

the natural foodstore

your organic oasis

ISSUE 31
August • September • October 2010



Do You Have

The Time & Energy To Prepare & Cook At Home?

Recent research has shown us that the major reason we don't eat as well as we could is simply because we don't have enough time. Listening to many people, this is truer than any statistics could ever show.

The research tells us that 20% of Australians were time challenged to prepare healthy meals, another 18% found the cost of fresh food was prohibitive & the next 15% said long hours at work posed a challenge ~ I am suggesting this must be more a tiredness reason as opposed to a time factor. With our enormously busy lives, having enough time & energy to prepare foods from scratch at home can be a challenge.

The research continues on as to how we can pull healthy meals together quickly but so called "healthy" frozen food isn't always as healthy as we think.

Snap frozen veges like peas & beans are a great substitute – have them as a back up in your freezer. Prepared frozen meals are not generally healthy – they will never replace a freshly cooked dinner at home & should be considered as takeaways.

Some convenience foods without additives & loads of processing can be quite ok teamed up with a great salad but not as daily foods. See page 3 for amazingly simple, quick fresh ideas!

Cont page 3

Have You Heard?

We have finally signed a new lease & will be moving into our new home early next year. We couldn't be more excited or more pleased with this outcome as it has taken a long time to make this happen! The major difficulties were to find the right location with enough parking without paying an exorbitant rent. The fact that we are a retail store means we need to be in the correct council zoning & these requirements pulled together, created an enormous challenge.

We are moving just around the corner & will keep you up to date as things progress. The store will be a similar size to now but we have huge potential to grow. Please accept our thanks for your patience during this long awaited project, but we know you will be very happy with your new home.

And yes, there will be more space in the aisles!

win win win
your organic reward

a taster 6 pack of pure organic Ascella Wines
Every week in August!



See page 7 for details

AUGUST

FINALLY!
BPA FREE
WATER BOTTLES
500ml plastic bottle
Only \$6.40
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CALOUNDR
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Home Delivery
is now available in your area

Enjoy fresh organic fruit, veg & bulk flours, grains, nuts, dried fruits, beautiful oils, honey & nut butters all delivered to your door.

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your organic oasis





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 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

We are open: Every Day until CHRISTMAS

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

I hope everyone has survived the winter chills okay? Although its cold, The Foodstore is "hotting up" on several fronts in the coming months.

On the produce front, this is the best time of year to source high quality, superfresh, low food miles & low cost produce. All of our Queensland growers are in peak production, so get in & support & eat local!

We have also started a process of implementing a new computer system across the store. This will be a fairly long process, but the end result will be a much more efficient & user friendly system which will benefit everyone - club members, customers & staff alike. If I could please ask you all for some patience & understanding during this time, that would be fantastic.

There will also be some changes with the times that you receive this newsletter as well. We are going to change the issue months, so as to reflect better the various seasons during the year. So for the next issue that you would normally have seen in November, please be aware that it will now arrive in December instead. From then on it will be as normal, every three months.

And of course, the big one, we have signed a lease around the corner from our present location, 330 Mons Road. Please keep your eye on The Foodstore noticeboard at the front entrance of the store for all the details, news & updates as they happen. Just between you, us & the fencepost, we're so excited we could burst!!

Store Manager
 Andrew Crebert

Available at Paint City Coolum
 Amazingly Low
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Means they are ok for you & the environment
 Full range of beautiful textures & gorgeous colours
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Noosaville - 2/229 Gympie Tce
 (next to Raw Energy Cafe) 5447 1755
 Caloundra - 82a Bulcock St
 (next to Amazon Games) 5492 7185
 www.ogetsetfootwear.com.au

Shape up While you Walk!

New Skechers Shape-ups are designed to improve your life by changing the way you walk, Shape-ups feature a unique soft kinetic wedge insert and dynamic rolling bottom to simulate walking on soft sand. With the comfort of Shape-ups, you will feel your heel sink to the ground as you step, roll forward as your weight shifts to its center, and push off with your toes. This movement will result in stronger leg, buttock, back and abdominal muscles as you stabilize your steps. They will also help you lose weight and improve your circulation, creating a healthier you!

Wear your Shape-ups everywhere and anywhere you walk (or stand), and your body will feel the benefits.

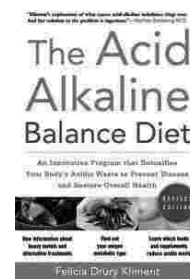


GREAT BOOKS • GREAT BOOKS

Review by Barb

books@thenaturalfoodstore.com.au

20% OFF FOLLOWING BOOKS
 AUGUST, SEPTEMBER & OCTOBER



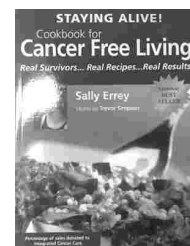
ACID ALKALINE BALANCE DIET by Felicia Drury Klimment: Wanting to prevent disease, restore your health & live longer? This book is an easy to read daily plan to alkaline the body systems for greater health & vitality - the key to great health is an alkaline system. Was \$29.95
 Customer Club \$23.96



DVD YOU CAN HEAL YOUR LIFE by Louise Hay: Take time from your daily stress to view this gentle & informative film. Find out what areas in your life need gentle change & how to do it with little effort. Was \$29.95
 Customer Club \$23.96



LOSE WEIGHT WHILE YOU SLEEP & EAT by Anne T. Clark: Anne is a local author & hosts her own Health Retreat in the hinterland on the Sunshine Coast. This interactive manual has been thoroughly researched & easy to follow guide for simple weight loss. Was \$30.00
 Customer Club \$24.00



STAYING ALIVE COOKBOOK FOR CANCER FREE LIVING: by Sally Errey:

A national best seller! This book is not just a cook book, it is an inspiration & motivating read that will help family & friends with cancer related disease. Was \$39.95
 Customer Club \$31.96

GREAT BOOKS • GREAT BOOKS

Essential Thoughts in a Wild World

British anthropologist Jane Goodall, has spent more than 50 years conducting landmark research on wild chimpanzees & great apes observing the tremendous power of nature to restore itself. She shares these thoughts: "I carry a few symbols with me ... to remind me of the hope there is in the world: the human brain, with the technology that we are now working to try & live in greater harmony with the environment; the resilience of nature - give nature a chance & it's amazing how places that we've destroyed can bloom again; the tremendous energy, commitment, excitement, & dedication of young people once they know what the problems are & we empower them to act to do something about it. And the indomitable human spirit, those people who tackle impossible tasks & won't give in ... they are shining inspiration."

Take these beautiful thoughts & know you are one of these amazing people through your awareness & commitment to caring for your environment - thankyou.



FISH 4 EVER Sustainable fishing:

Fish 4 Ever will NOT fish for endangered or vulnerable species ~ check this site for endangered species across the globe so you know what to look for when shopping for canned or fresh fish .

Fish 4 Ever only use organic land based ingredients so as pesticides & herbicides do not leach into their precious aquamarine environments

Fish 4 Ever are mindful of local communities & WILL NOT fish them out - these areas are often the lifeblood of many countries - it is not ok for us to take their fish & resell for our own gain.

Fish 4 Ever products available in store:

- Wild Alaskan Pink Salmon
- Skipjack Tuna in Brine
- Yellowfin Tuna in Organic Sunflower Oil
- Sardines in Lemon & Olive Oil
- Mackerel Fillets in Organic Sunflower Oil
- Anchovy Fillets

FLUORIDE FREE Montville Mist Springwater

- Fluoride & Chemical Free
- Unbeatable prices
- Free fortnightly delivery
- Rich in natural minerals
- Essential for good health & wellbeing

Bottled at the source ... Taste the difference



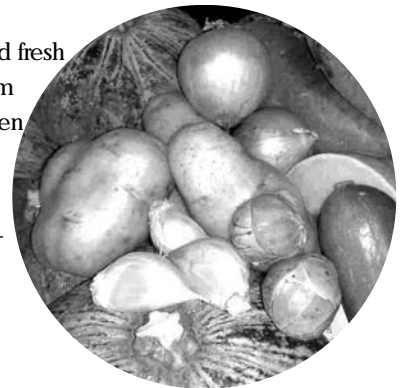
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Cont from page 1

How to Create quick healthy meals without fuss & bother.

1. do a weekly shop so that you have good fresh food in your fridge - a common problem can be "I don't have anything to eat!" When your fridge is abundant, it inspires you to prepare food for yourself & your family.
2. use colourful foods in your preparation - this encourages eating veges & salads. To chop 5 different veges into a salad, add some nuts, a little virgin olive oil & lemon - half hour!
3. use a heap of different colour veges to roast - this is one of the easiest meals you could make. Potatoes, sweet potatoes, pumpkin, carrot, zucchini, brussel sprouts - chop roughly the same size, pop into a stainless steel or glass baking dish, drizzle with extra virgin olive oil, fresh or dried herbs, onion chopped into quarters (keep large so the kids can eat around them if they choose), several cloves of whole garlic, pinch of sea salt & bake for 3/4 hour on 180 degrees. Steam chopped cabbage and add to veges before serving.
4. fresh egg & spinach bake - 8-10 free range eggs in a bowl with sea salt & herbs, add some finely chopped spinach & or bacon, grease a glass oven dish, pour mixture in, add grated cheese & bake at 180° for 1/2 an hour or until set. Serve with crunchy salad.



See page 8 for a super quick & easy salmon recipe



Winter Warrior

What does it mean to be a warrior? It means different things to different people, but in some ways it means being a master of your own destiny & taking responsibility for yourself. This leads to the path where caring for & being aware of your immune system & general health is a challenge you are well able to deal with. Even for Queensland with the most beautiful winter climate in the world, now is a perfect time to investigate the best ways to keep ourselves healthy & balanced & as the colder mornings & evenings move in, we can shift our wellness routine to respond to change.

Imagine, if you will, foods clearly labelled "Immune System Boosters" ~ what would you find? Most likely your shopping trolley would have at least some of the following.



Whey Protein ~ absolutely incredible stuff! Studies

show that whey protein contains the perfect combination of overall amino acids (the building blocks of protein) & that they are in just the right concentrations for optimal performance in the body. Whey protein also plays a role as an antioxidant & helps support a healthy immune system. Equally important, consistent intake coupled with exercise will result in an improvement in body strength & muscle structure.

Almonds - Almonds are truly one of nature's miracle foods & a small serving will give you a large amount of healthy macronutrients. Independent studies have shown that almonds are the most nutritionally dense nut & 9 clinical studies undertaken over the last 13 years show almonds can lower cholesterol when used in conjunction with a dietary regime which is kept low in saturated fat. These ground breaking studies show how eating a handful of almonds a day consistently lowered LDL (bad) cholesterol levels. Should cholesterol be a health concern for you, Policosanol (derived from Sugar Cane Wax) would be a beneficial addition to your supplementary regime as it has proven

to be very effective in the reduction of any elevated Cholesterol reading.

Salmon - is a food low in saturated fat, yet high in protein & contains the unique health promoting fat, omega-3 essential fatty acids. Salmon is also an excellent source of selenium, protein, niacin, vitamin B12, plus contains good amounts of phosphorous, magnesium & vitamin B6. Omega 3 fats help prevent erratic heart rhythms, make blood less likely to clot within the arteries & improve the ratio of good to bad cholesterol.

Spinach - firstly, you'll get muscles like Popeye (only kidding). Leafy green veges like spinach with its delicate texture & jade green colour provide more nutrients than many other foods. By eating spinach, you'll be helping protect yourself against osteoporosis, heart disease, colon cancer & arthritis. If the physical benefits are not enough to entice you, spinach helps protect the brain from oxidative stress & age related decline in brain function.

Blueberries/Acai Berries/Strawberries - 'Antioxidants' & "Superfoods" are the buzzwords for this decade. Everyone needs more of these wonderful substances, but do we know what they are? Antioxidants counter oxidation; this is a process within your body whereby electrons are removed from a cell via a chemical reaction. When your body undergoes oxidative stress, such as

when you are sick or after a workout, the end cellular result of this oxidation is known as a 'free radical'. When free radicals build up in your body they start to damage cells which then have the potential to cause disease. Good thing we have antioxidants like Blueberries/Acai/ Strawberries (but basically any berry substance will do a great job).

In winter, comfort food & TV can seem much better than diet & exercise, but it is truly important to stay healthy during the cooler months. Continue eating your fresh fruits & vegetables. Maintain an adequate water intake. Try herb tea, think of Peppermint & Ginger & add a pinch of Cayenne. Cinnamon is a another fantastic spice, a teaspoon a day will help reduce blood sugar levels in people with type 2 diabetes. Sprinkle on hot porridge or stir through a live yoghurt. Sweeten tea with a little Manuka honey for extra benefit & taste. Home made vege soups & stews are great for cold days. They will provide vitamins that aid the immune system & again, naturally elevate your intake of antioxidants. Have an exercise routine - don't tum into a couch potato just because the temperature drops. If you can't get out, open the windows each day to freshen the air.

If you include any of these products in your daily winter menu, your body will thank you with good health & longevity. That has to be "Food for thought"?

Bibliography:- .net. <http://shatterlimits.com>. <http://generalmedicine.suite101.com>



your organic oasis

Practitioner Update by Grace Williams HERBALIST

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

check www.thanaturalfoodstore.com.au

AUGUST

- Tues 3rd 11am Jim's Kitchen – check our website for the tasty details www.thanaturalfoodstore.com.au
- Wed 4th 10.30 FREE cleanse, serum & make up. Let Yelena help you select products best suited for your skin type. Requires booking – see register or call allow 30-45 mins
- Sat 7th 12-2pm Lyn Moes Buderim Yoga Sacred Space CD 10% OFF
- Fri 13th 11-1pm Suzannah Taylor Author I am a Light & companion CD Meditations 10% OFF
- Sun 15th Karen Green from Chef's Hat Cooking School – amazing chef with amazing tastes
- 16th-22nd *Plastic is too Drastic* – 10% OFF Bags – string bags, silk bags, fregie bags! Fregie bags are amazing – pop your fruit & veg in to purchase, wash your fruit & veg in them, store your fruit & veg in the fridge in them, wash & bring back to refill! Now that's clever
- Wed 18th 11-2pm Linda Mahony Kitchen Coach – inspirations for vegetarians – try before you buy 10% OFF book on the day
- Thurs 19th 11am Jim's Kitchen – check our website for the tasty details www.thanaturalfoodstore.com.au
- Fri 20th 11-1pm Melissa Scheumbri, winner Australian Institute of Management "Young Manager of the Year 2008" will be in-store with her books How to Find Your Dream Job in 21 days. Adults & Students, this is the book you need if you are still looking.
- Sat 21st 1.30-3.30pm Karen from Gypsy Rose for FREE samples & to discuss your hair concerns. 5 min chat & no bookings required.

SEPTEMBER

- Wed 1st 10.30-4pm Beautiful Inika product Make Over by Yelena – bookings required
- Wed 1st 10-12pm Montville Coffee – FREE tastes in store
- Tues 7th 11-1pm Suzannah Taylor helps put a Spring Swing into your step. 10% discount on Suzannah's book & CD
- Thurs 9th 10-12pm Montville Coffee – FREE tastes in store
- Fri 10th 11-1pm Melissa Scheumbri gives you the tools to help find your Dream Job in 21 days
- Sat 11th Karen Green here again from Chef's Hat Cooking School – wonderful tastes
- Mon 13th 11am Jim's Kitchen – check our website for the tasty details www.thanaturalfoodstore.com.au
- 13th-19th Allergy free week – 10% OFF all allergy free products on our table display – books, cleaning products, household products & more
- Wed 15th 10-12pm Montville Coffee – FREE tastes in store
- Sat 18th 11-2pm Linda Mahony tasty temptations from Tum Over a New Leaf, great vegetarian cookbook 10% OFF

- Sun 19th Karen Green in store from Chef's Hat Cooking School – you gotta' try this food!
- 20th-27th All Pet food 20% off carton quantities. Enter our "SMILEY QUIRKY PERKY PET PHOTO COMPETITION" Win a hamper of pet products. Bring in a photo of your pet or email to barb@thanaturalfoodstore.com.au by 28th Sept
- Tues 21st 10-12pm Montville Coffee – FREE tastes in store
- Thurs 23rd 10.30-12pm Gypsy Rose FREE samples & advice. No appointment necessary. 12.30-2pm in depth hair care analyses. Allow 20 mins ~ book at registers or call
- Fri 24th Karen Green from Chef's Hat Cooking School – even more amazing food to try
- Tues 28th 11am Jim's Kitchen – check our website for the tasty details www.thanaturalfoodstore.com.au



OCTOBER

- Fri 1st 11-4pm End of winter dry & scaling skin or acne? No problems! Ask Yelena ~ she will help you:
 - identify the best scrub or peel for your skin type
 - show you when to use it
 - show you how to use it
 Bookings recommended by phone or at registers
- Tues 5th 11-1pm Suzannah Taylor – inspiration for a positive change in your life – come in & chat. 10% discount on Suzannah's book & CD
- Wed 6th 11-1pm Melissa Scheumbri returns to promote & inform with her books How to Find your Dream Job in 21 days
- 11th-17th Clean Water Week – display water filters – beautiful colours & designs. 10% discount 1 week only
- Wed 13th 11am Jim's Kitchen – check our website for the tasty details www.thanaturalfoodstore.com.au
- Thurs 14th 10.30-12pm Gypsy Rose FREE samples & advice. No appointment necessary. 12.30-2pm in depth hair care analysis. Allow 20 mins. Please call or book at registers.
- Wed 20th 11-1pm Linda Mahony vegetarian food samples – great summer ideas for all the family 10% OFF Tum Over a New Leaf & Vega the Magic Apple
- Thurs 28th 11am Jim's Kitchen – check our website for the tasty details www.thanaturalfoodstore.com.au
- Sat 30th 12-2pm Lyn Moes Buderim Yoga Sacred Space CD – enhancing peace & calm in a stressful world. 10% discount

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

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PAIN



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Winter Tips FOR SENSITIVE SKIN



1. Use a serum under every moisturiser
2. Cleanse with a milky cleanser not a foaming one
3. Reduce the heat as it strips your natural oils from your skin

Recommendations:

1. Pure Rose & Violet Face Oil – 5 precious oils seabuckthorn, squalane, jojoba, rose & violet \$24.95 25ml
2. Mukti Serum – all plant based ingredients loaded with nutrients & vitamins in a super light base that absorbs instantly \$46.20
3. Vit C Devita – gobbles up the dry dead skin, stimulates new growth, heals & protects \$73.45

Winter Tips for dry scaly skin

Daily moisturising with oils provides hydration & stops scaling. Jojoba & coconut oils penetrate more easily providing nourishment & hydration.

Recommendations:

1. Pure Jojoba oil 100ml \$17.95
2. Pure Coconut oil 200gm \$14.95

your organic oasis



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NEW Trilogy for sensitive skin In 3 easy steps!

- 10% off *Cleansing Cream 150ml now only \$32.35*
- 10% off *Calming Serum 30ml now only \$38.65*
- 10% off *Moisture Cream Day & Night 50ml now only \$34.15*

SEE PAGE 5 FOR
What's on
in Skincare



A personalised skin care product designed by you

The Pure range provides all your base ingredients to create your own skin care products with an increasing selection of native extracts to add to your own formulations.

If you have a specific request, please ask us!





What's Cooking in **Jim's Kitchen**

Jim will continue to tempt our taste buds every fortnight with great recipes & ideas so come down & try some on the day.

Just check out our website www.thenaturalfoodstore.com.au to see what Jim is up to. All Jim's Kitchen dates are included in our What's On on page 5 of this issue.

How about getting Jim to cook your fave recipe ...

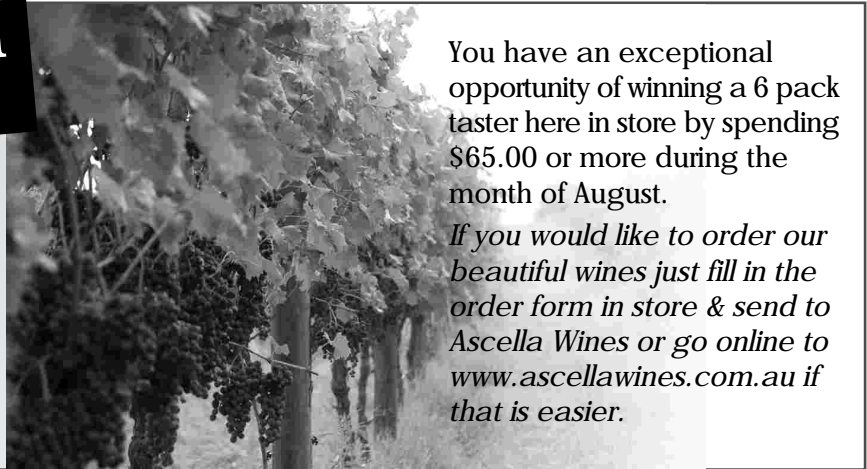
Just drop us a note in the suggestion box in the 1st Grocery aisle with your telephone number - that's just so we can let you know when you can come in for a taste. We may not be able to cook everything but be assured, we will give it our best!



- local supplies of mandys & lemons will slow down however the Navel Season will kick on with wonderfully sweet oranges
- we're still very lucky to see our food miles at their lowest with our broc, caulis, carrots, celery & potatoes still coming from the Gatton & Lockyer Valley
- Fruit will see out strawberries in Peak Season coming from a selection of Local Certified Organic suppliers from Glasshouse, Coochin Hills, Glenview & a few from Gympie.
- Also with the increase in our Maleny Farm & our addition of our Narangba farm we will see more local certified silverbeet, spinach, cauli, lettuce, tomatoes, cucumbers & many more.

win win win
your organic reward

Ascella Wines bring you exceptional value & quality as well as a wide range of wine made using organic grapes. Your choice of Chardonnay, Semillon, Verdelho, Rose, Sparkling Rose, & our new Merlot is now on offer.



You have an exceptional opportunity of winning a 6 pack taster here in store by spending \$65.00 or more during the month of August.

If you would like to order our beautiful wines just fill in the order form in store & send to Ascella Wines or go online to www.ascellawines.com.au if that is easier.

Fraser Coast Free Range EGG SPECIAL!

Fraser Coast Free Range is our certified organic chicken farm located 10 min from Hervey Bay. They have over 60,000 chooks that roam freely around 300 acres of lush pastures. Fraser Coast Free Range has been in operation with Free Range Eggs for 20 years & have been certified for the last 5 years.

Pam the owner, discloses that their main focus & passion lies with the health of the chickens. They are fed an all vegetarian diet of organic whole grains & a mixed feed of fresh greens containing absolutely no meat or meat bi-products, therefore completely eliminating any intake of hormones.

Fraser Coast Free Range provide us with the wonderful Jumbo 800's & also the Organic Egg Farmers 500's. However the 500's are very seasonal as they are more common in the warmer months & when they have younger chickens. All other egg suppliers are struggling with the supply & consistent quality that Fraser Coast seem to deliver week in week out. We congratulate them for their farming efforts & wish to give something back to you, the customer for helping support them.



Huge September Special for all Customer Club Members

Normally \$7.95 for jumbo 800gm dozens
\$6.50 dozen or 2 for \$12
for the month of September ONLY!

Get some while you can.

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RETREAT**

17th - 22nd Sept 2010
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YOUR organic oasis



Specials Specials Specials Specials

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August

- 15% OFF all Jen's Biscuits & Cookies
- 15% OFF all Byron Bay Coffee 100gr & 250gr packets
- 15% OFF all pre-packed Natural Foodstore oils, syrups, nut butters & pastes
- 15% OFF Cholesterol supplements Blackmores & J & B
- 15% OFF ALL Manuka Honey
- 15% OFF Natural Foodstore packed Whey Protein
- 10% OFF ALL Moya Valley frozen Chicken
- 10% OFF ALL Men's Skincare incl Gaia, Sanctum, Weleda, Vrindavan & more
- 20% OFF following books:
 - ~ Allicin Heart Of Garlic
 - ~ Safe & Un Safe Carbohydrates
 - ~ Charcoal Remedies Complete Handbook
 - ~ Holistic Herbal

*Please note: all practitioner lines are excluded
Bulk Bin foods do not include any packaged foods*

Specials are not available in conjunction with any other offer

September

- 30% OFF Insecticide Free Almonds from Bulk Bins
- 20% OFF ALL Nuts excl Insecticide Free Almonds from Bulk Bins
- 20% OFF ALL Montville Coffee
- 15% OFF ALL Omega 3 Fish Oils
- 15% OFF ALL Herbs & Spices from Bulk Jars
- 15% OFF Smooze Ice Blocks Guava, Mango & Pineapple
- 15% OFF Ghee - Gheeneshe 230gr & 450gr
- 15% OFF Life Energy Water 600ml & 1.5 lr
- 15% OFF ALL Gigi Ice Cream
- 10% OFF ALL Nappies, Liners & Baby Bottom Wipes
- 20% OFF following books:
 - ~ Organic Gardening In Australia
 - ~ How Can I Be Prepared With Self Sufficiency And Survival Foods
 - ~ Be The Pack Leader
 - ~ Stainless - How To Remove Stains Yourself

October

- 15% OFF all Grains & Lentils from hoppers
 - 15% OFF 1kg Kialla Bread Mixes
- We will also have recipes on what to do with grains & lentils plus a whole heap of FREE info*
- 15% OFF Acai Frozen Dessert 230gr & 1kg
 - 15% OFF Acai High Antioxidant Puree 750ml
 - 15% OFF ALL Boost Juices 350ml & 1lr
 - 15% OFF High Antioxidant Naturally Goji Dark & Dairy Choc Coated packaged
 - 15% OFF High Antioxidant Tibetan Goji plain
 - 15% OFF Berry Power Pack 200gr
 - 15% OFF High Antioxidant Well Naturally Acai Berry Chocolate & Bars
 - 15% OFF Selected Antioxidant Supplements
 - 10% OFF Great range Sunscreens incl Soleo, Kosmea, Devita & Multi
 - 20% OFF following books:
 - ~ Diabete 2 Health For Life
 - ~ Spotless Solutions For Domestic Disasters
 - ~ B17 Metabolic Therapy Prevention Cancer
 - ~ Natural Pet Care

on sale
15% OFF



15% OFF



Salmon Burger with Citrus Yogurt Dressing

This yummy salmon burger is chock-full of omega-3's & goes down smoothly with this delicious, probiotic-rich yogurt dressing that has a tangy ginger kick (and is a potent inflammation-fighter). A hamburger never tasted so good! Serves 4 & is ready in 15 minutes!

Ingredients for the Burger:

- 375gr of good-quality canned wild salmon
- 1 medium egg, beaten
- 3 cloves finely chopped garlic
- 1/2 cup whole wheat breadcrumbs
- 1/4 cup walnuts, finely chopped
- 1 tablespoon pure olive oil

For the Dressing:

- 1/2 cup plain non-fat yogurt (live culture)
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 tablespoon minced ginger
- 1 tablespoon orange juice

Instructions:

1. Combine salmon, egg, garlic, breadcrumbs & walnuts in a bowl & mix gently.
2. Form into patties & saute in the oil on medium heat for 5 minutes on each side.
3. Combine yogurt, lemon juice, orange juice, honey & ginger. Mix well.
4. Top the burgers with the yogurt sauce & serve alone or on a whole wheat bun. Add crunchy salad of lettuce, kale or cos, fresh slices of tomato & cucumber & a few sprouts.

