

natures news

proudly brought to you by the natural foodstore - your organic oasis

The Excitement of a New Home!

Yes, we are not only excited ... we are beside ourselves with the day by day organisation of building & preparing for the big move. It's great to know how many people are watching our land around the corner, turn into a building site & gradually take the shape of the footprint, how many car parks will eventuate, how wide our brand new aisles will be & can we squeeze 1 more register in?

The reality of a new home is a different story to dreaming about one but this is where our dream has brought us. For years, as many of you already know, we have dreamt, planned, asked for, searched & believed we would have much larger premises & more of everything please.

And so, here we are! The dream has finally arrived so the job has now turned to making the reality actually work within the confines of council, developers, builders & that ever encroaching accountant's term ... financial viability. With this in mind, we will continue to deliver our warm, efficient, fabulous range of products & services that has become The Natural Foodstore which unsurprisingly, includes every one of our



Customers, Suppliers & Staff.

The engine room is in full steam ahead ~ working out if solar is an option, the water harvesting is definitely happening & the environmental LED lighting is creating lots of strong conversation. Our aim is to be in the new store at 330 Mons Road – yes literally around the corner (opposite Owen Creek Road) in the first few months of 2011. We are hoping for a miracle in this time but miracles have happened in the past so we are now asking for another.

For those of you who knew John Jodvalkis, we believe he is on his cloud watching over us, encouraging Debi to keep up the momentum & he may very well grant us the wish he started 23 years ago!

inside this issue...



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page 6

win win win your organic rewards

December

your Christmas wish come true!



Gwinganna Lifestyle Retreat

A 2 night Gwinganna Spa Weekend package

Just for you

See Page 7 for more details

January

Sister Café



Win 1 of 4 fantastic \$50.00 vouchers!

See Page 7 for more details

February

Happy Harvest

your own organic veg & herb garden in your very own backyard!



See Page 7 for more details



Home Delivery

is now available in

Peregian Springs

So now you can enjoy fresh organic fruit, veg & bulk flours, grains, nuts, dried fruits, great school snack foods, honey & nut butters all delivered to your door. Howzat for the convenience!

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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 / Public Holidays

9.00am ~ 5.00pm

Our Naturopath or Herbalist is available FREE 7 days a week from 9am ~ 5pm

We are closed

Christmas Day - 25th Dec

Boxing Day - 26th Dec

Christmas Monday - 27th Dec

New Year 1st Jan & 2nd Jan 2011

Australia Day 26th Jan 2011

We are open

Tuesday 28th Dec 2010

Monday 3rd Jan 2011

Even though these days are public holidays

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 all,

Here we are once again. It is December & Christmas is so very near. One of the things I love so much at this time of year is the onset of stonefruit season - mangoes, plums, nectarines & peaches are tasty, fresh & juicy. But these fruits are also synonymous with warm weather, the dense smell of summer flowers in the air & that lovely relaxed Sunday afternoon laze-about feel.

December also brings great change for The Natural Foodstore. The move is so close we can see it just around the corner ... walls go up this week & the fit out is proving to be one exciting moment after another.

Christmas maybe a fairly quiet one in store this year as we thought we would have a celebration sale in the new store so we have all decided it is better to wait until then. Everyone will be kept up to date on when the move is happening & for those of you who haven't seen our new site right around the corner in Mons Road, drop by & have a look - either way, we will ensure you know what is going on & when.

One thing we will continue on with this Christmas is our Wishing Tree. This was so much fun last year & enormously successful with the 15 families who each received a \$200.00 food voucher from all of you who contributed to the Wishing Tree. We are excited about offering Staff & Customers this opportunity again so you may give affordably & easily to a family in need here on The Sunshine Coast.

We wish you a great Christmas & a wonderful & safe New Year.

Store Manager
Andrew Crebert



2011 Calendars

now in store

Nice range of calendars & diaries are available as wonderful gifts for friends & family.

great books
review by Barb



Vegetarian World Food

by Kurma Dasa

~ Great Book! Great Gift! Kurma's best, most delicious recipes. Hard gloss cover, beautiful full colour photographs to send those taste buds into a frenzy.

~~\$43.95~~ \$35.16 Customer Club



Healthy Family, Happy Family

by Karen Fisher

~ Karen is a nutritionist dedicated to making healthy food accessible to everyone. This inspiring & information packed 100+ recipe book includes gluten free, vegan, vegetarian & eczema-friendly ingredients. Food to feed & please all the family.

~~\$36.95~~ \$29.56 Customer Club



Juice!

by Pippa Cuthbert & Lindsay Cameron Wilson

~ make sumptuous juice cocktails for the festive season. Over 110 delicious recipes with detailed nutritional benefits of fruits, vegetables & herbs plus colour photographs.

~~\$36.75~~ \$29.40 Customer Club



The Healthy Skin Diet

by Karen Fisher

~ A complete guide to beautiful skin in 8 weeks. Whatever your skin type or condition this book gives all the answers. Top seller.

~~\$36.95~~ \$29.56 Customer Club

What a Stunning Gift Idea!

Just arrived! These are the most amazing gifts in themselves... Seeded Cards, homemade & handmade by Sarah Watkinson. Give the perfect gift that can be recycled & then blooms in your garden. This is such a great thing to be able to do with your cards once you have loved them.



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

Why are Klouds shoes so comfortable?

The reason is every component of the shoe is carefully considered.

The Shape - The last is the crucial aspect of all footwear designs and Klouds lasts are designed with practical and comfortable walking in mind.

The Uppers - Are high quality leathers which allow the foot to breathe which ensures a cool foot inside the shoe.

The Sole - Klouds shoes are designed on PU outsoles making them light weight, flexible and extremely well cushioned.

The Foot Beds - Klouds shoes come with removable foot beds to provide the wearer with extra internal comfort and support as well as allowing orthotic wearers the option to insert their own customized orthotic.

The Stabilising Shank - Klouds shoes have a supportive stabilising shank built under the heel to help maintain a neutral position when walking. The shank also assists in limiting fatigue when walking or standing for long periods of time.

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www.klouds.com





What's Cooking Good Looking ~ Jim's Kitchen

After a bit of a break for Jim at the front, we are now back in full swing with our cooking demos. Christmas is nigh & great healthy, home-baked food is easy when you have all the tips in the world from Jim's Kitchen! All the dates are in What's On on Page 5 & full details are in the News & to the What's On section on our website www.thenaturalfoodstore.com.au.

Keep smiling, keep cheery & keep eating well.



Dairy Free Cashew Cheese

Of course'm It's Rawsome!

Dairy Free, Raw, Vegan & of course ...
ORGANIC!

How on earth can there be a product that is every health statement known plus have an amazing taste? I found this in our store one day whilst our family were dairy free. Then it occurred to me that maybe you guys don't know about it either!

Cashew cheese is made locally in Noosa, comes in beautiful flavours like Lime, Sundried Tomato & Provincial Herb – you simply must taste these sensations. Dairy Free Cheese is available from the fridge & we will be

having wonderful

FREE tastes in December

keep an eye on our website
www.thenaturalfoodstore.com.au
under What's On.



Pure Pet Flea Off Roll On

Flea Off Roll On includes ingredients of Calendula Oil plus essential oils of Neem & Lavender.

Flea Off Roll On comes in a handy roll on deodorant container perfect for taking away, keeping in the car or easy to use at home with your pooch.

Flea Off Roll On is so simple to apply, just roll on to those areas that fleas like to hide like above the tail, on the tummy & anywhere your pet shows signs of discomfort. The Calendula soothes the skin, the Neem repels the fleas whilst the Lavender calms your pet & leaves them smelling clean.



Smily Quirky Perky Pet Photo Competition

Our winner was Pippin who won a quirky hamper of pet products including BioPet Pet Food, Pure Pet Hair Detangler, Pure Pet Flea Off Roll On, Pure Pet Flea Repellent plus Nature's Gift Canned Dog Food which are all available here in store.

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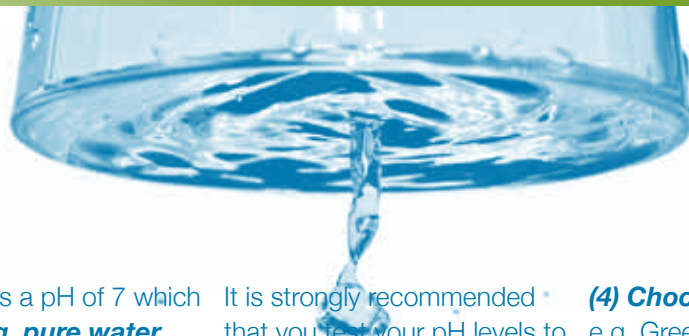
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what's your pH number?



So what's with all the hype about the need to alkalize your body? What's to be made of the claim that being too acidic can contribute to osteoporosis, kidney stones & a number of other undesirable health challenges? As usual, the answers to such questions about health can be found in a basic understanding of human physiology. Let's take a quick peek at the fundamentals of pH & how your body regulates the acid/alkaline balance of its fluids.

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a fluid. With respect to your health, the liquids involved are your body fluids, which are found in two main groups: **Intracellular fluid**, often called Cytosol, this is the fluid found inside all your cells & **Extracellular fluid** is the fluid found outside of your cells. This is further classified into 2 types - Plasma, which is the fluid that makes up your blood & **Interstitial fluid**, which occupies the spaces that surround your tissues, including the fluid found in your eyes, lymphatic system, nervous system & between the protective membranes that surround your cardiovascular, respiratory & abdominal cavities.

pH is measured on a scale of 0 – 14 ~ the lower the pH the more acidic the solution, the higher the pH, the more alkaline the solution. When a solution is neither acid nor

alkaline it has a pH of 7 which is neutral **e.g. pure water**

It is important to understand that we are not talking about stomach acid or the pH of the stomach, we are talking about the pH of the body's fluids & tissues, which is an entirely different matter.

If the pH of your blood (plasma) rises above **7.45**, the result is **alkalosis** – this causes your nervous system to become hypersensitive & over-excitabile, often resulting in muscle spasms & in the worst possible case, convulsions. If the pH of your blood falls below **7.35**, the result is a condition called **acidosis**, which can lead to central nervous system depression.

It is important to note that on the pH scale, each number represents a compounding tenfold difference from adjacent numbers: in other words, a liquid that has a pH of 6 is ten times more acidic than a liquid that has a pH of 7, & a liquid with a pH of 5 is one hundred times more acidic than pure water (pH 7).

Most carbonated soft drinks have a pH of around 3, making them about ten thousand times more acidic than pure water, a good reason to keep consumption down to a low level.

It is strongly recommended that you test your pH levels to determine if your body needs attention. Using pH test strips you can determine your pH factor quickly & easily. Most people who suffer from unbalanced pH are acidic. This acidity forces the body to "borrow" minerals-including calcium, sodium, potassium & magnesium from vital organs & bones to buffer (neutralize) the acid & help to safely remove it from the body.

A recent 7 year study on 9,000 women conducted at the University of California, showed that those who have chronic acidosis are at far greater risk of bone loss than those who have normal pH levels & unfortunately, this is a condition that can go undetected for many years. It is believed that many of the life threatening hip fractures prevalent amongst middle age/older women are connected to high acidity levels. Men were not included in this study, but are far from immune from the problem.

To help balance an overly **acidic system**

- (1) a Digestive enzyme** is essential
- (2) Magnesium** is important to help build the necessary tissue buffers, & this mineral is often lost in urine as a consequence of too much acid in the body
- (3) Alkaline minerals** are essential

(4) Choose Alkaline foods e.g. Green Super Foods, Liquid Chlorophyll, Fresh Green vegetables.

(5) Use absorbable Calcium. If your urine is 5.8 - 7.2 take **Calcium/ Magnesium plus Vit D.**

Alkalinity is relatively rare, but if your urine/saliva regularly test above 7.0pH, start with

- (1) a Digestive Enzyme**
- (2) support both Kidney & Lymphatic systems**
- (3) use a Liquid Calcium**
- (4) take 3,000mg Vit C daily**
- (5) take 3 capsules of Flax Seed Oil or 2 tablespoons Flax Seed Oil daily**
- (6) a Whole Body Cleanse** could be considered.

The ideal scenario is to make fresh vegetables & fruit the cornerstone of your diet; eat smaller but adequate amounts of nutrient dense foods as your appetite dictates & that your body tolerates well; e.g. good quality organic proteins & whole grains. Drink satisfactory amounts of pure water, get some natural Vit D, do some exercise. Watch your health improve.

Please ask for a condensed information sheet showing Acid/Alkaline foods, available from our Vitamin Department.

Bibliography Recommended Reading - Alkalize or Die by Dr. Theodore A Baroody
drbenkin.com/Natural Health Care
www.naturalhealthschool.com/
www.merck.com

WOW! Look What's On and its **ALL FREE!**

december

- 1st 10 – 12pm Joost is here to offer you a touch of wonderful Ayurvedic Massage. Come in & see Joost, sample his amazing technique. Opportunity to receive a fantastic treatment offer of 40% OFF starting at \$35.00!*
- 2nd 11am Jim's Kitchen check our website for details www.thenaturalfoodstore.com.au
- 4th 12-2pm Lyn Moes encourages calm amidst our hectic festive season with her CD Your Sacred Space. 10% OFF.
- 9th 11-1pm Jeff Hodges talks gardening with the release of his book Natural Gardening. This book is a must for all environmentally caring gardeners. 10% discount.
- 10th 11-1pm Suzannah Taylor gives free inspiration & information from her book & CD I Am A Light. 10% discount.
- 11th 10-12pm Debbie Bozicevic-Mewes will be in-store for a book signing with her latest book release "The Reluctant Psychic". Receive a free gift inside the book plus 10% off on the day.
- 16th Jim's Kitchen – see our website for scrumptious details.
- 17th 11-1pm Friday Jeff Hodges. If you missed Jeff last time, come & chat & find out solutions to your gardening problems. 10% off book on the day.
- 18th 11-1.30pm Karen from Gypsy Rose is in-store giving away free samples & advice for your hair

- 20th Jim's Kitchen Log onto www.thenaturalfoodstore.com.au for more details
- 29th 11-1pm Lyn Reilly with Vegan information & taste treats from her Vegan Cookbook. 10% discount.

january

- 5th 10-12pm Joost is in store again with his beautiful technique of Ayurvedic Massage. Another great offer from Joost with his Stress Buster Massage if you book in today or go the whole way with a 1.5 hour full treatment for only \$55.00*.
- 12th 11-1pm Lyn Reilly is back with tempting tastes from her Vegan Cookbook. 10% discount.
- 18th 11-1pm Suzannah Taylor with FREE information from her book & CD I Am A Light. 10% discount.
- 22nd 11-1.30pm Karen from Gypsy Rose with FREE samples & advice on hair care.
- 22nd 12-2pm Find serenity with Lyn Moes & her CD Your Sacred Space. 10% discount.
- 27th 10.30-3pm FREE Mini facial with Yelena ~ if your skin is feeling a little neglected let Yelena help by giving you a mini facial. Allow 30 mins & please book at registers or over phone.

february

- 2nd 10-12pm Last chance to get a great value Ayurvedic Massage from Joost. Come in & feel how sensational his massage is & by making a booking with Joost today, you will receive a 40% discount*.
- 14th 11-1pm Suzannah Taylor great info from her book & CD I Am A Light. 10% discount.
- 18th 11-1.30pm Gypsy Rose free samples & advice on your beautifully natural hair.
- 19th 12-2pm Lyn Moes offers peace of mind with her CD Your Sacred Space. 10% discount.
- 23rd 11-1pm Lyn Reilly Vegan Cookbook tempting tastes from her recipes. 10% discount on the day.

* Ayurvedic Massage Bookings must be made on day of promotion only but booked for a future date.



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December

Your Summer Hair Care

As summer is rolling in there will be more time spent in the sun, at the beach & in the pool. Give your hair added

moisture so **get big** on leave in conditioners & protein treatments. Make this your time ~ relax, run a bath or laze by the pool whilst your hair treatments do everything you need them to!

10% off all leave in conditioners & treatments

Karen from Gypsy Rose Hair Care will be in store during December, January & February for loads of FREE info & samples.

See What's On on page 5 for more details.



January

Keep those mozzies away naturally

10% off

all repellent & sandalwood sticks

Sandalwood smouldering away in the garden on balmy nights adds a whole new dimension to outdoor dining & gatherings. Not only do these sticks work beautifully to keep mozzies away, the scent of sandalwood is mystic & exotic adding that gentle calmness we like when with friends & family. Make sure you pop the sticks on several hours before you need them just to make sure they work really well.

Yelena is back with her famous mini facials & YES they are FREE! January 27th from 10.30 so make sure you make an appointment with the register girls or give the Skincare Department a buzz to make your appointment. Why not make one for a friend but make sure you let them know.

February

New skin care range

Living Nature

100% natural
free from parabens
free from synthetic preservatives
free from mineral oils

A beautiful range using precious ingredients native to New Zealand

~ Harakeke is hydrating & soothing

~ Totara is a super anti-oxidant

~ Kumerahou cleansing & lathering which is a great alternative to harsh detergents

~ Manuka known for anti bacterial qualities.

10% off all Living Nature products





December

December brings our lovely stone fruit season in peak, with mangoes, peaches, nectarines, apricots & cherries.

The height of cherries is actually November through to December & they always finish up around a week before Christmas. However if the weather is kind to us then we should see some wonderfully large cherries coming from Tasmania. Be sure to put your bulk orders in at least 1 to 2 weeks before Christmas to make sure you don't miss out.

Watermelon & rockmelon will also be in peak with a healthy fact coming from Florida State University stating that specific amino acids in watermelon assist in lowering blood pressure.

Coconuts from North Queensland should also be in full supply.

January

Grapes are now beginning along with plums ~ then late in the month will be the early variety of Red Del Apples from Stanthorpe.

February

The full start of new magnificent season apples, fresh & crunchy. No storage at all ~ these babies are freshly picked!!!!

Lawrence Gives Freely



Lawrence has donated more than \$19 of his own money to our Palm Oil Awareness Campaign to save the Orangutan habitat in Borneo.

win win win your organic rewards

December

Gwinganna Lifestyle Retreat
Gold Coast Hinterland



Surrounded by ocean & valley views in the Gold Coast hinterland, time allows you to enjoy a 2 day weekend escape or the popular 7 day detox program. Your stay combines gentle exercise, informative seminars & nurturing spa treatments with dynamic activity in a casual, relaxed atmosphere.

Packages are inclusive of organic meals & snacks, accommodation, activities, seminars & selected spa treatments. At Gwinganna, you can connect with supportive professionals who will teach you resilience in the modern world.

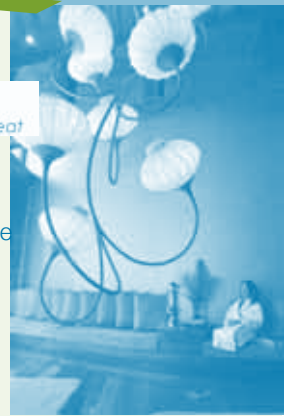
Our stunning Spa Sanctuary is one of the largest spas in the Southern Hemisphere! The Spa Sanctuary features over 30 treatment rooms with a unique outdoor design & a beautiful crystal steam room.

Be in the draw to win a 2 night Gwinganna Spa Weekend package just for you (1 person) including organic meals, \$100 Spa Credit & more valued at \$945*. See below for "HOW TO".

Or, if you wish to know more

t: 5589 5000 or go online to w: www.gwinganna.com

*Conditions apply & subject to availability. May not be combined with any other voucher or offer. Bookings should be made at least 45 days in advance. Valid for 6 months from date of prize draw & prize not available January 1-12 2011. Prize is not transferable & has no cash value. Offer only available to residents of Australia who are aged 16 years & older.



January

sister

At Sister, we wish to share our passion for fresh, organic, wholesome food.

Hayley, the inspiration behind the philosophy has the most amazing story to tell about how she came to having her own organic café. All ingredients are from certified organic farmers & suppliers. Wherever possible, we source from locals to support the community, encourage increased organic supply minimising the environmental impact of food transportation.

By sharing our beliefs in the benefits of organic foods, we hope to remind our customers of how good food used to taste & how great it is for you! See below for "HOW TO".

Sister is based in Palmwoods & Cotton Tree. Check their website out at www.sister.cafe.au.

February



Have you ever dreamed of picking fresh sugar snap peas & sweet baby carrots for dinner, gathering vine ripened tomatoes dripping with flavour & goodness. What about the kids collecting fresh tasty salad foods from your very own garden?

Your backyard raised garden bed can feed your body & senses with tasty organic food such as mouth watering juicy watermelon & fresh produce rich in minerals & antioxidants! From Asparagus to Zucchini, Happy Harvest will help you plant, grow & pick veges, herbs & fruit for your family – often with extras for friends!

Win your very own Organic Vege patch in your own backyard – what a fabulous prize. See below for "HOW TO".

For more info on Happy Harvest just ring Rebecca in Landsborough on 5494 1300.

"HOW TO" FOR ALL YOUR ORGANIC REWARDS

Just spend \$65.00 or more in store at 1 time during the months mentioned, pop your receipt into the winner's box & you are in it to win it!

specials be quick - specials only available until sold out

December

- 20% OFF** All Dried Fruits from Bulk Bins
- 20% OFF** Dog Treats Baliz Heart or Liver 50g
- 20% OFF** BBQ & Oven Cleaner Enviroclean 750ml
- 20% OFF** ALL Absolute Organic Chips & Nuts inc Beetroot & Sweet Potato
- 20% OFF** Cobbs Sweet & Salty & Plain Salty Popcorn
- 20% OFF** Chi & Natural Cola Fizzy Drinks
- 20% OFF** Found Mulberry & Sour Cherry Juices
- 15% OFF** All Breakfast Flakes, Oats, Puffs & Muesli's from Bulk Bins
- 15% OFF** Selected Probiotics (acidophilus etc)
- 15% OFF** Selected Digestive Enzymes
- 10% OFF** All Leave In Conditioners & Treatments
- 20% OFF** following books:
 - Gluten Free Parties & Picnics
 - Safe & Unsafe Carbohydrates
 - How Would Love Respond
 - Feng Shui Bible
 - Real Power Food for Children

January

- 20% OFF** Pure Pet Garlic for Pets
- 20% OFF** All Nuts from Bulk Bins
- 20% OFF** ALL Jolly Organic Veges & Apple Sauce
- 20% OFF** Explore Asia Pasta & Noodles
- 20% OFF** Popper Extra Juicy, Smart Juice & Extra Juice
- 15% OFF** All Snack Foods from Bulk Bins exc dried fruit
- 15% OFF** Plant Based Greens Super Foods
- 15% OFF** Ph Balancers
- 10% OFF** All Repellent & Sandalwood Sticks
- 20% OFF** Following Books:
 - Schuessler Tissue Salt Handbook
 - Taste It
 - Charcoal Remedies
 - Essential Guide Water & Salt
 - How Can I Grow & Use Sprouts

February

- 20% OFF** Pure Pet Flea Off Roll on
- 20% OFF** ALL Mountain Breads inc Rye, Corn, Wheat etc
- 20% OFF** Canned Siena Beans
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- 15% OFF** All Seeds & Beans from Bulk Bins exc grains
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