

natures news

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

Creating Rainbows!

In the late 1980's, The Natural Foodstore, or as it was called Your Organic Oasis, opened its doors on the Bruce Highway, beneath a large cigarette billboard, at Banora Point in Northern NSW. We've always been different!!

Since then the store has moved several times - the shack at the end of Parson's Road, the pet shop at 352 Mons Road, then 10 metres to the left where we had so many gracious years, to now, our new home at 330 Mons Road. Whilst our new building is impressive, it is inside that counts.

What makes our new home (& all our previous homes) unique, is who enters through the front door - YOU our customers & our friends.

Equally as important in putting light & life into our new space, are our wonderful, caring & knowledgeable staff.

I acknowledge that there have been many changes, involved with our move to 330 Mons Road, some good, some great & all with the intention of moving us forward to a better place. In amongst all that has, & still is going on, we will never lose sight of the principles on which we were founded. As written by our owner Debi:)

A "light" creating a space for:)

- support on whatever level - Mind, Body & Spirit - to all our staff, customers, friends & the community as a whole
- education for all who want to become more
- the coming together of like minded persons as a team, within our community, to have the opportunity to shine "light", in their special & unique way

This service & support has, & will always continue to be, at the forefront of what we stand for at The Natural Foodstore.

Our vision is always to add energy, light & value to this space, & in so, supporting "you", our valued customer & the community in which we all live.

We value "you" for having the willingness & the energy, to make a difference through being aware of what really matters in your life:)

- a healthy body
- a healthy planet
- love & support

And to that measure, we are all a part of a bigger team, a greater objective & a wonderful leap forward into the world we call a community.

inside this issue...



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win win win your organic rewards

september



4 beautiful organic bodycare packs to give away - 1 each week

See Page 7 for more details



october



One Earth Landscaping
3 hours of FREE landscaping in your garden

See Page 7 for more details

november

Susan Shaw

1 FREE session with a
Registered Kinesiologist, Practitioner & Teacher

Shop in store & WIN WIN WIN

See Page 7 for more details

Customer Club members only



The
EVENT
Of
The Year

20%
OFF

ALL Skin,
Body &
Hair Care*

1st November

Skincare Department only*

330 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 Herbalist is
available FREE

7 days a week
from 9am – 5pm

We are open

Every day in September,
October & November

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”.

your organic expo

Saturday 17th September
9am – 2pm

Ryan, our Fruit & Veg Manager, has wanted to do this for a while now, & finally we have the space! We want you, our customer to start meeting our farmers & manufacturers. We want you to know more about the food & products here in store so YOU can be sure that they are great! It will be simple & interesting – please feel welcome to come & chat.

Fill2Pure Stainless Steel Water Bottle

that removes chlorine, fluoride
& heavy metals as you drink!

The world's first stainless steel
filtered water bottle!

Reduces up to **99.99%** of all contaminants
instantly while **leaving** the **beneficial trace
minerals**; magnesium, calcium & potassium.

Lift & Sip: uses the power of YOU to
extract super-filtrated water.

- Made from stainless steel
- BPA free • filters as you drink!
- removes heavy metals, chlorine & fluoride!

HELP SAVE THE ENVIRONMENT



Ayurveda

The Eumundi Medicine Man

Ayurveda: *Ah-yur-vay-dah*

“the complete knowledge for long life”
ayurvedic medicine is a system of traditional
medicine native to India. In Sanskrit, words *ayur*
meaning longevity & *veda* meaning related to
knowledge or science.

Ayurvedic Medicine is based on Indian herbs.

Our new range in store includes cough
syrups, toothpaste, pain balm, eye drops,
herbal shampoo plus herbal teas including a
wonderful tasting chai.

See What's On page 7 for when Jay is in-store.



footwear

Noosaville - 2/229 Gympie Tce
(next to Raw Energy Cafe) 5447 1755
Caloundra - 82a Bulcock St
5492 7185
www.getsetfootwear.com.au

Terra Plana

Using Vivo Barefoot™ Technology

With 200,000 nerve endings, 33 major muscles, 28 bones, 19 ligaments; the human foot is a biomechanical masterpiece. In the last 40 years we have been led by a common misconception that cushioned, padded sneakers are better. This revolutionary footwear was created in collaboration with podiatrists and footwear specialists to help awaken the senses and encourage us to move as millions of years of evolution intended. The modern human being is generally disconnected with nature so we need to relearn how to run and walk. No heel, no midsole, no arch support, no gimmicks! VIVOBAREFOOT.

TERRA PLANA
USING VIVO BAREFOOT™ TECHNOLOGY



Did you know? Herbacy: *her~bah~see*



The art of mixing liquid herbs at The Natural Foodstore used specifically for medicinal purposes.

Herbalists & Herbalism has been around for 100's of years so we know it is tried & tested. Well, we have taken this art to a more public level with our new Herbacy in store. You may now watch this amazing knowledge being created before you at our Herbacy Counter in the Vitamin Department. You will find names like Golden Seal used as a natural antibiotic, an immune stimulant, for digestive upsets & an external antiseptic.

Come in & see Grace our Herbalist. She is well qualified to mix all of the herbs we have - this is an absolutely amazing science which is, as it now can easily be, a more integral part of our wellbeing.

So Delicious Dairy Free Made from organic coconut

these are an insanely wonderful product! Mini dairy free ice creams with all natural ingredients, come in 6 flavours including fudge, banana split & coconut & almond. Coconut Milk Pints are also available in Mint Chip, Pomegranate Chip, Mocha Almond & Cherry Amaretto ~ hhhmmmm ~ I would rush in for this one!



Beautiful fresh Mt Beerwah Springwater

Cheap, fresh, local, full of minerals & goodness & the BEST water in flavour.

Fill your own container or purchase one of our 10 litre ones.



Great environmental & health decision!

How **WE** have made a Difference

What a time we have had since we last chatted & thanks for coming on the ride with us. The learning curve has been steep & the rewards have been huge & worth every effort.

Mostly, I encourage each of you to continue working towards making an environmental difference in your home, your business, your daily life because on so many levels, it is inspiring! The road is often a difficult one but persevere I say, persevere.

Just a quick look at what I am proud of. Some of this was the work of our Developer & some was ours. In all, they are all great sustainable practices: The owner of the building used a recycled steel frame work which he personally spent a lot of time straightening & cutting to create the shell. To lessen the amount of air conditioning needed ~ louvres were added at the top of the building to allow efficient airflow.

Our Cool-lite roof helps reduce energy costs associated with air conditioning keeping up to 10% of the external heat from penetrating inside ~ how cool!

The external walls have been coated in a Dulux Heat Reflective Paint which also helps the heat from penetrating indoors.

Induction Hi Bay lighting has been installed throughout. Induction lights burn at 110 degrees cooler than other Hi Bay lighting so once again, keeping the heat down so less air conditioning.

Refrigerated shelving units have been recycled with a lovely new paint job.

Concrete floors are covered with a Diamond Hard process which cuts back on polyurethane coatings ~ never has to be cut back & recoated.

Electric Vehicle (EV) Charger at the front of the store – new technology for more sustainable practices. Don't worry, they will get used.

For now, enjoy what has been created as a community centre for you, our Customer.

Teen TEEN SCENE

Every parent wants their child to be healthy & happy. Teens, nutrition, emotions, puberty ... we know it can be a real challenge. Adolescence is a time where they experience & compare more changes than they have ever previously imagined

For most teens, puberty occurs around 12 for girls & 14 for boys. Around this time, school gets harder, growth happens without warning, physical changes take place, but through these changes, maintaining a good health habit is still possible. It's important for any teen to be informed & aware; to understand that staying healthy is an everyday task & this good habit is one that will reap countless rewards in the years to come.

It is highly likely that you will notice changes in the way your teen interacts with family, friends & peer groups. Social & emotional development for every teen is different & is shaped by your child's unique combination of genes; level of brain development; environment; experiences with family & friends; community & culture. These changes show that your child is forming an independent identity & learning to be an adult. You may find that your teen now shows strong feelings with intense emotions at different times & his/her moods may be unpredictable. It will probably help if you remember that the adolescent brain is still

learning how to control & express emotions in a grown up way. They can be more sensitive & whilst they get better at reading & processing other people's emotions, they can sometimes misread facial expressions & body language. Teenage self-esteem is often affected by appearance – or more specifically, how they think they look. As they develop, it is common to find your child comparing their body with those of friends & peers, or whoever is the most current celebrity. There is a good chance that your child will see things differently from you; this isn't necessarily because they are deliberately setting out to upset you, it's because now is the time for them to think more abstractly & start to question different points of view.

Nutritional needs are higher, hopefully the needed calories will come from the healthy eating habits you encouraged as your children grew; however, because of the continuing growth factor, a teenage girl needs around 2200 cal/day & a boy around 2500 cal/day. This can change dramatically if you have a child who is heavily into sports – food intake

will have to be adjusted to fit the situation. Exercise on a regular basis ensures the body gets the nutritional chemicals it needs, stays physically fit & helps prevent diseases such as diabetes & high blood pressure.

Calcium is needed to build strong bones. During teen years future adult bone structure is developed & the skeletal growth is rapid. Some good calcium sources are green vegetables, sardines, salmon, sweet potato, tahini & dairy products for those who can absorb them well. Vit D is important for the absorption of calcium. Adequate sunlight will give skin conversion of this vital vitamin ~ 10/15 minutes sunlight without sunscreen, but absolutely not sunburn. Prolonged exposure to sun will still require caution & a good quality 30+ chemical free sunscreen.

Iron is needed to make red blood cells & is the carrier of oxygen in the blood. Lack of dietary iron can lead to weakness & fatigue. As young adults, girls need about 15mg/day. Boys need around 12mg/day because of the body mass increase.

Some food sources for iron are red meat, poultry, green vegetables, egg yolks. If you choose an iron from a non-meat source, have it with a food rich in vit C for better absorption.

Protein many teens choose to be vegetarian, in this case, please make sure there is enough protein in the diet; legumes with green vegetables & rice will give full amino acid conversion. Small amounts of fermented soy products can also be useful, but too many dairy products can cause congestion & may also contribute to teenage acne due to improper digestion.

Health World carry a good quality range of these supplements which are available in store.

It has only been possible to touch on this subject, but if you have any questions pertaining to the health of your teenager, any of our vitamins staff will be more than happy to assist.

References:
www.raisingchildren.net.au
www.healthyeatingandliving.com
www.teeneen.org



Have you had your **INNER HEALTH PLUS** today?

- Aids in the maintenance of normal healthy gastrointestinal system and digestive function.
- Helps improve your general wellbeing.

www.innerhealth.com.au

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.

HP2294 - 08/11
CHC51176-12/09



√ Just Make It Instant Miso

A quick, nutritious, complete in protein snack & easy for all ages especially teenagers to prepare. Grab a pack in store to keep in your cupboard for quick snacks when the kids get home.

1 sachet of miso
1 cup boiling water
Mix together in a cup & drink!
OR add chopped veges or noodles for a whole meal.
Man, this is easier than takeaway!

White Miso is fermented along with a large amount of rice hence the white to beige colour & has a sweeter taste than red. Red Miso on the other hand has been fermented with barley & the fermentation period is longer resulting in a stronger flavour. Great for soups!

Sinerji happens when clothing & homewares are produced sustainably and ethically.

The Sinerji label is produced using hand loomed, organic cotton and natural vegetable and plant dyes.

Sinerji designers Louise and Alice have opened their new store alongside The Natural Foodstore and have added other unique, organic and ethical labels to the Sinerji range.

**ethical & sustainable shopping
never looked so beautiful**



 **Sinerji**
modern
organic
fair trade
recycled &
locally made

www.sinerji.com.au

Village Green on Mons | 330 Mons Road Forest Glen



Why No Onions!

This year has definitely brought some challenges for farms all across Australia.

Whilst Queensland was hit the hardest, NSW, Victoria & even Tassie were ravaged by the rain over the last 10 months. This has caused major disruptions to soil quality, picking & planting cycles as well as wiping out entire crops across Australia including onions, bananas & paw paw.

The good news is that new season onions from Kingaroy will be available from the end of September. Strawberry season will also be in full swing with beautiful sweet fruit.

Prices on some things like bananas & red caps will be up for a while, however you can see some competitive prices on our staples such as potatoes (\$2.95) carrots (\$2.95) pumpkin (\$1.95), cauli & broc to ensure that we have prices affordable for you!!!

November & December will bring mangoes & stone fruit such as peaches, nectarines, apricots & also watermelons & rockmelons.

Fruit is a plenty so enjoy while you can!!!

Montville Mist Springwater

- 💧 Fluoride & chemical free
- 💧 Naturally Alkaline & rich in minerals
- 💧 FREE fortnightly delivery to your home or office
- 💧 Essential for good health & wellbeing
- 💧 Servicing Gympie to Byron Bay

Naturally Rising Pure Springwater

11 & 15 Litre bottles, coolers, dispensers & accessories

Call Peter and arrange for pure springwater to be delivered to your home or office.

Bottled at the source... Taste the difference



Toll free 1800 001 102
Email: peter@montvillemist.com.au
www.montvillemist.com.au

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Professional help to build Immunity - avoid drugs & antibiotics

Classical Homeopathy

Treating all stubborn & puzzling symptoms
Serious medicine for serious health conditions includes Depression, Grief, Anxiety Attacks, Fears & Panic

Live Blood Analysis

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

BREAST HEALTH

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

PAIN

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**

No Contact with body

Complete body imaging.

No Radiation.

Painless breast screening

Earliest detection

Non invasive

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

The Only Method Available for "Visualising" Your Pain



Ceri

Simply Skincare

our aim is to provide you with the safest possible ingredients

September

FREE mini manicure
& receive a wonderful 10% discount on selected hand & nail cosmetics.
See Page 7 What's On for details.

FREE living nature
nourishing night cream
valued at \$72.00 with every purchase of radiance night oil.
See Page 7 What's On for FREE facials.

Harmony goat milk soap
Soap Day Special
Ernie has lots of info on the making of this beautiful product
8th September 10-3pm

\$4.95 ea
or 5 for
\$22.00



nail varnish ~ butter LONDON
sensational colours without formaldehyde, toluene or phthalates
now only
\$18.95



October

Be Rewarded
FREE Firming Flax Serum
when you purchase a day or night face cream from Living Nature

FREE mini manicure
& receive a 10% discount on selected hand & nail cosmetics.
See Page 7 What's On for details.

FREE samples
& consult with Karen from Gypsy Rose
10th October.
See Page 7 What's On for details.

Our New Beauty Therapist

Ceri is our newest Skincare Department member. A fully qualified Beauty Therapist, Ceri has worked & managed busy salons for 8 years.
For all skincare related info, just ask for Ceri or Bronwyn.

November

THE EVENT
Of The Year
race in for a winning day
20% off
all skin, body & hair care*
In the Skincare Department
* does not include medicinal skin, body & hair care products in the Vitamins Department.

1st November

Gypsy Rose
consults & free samples!
with Karen
21st November
See Page 7 What's On for details.

FREE Mini Manicure
& receive a 10% discount on selected hand & nail cosmetics.
See Page 7 What's On for details.

September

Every Monday & Wednesday Jim's Kitchen – FREE tastes & recipes

- 1-30th **win win win** Vrindavan face packs 1 each week to be given away
- 8th 11-3pm Goats Milk Soap Special - see Ernie for info about Harmony Soap
- 13th 12-1pm FREE Zinc testing by Jessica at Health World
- 14th 11am Jay Mulder is instore & as great as ever!
- 15th 9am your ORGANIC expo – our very first one. Come meet local farmers & food creators so YOU know more about your food!
- 16th 10-12 Joost is here to give brief but FREE Ayurvedic neck & shoulder massage plus great discounts on full treatments when booked on the day.
- 20th 10.30-2pm indulge in a *FREE facial with Deana from Living Nature ~ cleanse, mask & moisture
- 27th 11.30-3.30pm *FREE mini manicure with our in store beauty therapist Ceri

October

Every Monday & Wednesday Jim's Kitchen – FREE tastes & recipes

- 1-31st **win win win** One Earth Landscaping FREE 3 hours of Sean's expert labour & advice in your own garden
- 3rd 12-1.30pm FREE Fish Oil tasting with Jessica from Health World
- 10th Gypsy Rose consults & free samples with Karen
- 20th 10.30-2pm indulge in a *FREE facial with Living Nature~cleanse, mask & moisture
- 25th 11.30-3.30pm *FREE mini manicure with our in store beauty therapist Ceri
- 12th 11am Jay The Eumundi Medicine Man is with us again – don't miss out!
- 14th 10-12 Joost is here to give brief but FREE Ayurvedic neck & shoulder massage plus great discounts on full treatments when booked on the day.
- 21st The best promo ever – mini coconut based ice creams FREE tastes

November

Every Monday & Wednesday Jim's Kitchen – FREE tastes & recipes

- 1st The Event Of The Year – 20% OFF ALL SKINCARE. See page 6 for more details.
- 1-30th **win win win** Suzie Shaw ~ Kinesiologist, Numerologist FREE 1 hour session
- 11th 10-12 Joost is here to give brief but FREE Ayurvedic neck & shoulder massage plus great discounts on full treatments when booked on the day.
- 21st Gypsy Rose consults & free samples with Karen



22nd 11.30-3.30pm *FREE mini manicure with our in store beauty therapist Ceri

** Bookings are essential at the Skincare Counter in-store*

win win win your organic rewards

September



Vrindavan have a wonderfully clean range of organic body care products including deodorants, men's care, baby products, essential oils, soaps & toothpastes.

Vrindavan Natural Body Care is a family business operating since 1996 in the beautiful surroundings of the Sunshine Coast.

Each week you have the opportunity of winning a luxurious Vrindavan Pack with 4 organic products in each or come to the Skincare Department to see their range.

October

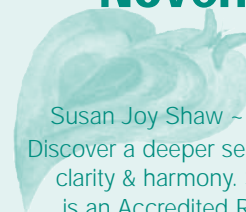


WIN a landscape gardener in your home for 3 whole hours! Sean, from One Earth Landscaping is committed to a greener planet & is continually improving his practices to be more sustainable. Using recycled materials like timber & rocks, & encouraging native water wise species is a place where Sean can make a big difference in our everyday world.

At One Earth Landscaping, we support local businesses who share our green & organic approach.

Call Sean for a chat on 0411 312 284 www.oneearthlandscaping.com.au

November



Susan Joy Shaw ~ Kinesiologist
Discover a deeper sense of balance, clarity & harmony. Susan Shaw is an Accredited Registered & Specialised Practitioner of Kinesiology & may be able to assist you with physical ailments, emotional distress, weight challenges, address addictions or obsessions, behavioural patterns & learning problems.

Kinesiology is recognised by Medibank Private of which Susan is a provider.

Win a session with Susan this month just by shopping in store.

Contact Susan on 0414 644 914 www.susanjoyshaw.com

"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 get in quick ~ only whilst stocks last

September

50% off 20ml Kosmea Eight Wonder revitalising skin serum

15% OFF ALL Planet Organic & Madura Teas

10% OFF ALL Australia's Own Milk

10% OFF ALL Lloyds drinks inc Apricot, Muscatel, Matara, Peach, Plum, Prune, Grape & Shiraz

Wrindavan organic soaps buy 3 get 1 free!

10% OFF ALL Alchemy & A'kin products

20% OFF ALL Vitamin C Supplements

20% OFF ALL Iron Supplements

20% OFF Pure range of Protein Powders

20% OFF Bhuja Mix

20% OFF Soya Crisps

20% OFF Sour Cream Chives

50% OFF



October

15% OFF selected Freedom Food Biscuits & selected Leda Biscuits

10% OFF Moya Valley Chicken Sausages, Chicken Rolls & Chicken Schnitzel

10% off all Evohe products

FREE Firming Flax Serum on ALL Living Nature day or night face cream purchases

20% OFF Selected Fish Oils

20% OFF ALL Zinc Supplements

20% OFF Selected Multis suitable for teenagers

20% OFF Choc Coated Blueberries

20% OFF Choc Coated Strawberries

20% OFF Milk Choc Coated Almonds

10% OFF



November

15% OFF ALL Natures Path Cereals

10% OFF ALL Soy Ice Mini Creams

10% OFF ALL Perfect Potion range

20% OFF ALL Silica Supplements

20% OFF ALL Chlorophyll Liquids & Tabs

20% OFF ALL Calcium Supplements

20% OFF Insecticide Free Almonds

20% OFF Organic Walnuts

20% OFF Pecan Halves

Please note Practitioner Products are not included in specials. By law, we cannot discount them.

15% OFF



Nature's News Recipe

Lemon & Pine Nut Tarts

Makes 30

Pastry

130gr butter
255gr gluten free flour
finely grated rind of 1/2 organic lemon
1 large egg, lightly beaten
a little cold filtered water

Preheat oven to 200°C.

Chop butter through flour until resembles fine breadcrumbs.
Add grated lemon rind & egg & mix into a ball of dough. Add a little cold water if you need to.

Pop a cover over your bowl & refrigerate for 30 minutes.
Roll out the dough thinly & cut out circles with a cutter or a glass. You will need to re roll the offcuts & keep cutting circles from them.
Carefully line a lightly greased muffin tin with the pastry circles, cover with a circle of baking paper then add a few beans or rice.
Blind bake the pastry for about 8 minutes or until tarts are golden.
Remove paper & beans.

Filling

2 large eggs
60gr fine sugar
finely grated rind of 1 1/2 organic lemons
3 tablespoons freshly squeezed lemon juice
2 tablespoons toasted organic pine nuts,
dry roasted in frypan on top of stove
until golden brown

Beat eggs with sugar, lemon rind & juice.
Pour into pastry cases & top each one with some pine nuts.
Bake tarts for another 10 mins or until filling is firm.
Remove from oven & cool on wire racks.