home, kindy, pre-school & primary school. Vivid colours of inspiration for calm & tranquillity for all children. 10% discount on the day.
- Tues 14th 11-1 Suzannah Taylor 'Guided Meditation' CD & 'I Am A Light' book. Learn to relax with this great value book & CD. 10% discount on the day.
- Wed 22nd 11-2 Linda Mahony in-store with fabulous ideas for healthy, tasty kids lunches & snacks. 10% off books on the day.
- Sat 25th 12-2 Looking for calm & quiet? Come & chat to Lyn Moes & hear her new CD on yoga nidra. 10% discount on the day.
- Wed 29th 11-2 Lyn Riely is back with more sumptuous samples from her Vegan Cookbook. Lyn's book is an affordable book for anyone wanting to begin a vegan lifestyle. 10% discount on the day.

20% OFF
ALL BULK BIN FOODS
EVERY TUES IN MAY
 (does not include packaged foods)

THE ANSWER IS SWHEAT!

Ok, so you are not a wheatgrass lover - some of us tend not to be but of course, the benefits are so good that we just deal with it.

This is a fast, funky way to get your wheatgrass, spirulina, green tea, ginseng & ginger all in one!



home delivery

Home Delivery may be coming to your area direct from The Natural Foodstore!

If you're interested in this service then we would love for you to fill in your details at the register or email your name, suburb, telephone & email address to donna@thenaturalfoodstore.com.au. This information will be kept for natural foodstore use only & will assist us in setting up delivery days to certain areas.

At this stage we will be offering organic fruit, veg & some bulk items to a few destinations across the coast so stay tuned . . .

Thanks Ryan



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'.

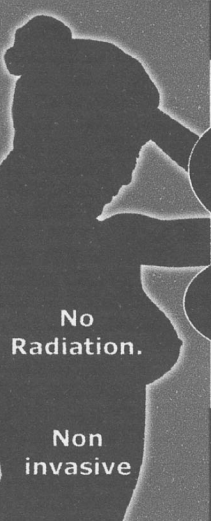
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 HANNA: PH: 07 5494 6113

SCENAR
HEALTH & BEAUTY

YOUR ORGANIC OASIS



BREAST HEALTH



No Radiation.

Non invasive

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

Painless breast screening

Earliest detection

No Contact with body

Complete body imaging.

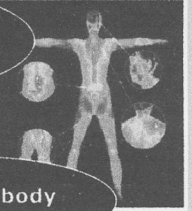
Used as an aid for diagnosis and prognosis for conditions & injuries including: Back Injuries, Arthritis, Headache, Nerve damage, Unexplained pain, Breast disease, Carpal Tunnel Syndrome, Disc disease, Inflammatory pain, Skin Cancer, Referred pain Syndrome, Sprain, Strain, Stroke screening Fibromialgia, 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.

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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**

may

10% off all Weleda products

PLUS

FREE Sukin face moisturiser with every Sukin eye renewal serum.
That's \$19.95 worth of product for FREE!

PLUS

FREE Natural Instinct Facial Moisturiser with every 1 litre of Body Wash

june

10% off Beeswax, Soya, & all of our regular range of candles

PLUS

FREE Natural Instinct 500ml Body Wash with every Natural Instinct 500ml Shampoo & Conditioner

PLUS

FREE jurlique 40ml hand cream when you purchase jurlique products to the value of \$100

july

10% discount on all of our bottled PURE range for do it yourself cosmetics ~

- rose hip oil
- coconut oil
- massage oil
- carrot seed infused oil
- bubble bath
- jojoba oil
- aloe vera gel
- camelia oil
- witch hazel

PLUS

FREE Sukin Cream Cleanser with every Sukin Restoring Night Cream

Please note that all offers & specials are while stocks last

Skincare Bulk Buys

If you wish to purchase bulk skincare or toiletry items, please see Bronwyn in Skincare & she will be able to assist you with really great prices & delivery times.

Items could be for a group of people, bulk buying for friends or family or simply stocking up for home. Generally, 10 or more of the one product is considered bulk buying & you will save \$\$\$\$.

We Love Mum's Day

Receive a FREE 200ml certified organic Pure Hydrosol your choice of rose, lavender or neroli. All you need to do is purchase skin & body care products valued at \$80 or more. Your purchase may include hair products, deodorants, toothpastes, baby products & soaps. Please note essential oils are NOT included.



For Mum in store

Fresh local flowers from Lynne at Eudlo
Great assortment at \$13.95

See our fabulous range of cook books

Watch our specials at the front of the store for gifts & other special ideas for Mum

your organic oasis



In Season



& Fresh As Home Grown

market report

- The apple season is heating up & will only get better in the months to come, with Forest Orchards supplying the best Pink Lady, Galas & Fuji's in Australia.
- Winter Warmers such as several varieties of potato, sweet potato, carrots, pumpkin & other root veges will be in plentiful supply along with broccoli ready for those steamy vege casseroles & winter soups.
- Your local citrus farmers are well & truly into a good season with lemons, mandies & sweet oranges on their way ~ & by local we mean Yandina & Maleny!
- Asparagus & stonefruit are both coming to an end due to the colder months but will of course, be back at the end of the year. But you don't need to let your stone fruit fade away ~ see below for more info on freshly dried new season Aussie fruits!

win win win your organic reward

Welcome to Permaculture Pathways

We offer a series of workshops to help you live more sustainably & lessen the load on the environment. Through easy to follow, hands-on learning you'll gain the skills you need to begin growing food at home, how to turn waste into valuable fertiliser, save money & be more self-reliant.

Introduction to Permaculture May 9 & 10 or June 13 & 14 ~ 2 days

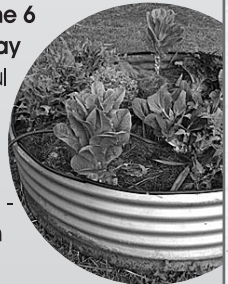
Learn the basics of permaculture design & lots of practical skills. Valued at \$130.



Beginners' guide to compost & worms

Sunday May 17 or June 6
9am - 12pm ~ 1/2 day

Discover the wonderful world of compost & worms. Soil health is the secret of growing healthy food at home - learn how working with nature creates abundance in your vegie patch. Valued at \$40.



Beginners' guide to growing your own food

Sunday April 26 or
Saturday May 23
9am - 4pm ~ 1 day

This workshop will take you through the basics of organic gardening & how to successfully turn your lawn into lunch. Learn how to get your soil right, organic pest management & much more. Valued at \$70. All courses are held in our living garden classroom at Eudlo & taught by Sonya Wallace, permaculture educator & founder. All courses include handouts & morning tea.



For more information contact Sonya:
e: permaculturepathways@yahoo.com
or t: 0408 013 012 or 5457 3961 during office hours.

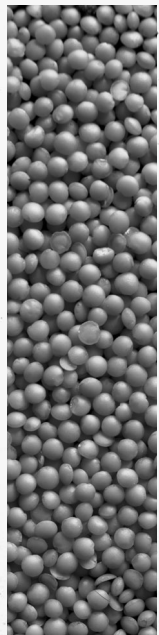
Make Foodstore \$\$\$ from your Beans & Legumes Recipes

It is that fantastic time of year again where warm socks & fire places are the norm & yes, that amazing bowl of hot pot, soup or bean casserole. And, now we want your recipes to share.

Simply:

1. email your favourite bean, legume or lentil recipe to donna@thenaturalfoodstore.com.au or pop it into the winners box at the front of the store
2. some of our staff will choose the 3 tastiest & easiest recipes
3. those recipes will be cooked by one of our in store caterers during July so that customers may taste your recipe & vote which of the 3 recipes is the winner!

And for that effort, we are happy to hand over a \$50.00 Natural Foodstore voucher to the winner with the 2 runner uppers receiving a \$20.00 voucher each. Get in quick to be in the draw.



New Season Aussie Dried Fruits

Here in June!

You know one of the many beautiful things about working with organic foods are the passionate ideas that come from our suppliers. Our growers are not just farmers ~ these wonderful people live their farms, their produce, their ability to work with the land, not against its environs to get out of it what they want. What this creates is an ability to team up with others to make the most of what they love.

Let's take a snapshot of dried fruits. For many years now we have needed to eat much of our dried fruits with sulphur dioxide added. 221 is not a particularly

good additive however, it has been one The Natural Foodstore has accepted in as low quantities as possible simply due to the fact that dried fruit is a tasty healthy snack. We search the globe looking for sulphur free dried foods & it was the Aussies that have won again ~ well in fact, you the customer has won again.

In on this fabulous trio are Brooke Kelly in Young, NSW & "Don't Mess With Mother Nature" from Mildura in Victoria & The Dessert Co in Alice Springs have taken the new season stone fruit crops & turned them into organic, tasty, sulphur free dried fruits ... peach, nectarine, apricot, sultanas, prunes, dates, apples & mangos.

We are very excited. So, in June, we are passing onto all Customer Club members only:

20% off all Aussie Organic Dried Fruits
Now that's a success story that includes you!



YOUR organic oasis



Specials Specials Specials Specials

be quick - specials only available until sold out

May

- 20% off Bellata Gold Pastas
- 10% off Rocco Sorelle Fettuccini & Spaghetti
- 10% off Absolute Organic Hokkien & Singapore Noodles
- 20% off True Organic Cheese inc Mozzarella, Cheddar, Gouda & Edam
- 15% off Selected Cold & Flu Supplements inc Olive Leaf, Echinacea
- 20% off Muir Glen Pasta Sauces & Paste
- 20% off Ecor Pastas
- 10% off Weleda Products
- **20% off all Bulk Bin Foods EVERY TUESDAY in MAY (does not include any packaged foods)**
- 20% off the following Books:
 - ~ How can I grow & use Sprouts as living food
 - ~ Health through God's Pharmacy
 - ~ Making Aromatherapy Creams & Lotions
 - ~ CD mind medicine reducing stress
 - ~ Solar Food Dryer

June

- 20% off Green & Blacks Hot Chocolate & Cocoa Drinks
- 20% off Selected Coffee & Tea Alternatives
- 15% off Selected Manuka Honey & Zinc & Vit C Supplements
- 20% off Australian Dried Fruit from the Bulk Bins inc Medjool Dates, Banana Bites & Bites, Dried Cherries, Sultanas, Dried Peach, Mango
- 20% off Wheat/Barley grass Frozen packs
- 20% off Swheat - Wheatgrass Shots with juice
- 15% off Boost Juices
- 10% off Selected Candles
- 20% off the following Books:
 - ~ Changing Habits, Changing Lives
 - ~ Superfoods
 - ~ Eczema Cure It
 - ~ Are You Gluten-Sensitive
 - ~ CD - Inner Alchemy Inner Peace

July

- 20% off Amy's Soups
- 20% off selected Stocks & Bouillons for your winter soups
- 20% off D'Lish Soups
- 10% off Pure Range of Bottled Body Oils & Bubble Bath
- 15% off Selected Cough Mixtures, Propolis & Cold & Flu Lozenges
- 20% off Beans, Lentils & Green & Yellow Split Peas from the Bulk Bins
- 20% off the following Books:
 - ~ Superfruit
 - ~ Bragg - Back Fitness Program
 - ~ Juice Fasting & Detoxification
 - ~ Health & Healing with Bee Products
 - ~ DVD - Easy Way to Stop Smoking

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

on sale



20% OFF



15% OFF



20% OFF

your organic oasis



recipe

Baked Polenta

- 500ml chicken stock
- 500ml water
- 175gr polenta
- 1 teasp salt
- 1/2 teasp ground black pepper
- 3 tblsp chopped flat-leaf parsley
- 2 tblsp plain Greek style yoghurt
- 25gr grated parmesan cheese

1. preheat oven to 180° & grease a 21cm square baking tin
2. pour the stock & water into the baking tin & whisk in the polenta, salt & pepper. Bake, uncovered for 30 minutes. Mix together the parsley, yoghurt & parmesan.
3. Remove from the oven, stir lightly then add the yoghurt mixture: stir to blend. Return to the oven & continue to bake, uncovered until all the liquid has absorbed, about another 10 mins.
4. At this stage the polenta can be served as it is, in a creamy consistency, but you can also let it firm up overnight, covered in the refrigerator. The next day just turn it out onto a chopping board & cut into triangles or squares. You may grill or fry in a little olive oil until golden & then serve. Use a tasty side dish as you would potatoes.