

natures news

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



Coconut oil
strikes again!

Here we have a great example of how many common theories on nutrition can be mistaken. Saturated fat has been vilified as the cause of high cholesterol & heart disease for the last 60 years, when in fact the converse maybe true all along.

Prior to 1920, coronary artery disease was actually a rarity. In the 1950's, rates began to rise in step with the increased consumption of hydrogenated vegetable oils (trans fat), which replaced saturated fats like butter & lard that had been the norm in previous decades...

Double-Blind Clinical Trial Puts Coconut v Soybean Oil to the Test

In a 12 week long study, researchers evaluated the effects of coconut oil & soybean oil on the biochemical profiles & waist circumference on 40 obese patients, aged 20-40. Belly fat, known as visceral fat, is the type linked to heart disease, diabetes & stroke.

Divided into 2 groups of 20 participants each, the patients received a daily supplement of 30ml of either soybean

oil or coconut oil. They also followed a balanced low-calorie diet & walked for 50 minutes per day. The end result?

The coconut oil group presented:

- Increased levels of HDL (good cholesterol)
- Decreased LDL/HDL ratio
- Reduced waist circumference/abdominal obesity

The soybean oil group presented:

- Increased total cholesterol
- Increased LDL (bad cholesterol)
- Increased LDL/HDL ratio
- Decreased HDL (good cholesterol)
- No reduction in waist circumference/abdominal obesity

The authors concluded:

"It appears that dietetic supplementation with coconut oil does not cause dyslipidemia [an abnormal amount of cholesterol and/or fat in your blood] & seems to promote a reduction in abdominal obesity."

Coconut oil needs to be consumed in balance in your diet but is a good replacement for highly processed oils.

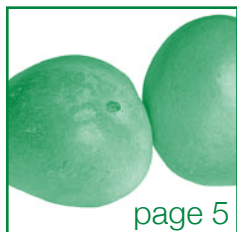
inside this issue...



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page 5



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Your Juicer Sale!

Is Back

Yes, we missed this so much last year that it is back in store.

Now you have the opportunity once again of purchasing beautiful slow turning juicers for flavour & great health ... & the NEW colours are just fabbo!

YOUR JUICER SALE gives you awesome prices

on our full range of juicers plus of course, our dehydrators from 1st - 18th December.

PLUS on Thursday 1st, Friday 2nd & Saturday 3rd December you will see how great the brand new Oscar NEO works with juicing & making the most simple healthy ice creams right here in store - come in & see how easy this all is as well as tasting the sensations!

These can be a great purchase for yourself or imagine giving a juicer as a gift to someone special this Christmas.

See page 5 for details, prices & add-ins.

Oscar Neo Juicer
How To with
juice & ice cream

1st, 2nd & 3rd Dec
In store 10-2pm

win win win
your organic rewards

December

a 30 minute Migun Bed
massage experience

2 to give away



January

2 Dainty
Tea Pot sets



February

\$100.00 Sinerji Gift Voucher Unique fashion

Sinerji

Shop in store & WIN WIN WIN

**See page 7 for more details
Customer Club members 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
 5 days a week from 9am ~ 5pm

We are closed:

Christmas Day
 Sunday 25th December
 Boxing Day Monday 26th December
 Christmas Day Public Holiday
 Tuesday 27th December
 New Years Day
 Sunday 1st January 2012
 New Years Public Holiday
 Monday 2nd January

advertising

If you would like to advertise to
 18,500 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,

It is amazing to think that this time last year I was writing this column & talking with great anticipation about our move to new premises, early in 2011. It didn't quite go to that timeline, but I think you will all agree we got there in the end!

It has been a year of great change both for The Natural Foodstore community & our world as a whole – various dictators falling, the end of whaling in our Southern Ocean & the Morcombe family finally being granted closure – an amazing year. The Foodstore is also undergoing some further change, we should in the next two months or so, take up residence in the vacant tenancy on the eastern side of our building. Here we are setting up our own Garden Centre & Cafe, this has been a dream of ours for many years & we all believe that it complement & enhance our current operations. Please keep your eyes open as the Garden Centre & Cafe starting to take shape in the coming months.

The other change that is happening in the New Year, is a new direction for yours truly. After three years as your Store Manager, I am going to take on a new role within The Natural Foodstore, as Business Development Manager. I would like to congratulate Ryan McLintock for accepting the role of Store Manager, most of you will know Ryan for the wonderful work he has done as Fruit & Vegetable Manager, which I have no doubt he will continue in his new role.

Finally to all Natural Foodstore customers & staff, may I wish you a wonderful Christmas, a safe & happy New Year & fantastic 2012.

**Store Manager
 Andrew Crebert**

Flourless
 Dark Chocolate
 Hazelnut Cake

Hazelnut Meal on special in
 December see Page 8

200g dark chocolate, chopped
 150g butter, chopped
 6 eggs, separated
 2/3 cup castor sugar
 1 1/2 cups hazelnut meal
 300g dark chocolate chopped
 2/3 cup pure cream
 Barambah cream to serve

Coconut Ice Cream apology
 We do say sorry for not having those lovely little single serve coconut ice creams we had so duly promised in our last newsletter. Yes ... we too, were looking forward to them. Apparently there was a problem with the packaging when they came into Australia so I suspect there might have been some very happy custom workers sitting back with full & happy tummies!

1. Preheat oven to 170°/150°C fan-forced. Grease round cake pan & line with baking paper.
2. Combine chocolate & butter in a small saucepan over low heat. Stir until melted. Set aside to cool slightly.
3. Place egg yolks & sugar in a bowl & using an electric mixer beat until thick & creamy. Add chocolate mix & beat to combine. Add hazelnut meal. Beat to combine.
4. Place egg whites in a bowl. Using an electric mixer beat until soft peaks form. Using a metal spoon stir 1/3 of the egg white into mixture. Gently fold in remaining egg white.
5. Pour into prepared pan. Bake for 1 hour or until a skewer inserted into the centre has moist crumbs clinging. Stand in pan for 10 minutes. Turn onto wire rack to cool.
6. Make Chocolate icing: Place chocolate & cream in a saucepan over low heat. Cook stirring constantly for 3 to 4 minutes or until smooth. Spread over top & side of cake. Stand for 10 minutes or until icing has set. Serve with cream.



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

Shape-ups Liv - In Harmony with your Body

Experience intuitive motion with Natural Stride™ Technology in Shape-ups Liv by SKECHERS ultra-lightweight toning shoe.

Smart: The key to Shape-ups Liv by SKECHERS is the curved bottom that guides you back to the body's barefoot stride

Natural: The diagonal SmartShoe™ bottom adjusts your stride so the motion of each step naturally aligns your body's center of gravity and promotes fluid transitions as you walk, jog or run

Comfortable: Lightweight, flexible and soft Resalyte™ midsole gives you a cushioned base that protects your joints

Free: Flex Groove bottom allows a nearly limitless range of free motion

Everywhere: With the freedom to move, you can walk, jog or run anywhere and anytime



Full Circle Cleaning products

Do you find yourself limited when it comes to finding cleaning utensils that are durable, eco friendly & don't cost your left leg? We are now introducing Full Circle; a new range of cleaning products that are not only made from

sustainable & renewable resources but also look so good, they make you want to clean. The stylish handles are made from bamboo & sponges made from cellulose ~ a plant based fibre. Even the potato scrubbers look cute! All Full Circle products have been designed to either stand up or curve away from

your bench top, meaning less chance for germs & grime to set up camp. Inexpensive, charming & efficient.



Slow-Cooked Cranberry Turkey

- 1 GreenAG Turkey Maryland or Turkey Breast cut into large pieces
- ½ cup dried cranberries
- 2 cups organic vege stock
- 3 garlic cloves peeled
- Sea salt & pepper to taste
- 2 sprigs of sage

1. Put turkey into slow cooker
2. Mix rest of ingredients together, except cranberries & pour over turkey
3. Cook on low for 4-5 hours
4. Add cranberries in last half hour
5. You could serve the cooked turkey over mashed potato & sweet potato with some finely slithered steamed carrots, beans & snow peas placed on top. So easy!

see our in store demo in What's On Page 7 & specials on Page 8



Bananas

Quick FACTS ~ Bananas contain 3 natural sugars - sucrose, fructose & glucose combined with fibre. A banana gives instant, sustained & a substantial boost of energy. Research has proven that just 2 bananas provide enough energy for a 90 minute workout.

moods: bananas contain tryptophan, a protein the body converts into serotonin, known to make you relax, improve your mood & generally make you feel happier as well as Vit B6 to regulate blood glucose levels which may affect your mood.

anaemia: bananas can stimulate the production of haemoglobin in the blood & may help in cases of anaemia plus they are extremely high in potassium yet low in salt, making it perfect to help blood pressure.

brain power: all that potassium can assist learning

constipation: fibre helps restore normal bowel action

hangovers: curing a hangover is easier with a banana milkshake. The banana calms the stomach & the honey builds up depleted blood sugar levels, while the milk soothes & re-hydrates your system.

heartburn: with a natural antacid effect in the body bananas may soothe give some relief.

morning sickness: snacking on bananas between meals helps to keep blood sugar levels up & avoid morning sickness.

So, bananas...who would have thought? Any way you look at it - another really good example of food as medicine.

Walnuts

are very rich in

Omega-3, an essential fatty acid which many of us are lacking

Omega-3 is an essential nutrient, which means it's vital but the body cannot produce it. It has to come from food sources.

Omega-3 from plant foods comes in the form of alpha-linolenic acid (ALA). Ironically, our bodies' cells contain ALA naturally but we have to supply the Omega-3 from outside.

ALA alone is vital to cellular health & for heart health including stroke prevention.

Omega-3 has many other benefits, including anti-aging properties & cancer prevention.

ALA is able to cross the blood brain barrier & carry the Omega-3 to your brain.

It has been researched that those with dis-orders such as ADD & schizophrenia exhibit low omega-3 content in their blood. ALA & Omega-3 are also important for preventing macular degeneration & other eye problems.



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Simple Tips

For Getting To Sleep & Staying There

The blaring alarm jars you from your few minutes of slumber after you've been tossing

& turning much of the night. You've already hit the snooze button twice ~ the clock's display is 6:21. You know if you don't get up right this minute, you'll be late again. This is the way many of us feel because we're not getting enough quality sleep.

Overall Health ~ Lack of good sleep plays an important role in our overall health & the aging of our bodies. Increasingly, scientific studies show associations between lack of sleep & health problems:

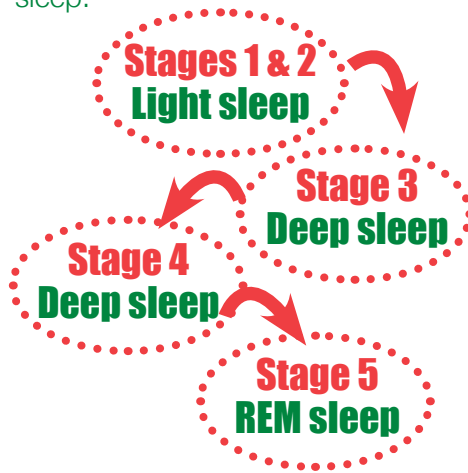
1. An increased risk of high blood pressure & cardiovascular problems
2. Overeating & weight gain, especially belly fat
3. Mental decline & memory problems
4. Increased risk of viral infections & decreased immune response
5. Impaired ability of the body to use insulin, with serious tolls on our mental outlook & even our rate of aging.

Lack of sleep simply makes us look older, feel older & actually **be older** than we really are.

Sleep Solutions ~ Hopefully, there's a solution within reach. When looking at treatments for sleeplessness/insomnia, it is important to first rule out any underlying medical & psychological causes which may be contributing. Sleep difficulties often result from stress, tension, anxiety or depression. Today's hectic lifestyle has over stimulated the human nervous system. Poor diet, alcohol & caffeine-containing foods & beverages only add to the difficulties.

Understanding The Body's Natural Sleep Cycles ~ Sleep occurs in a series of cycles. Each cycle lasts about 90 minutes & on average, we have 5 or 6 cycles a night of normal sleep. In each cycle, we enter 2 major states: REM (Rapid

Eye Movement) sleep & non-REM sleep.



Even more important than REM are the deep sleep stages 3 & 4. During deep sleep, the body produces growth hormone. The benefits of this hormone are numerous:

- a) Restores physical energy
- b) Increases blood flow to the muscles
- c) Improves immune system function
- d) Boosts repair of internal organs, skin & muscles
- e) Supports memory, reasoning & reaction time
- f) Drops blood pressure & heart rate
- g) Increases lean body mass & decreases abdominal fat

Good Tips for Falling Asleep Fast

~ getting physical is an excellent way to help alleviate stress & muscle tension. However, for the treatment of insomnia, exercise is best not done too late in the day as the body needs time to cool down.

Pick a bedtime that works for you, develop a sound sleep ritual & pay attention to what you eat.

Decide what time you need to go to bed in order to get a minimum of 7 hours of sleep. We all have a sleep ritual whether we realize it or not. This is the routine you follow every night before going to bed. Avoid large, heavy meals, caffeine & alcohol 2 to 3 hours before bed.

Sleep in total darkness & banish technology from the bedroom

~ your body depends on the release of melatonin, a sleep inducing hormone, to take you into deep delta sleep. Any light disrupts the secretion of melatonin. Your bedroom is not for TV or using your laptop!

Natural sleep aids are readily available, most are herbal in origin & can be extremely helpful & most importantly, are safe products to assist in promoting sleep. A couple of the most commonly used are:

Passionflower used as a pain reliever & sedative to promote sleep.

Valerian Root used as a sedative & relaxant. Clinical studies abound demonstrating valerian's ability to relieve sleeplessness & improve sleep quality.

Melatonin is a natural hormone made by our brains. Homoeopathic Melatonin is available from The Natural Foodstore as in any other form it must be prescribed individually for you by your Medical Practitioner. Melatonin may improve your ability to fall asleep & stay asleep.

So, before you ask your doctor for a prescription for sleeping pills, consider trying herbal

sleep remedies. They are better for your body & mind, are not addictive & can work wonders.

Please talk to our Vitamins Staff about the options available to help take the frustration out of achieving a good night's sleep. You owe it to yourself to start enjoying the deep, rejuvenating sleep your body & mind deserve!



Good savings on Sleep Supplements in store during December. See our Vitamins Staff for professional assistance.

Bibliography – www.Wikipedia.com
www.Hyperhealth.com
www.insomniaandsleep.com

Your Juicer Sale

1 - 18th
December ONLY

Oscar NEO juicer

is a leader in design & technology featuring hard wearing parts with an energy efficient motor, providing the maximum amount of pulp-free juice. You get a 20 year warranty on the motor plus 10 years on parts. Now that's saying something!

Oscar Neo Juicer online ~~\$595.00~~ Our price ~~\$495.00~~

SALE PRICE \$450.00

PLUS \$10.00 voucher PLUS great juicing book SAVE \$145.00



Champion juicer

Powered by a 1/3 horsepower electric motor, this is an improved model with more starting torque, stainless steel shaft with latest design of front & rear ball bearings for smoother running & cooler operation. For those with a higher desire or need of good health, this is a great juicer.

Our Price \$549.00

SALE PRICE \$495.00

PLUS \$10.00 voucher PLUS great juicing book



Hippocrates twin gear juicers

are an excellent living juicer extracting the highest yield from the largest variety of fruits & veges including wheatgrass & leafy greens. Doubling as a (living) food processor, you can make nut butters, frozen fruit ice creams, puree & much more.

Our Price ~~\$745.00~~

SALE PRICE \$655.00

PLUS \$10.00 voucher PLUS great juicing book



Juicer Wheatgrass Squeezy

Our Price ~~\$89.00~~ SALE PRICE \$75.00

Ezi Dry Snackmaker

Our Price ~~\$199.00~~ SALE PRICE 180.00

phone orders welcome

only while stocks last
no rainchecks



Hooray for fantastic summer fruits! We are now in the peak of stone fruit season with peaches, nectarines, apricots, plums & not to mention mangoes a

plenty. We are expecting a really good quality season ahead with good prices for everyone.

Be sure to get your cherries early in the week leading up to Christmas as the season always finishes just before Christmas Day.

January then brings grapes into season & hopefully our growers have recovered from last years shocking year due to rain. Most grape growers lost 80-90% of their crops, so we are all hoping for a great one for them in 2012.

February will also be the start of New Season Apples from Stanthorpe. Fresh, crunchy & ready to bite into, you can't beat that!



Fresh local Christmas goodies are now available!

Moist plum puddings, lush pudding logs, cakes, cookies & jam tarts.

Get in quick for the Gluten Free range.

Montville Mist Springwater

- Fluoride & chemical free
- Naturally Alkaline & rich in minerals
- Essential for good health & wellbeing
- Servicing Gympie to Byron Bay

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PAIN

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Painless breast screening

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Complete body imaging.

No Radiation.

Non invasive

Simply Skincare



PLUS Alchemy conditioner jojoba, macadamia, avocado & unscented were \$14.50
December ONLY \$11.60

our aim is to **provide you with** the safest possible ingredients

December

Manuka Honey is the base used in New Zealand's renowned brand Living Nature. Manuka Honey is antibacterial & with native herbs, totara & harakeke it proves to be therapeutic for all skin types to hydrate & heal especially for skin prone to break out.

FREE facial with Living Nature
FREE trial make up to Discover Your Colour with Ceri
FREE samples & excellent hair advice from Gypsy Rose

See What's On Page 7 for dates & details

JURLIQUE Purely White Skin Brightening

Jurlique have achieved a way to brighten & whiten your complexion. With newly patented vitabrightkx, a proprietary complex blend including Kakadu Plum & Vitamin C compounds to reduce skin discolorations. The range is dermatologist-tested & safe for sensitive skin.

Great specials are available in time for Christmas ~ see Page 8

January

Weleda Pomegranate Range

Pomegranate oil is high in Antioxidants, Vitamins A, C & E ~ beneficial in strengthening tissue & rejuvenating cells. The Pomegranate is organically grown & activates restoration of your skin.

In January Weleda's Pomegranate range is greatly reduced ~

Don't miss Specials on Page 8



FREE manicure with Butter London Nail polish
FREE trial make up Discover Your Colour with Ceri
FREE samples & excellent advice on your hair with Gypsy Rose
FREE facial with Living Nature

See What's On Page 7 for dates & details

February

THE FIRST SUNDAY OF EVERY MONTH
 MIESSENCE MADNESS

20% OFF
 Starting 5th Feb

Miessence was the first truly certified organic skin care range

- * Clean & potent plant extracts of high vitality!
- * More vitamins, nutrients & cancer-fighting antioxidants!
- * Revolutionary Bio-active Cold Formulation
- * Significant quantities of bio-available nutrients to literally feed your skin!
- * 100% Beneficial Ingredients
- * All ingredients are active!
- * No synthetic functional ingredients, pH adjusters, colours, pearlisers, consistency modifiers, or preservatives!
- * Unique Emulsification & Preservative Systems
- * No chemical emulsifiers
- * No chemical preservatives & tested all natural shelf life!

FREE application of make up
 Discover Your Colour

FREE facial with Living Nature

FREE samples & FREE advice on your hair needs from Gypsy Rose

See What's On Page 7 for dates & details



December

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

- 1st-31st win win win an oh sooo relaxing & therapeutic migun bed massage
- 1st-18th Your Juicer Sale – all juicers & dehydrators on sale in store
- 1st-3rd 3 days of In store demonstrating NEO Oscar ~ beautiful juices & fruit ice cream
- 6th * Discover Your Colour ~ FREE trial make up with Ceri to learn about the effect eye liner can have in shaping your eyes
- 8th 10-1pm GreenAG Free Range Turkey tasting – yummo Turkey Stroganoff!
- 9th 10.30-2.30 Karen from Gypsy Rose in store with free samples & excellent hair advice
- 14th * FREE facial with Deana from Living Nature, come & experience the raw feeling of living nature
- 17th Joost in store – come in & feel the benefits of 10 minutes of Ayurvedic massage
- 19th * Discover Your Colour ~ FREE trial make up with Ceri to help find the colour that suits your eyes & skin & how to blend shades

January

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

- 1st-31st win win win beautiful tea pot set
- 16th 11-2pm Karen from Gypsy Rose in store with FREE samples & great hair advice
- 18th * FREE Manicure with Butter London Nail Polish ~ free from formaldehyde & toluene
- 21st Joost in store – come in & feel the benefits of 10 minutes of Ayurvedic massage
- 23rd * FREE facial with Deana from Living Nature
- 30th * Discover Your Colour & book in for a FREE trial make up with Ceri

February

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

- 1st-31st win win win a stunning Sinerji Gift Voucher to the value of \$100
- 8th * Discover Your Colour ~ treat yourself to a FREE application of make up that helps you choose colours to compliment your skin tones & hair
- 14th * FREE relaxing facial from Living Nature
- 18th Joost in store – come in & feel the benefits of 10 minutes of Ayurvedic massage
- 27th * 11-2pm Karen from Gypsy Rose will be handing out FREE samples & advice on your hair

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

Second Nature organics have created an exclusive range of organic ready made meals. Yes the convenience of heating & serving! These are the most wonderfully tasting, healthy meals without any of the food additives & fillers generally found in convenience food. The Staff at Second Nature have become friends of The Natural Foodstore simply because we love what they do. We love their ethics, their ingredients, their slow cooking methods & the way they conduct their business.

Second Nature's range include korma lentils, curry chick pea, palak paneer & pasta. The serving size has worked out at about 1280 grams for a family of 4 so when you pop it with a sweet potato mash, organic rice or add extra veges, you enjoy great value, convenience & good health all rolled into a very tasty meal.

Find them in our freezers instore!

win win win your organic rewards

December

A relatively new experience in relaxation & muscle stretching, the Migun Bed operates on several different modes you can change to suit your own needs. Nancy White assists you in finding the right massage for your body & health. This is a beautiful prize for anyone to win. Nancy also is one of the Craneo Muscular Therapists here on the coast as well as specialising in simply relaxing massage & body torque techniques.

Call Nancy on 0412 308 884 for more info.
Or you can win win win by shopping here in store.



January

We have a lovely new range of tea accessories available instore. Hand blown glass infuser tea pots with bamboo handles, beautiful infuser glass mugs, tea caddies & strainers. You can win win win a small ceramic tea pot set with 2 dainty mugs when you shop instore.

For all WIN WIN WINs, just spend

\$65.00 in store in one shop during that month, pop your receipt into the winners barrel at the front door & the prize will be drawn on the first business day of the following month.

We will contact you when you win a prize!

February

What a great prize especially for February when Christmas is over, the New Year has started & this is the perfect time to have something special just for you. The girls from Sinerji organic clothing & homewares are offering a \$100.00 voucher to choose your own styles PLUS your very own "fit out" which will be so much fun. Just drop into Sinerji anytime as they are right next door to us here at the store.



specials get in quick ~ only whilst stocks last

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



December

Mt Beerwah Springwater

~ fresh, clean, local water. Nothing added & absolutely nothing taken away.



10 litre refill in your own bottle \$3.50 **save \$1.00**

15 litre refill in your own bottle \$4.50 save \$1.50



Chic Nuts
- Roasted, Herb/Garlic or Broadbeans \$4.30 save \$1.10 per packet

Byron Bay Corn Chips 230gr \$2.80 **save \$0.70**

Mexicana Corn Chips 250gr \$2.44 save \$0.60

Beautiful Maison Therese Christmas Easy Platter Foods ALL products ONLY \$6.00

Robinvale Sparkling

non-alcoholic Juices ~ great Christmas entertainer!



Ginger, Mango, Passionfruit, Lambrusco or Strawberry **ONLY \$8.00 per bottle**



Organic & Local Barambah Cheeses

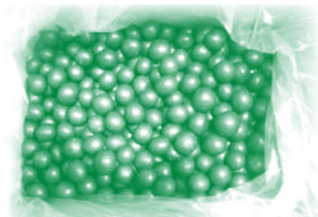
~ perfect platter foods
Cheddar Block or Grated, Marinated Fetta, Labna out they go for \$6.20

Cheddar Slices, Fetta or Quark ~ buy any for ONLY \$5.10

Free Range Local Turkey Breast, Maryland or Wings ONLY \$23.72 KG **SAVE \$4.18**

Choc Coated Macadamia's

~ Dark & Milk \$54.70 KG **SAVE \$13.69**



Choc Coated Almonds ~ Dark & Milk \$50.00 KG **SAVE \$12.00 KG**

Hazelnut Meal \$19.40 KG ~ see recipe on page 3

Books Tired of Not Sleeping, Fresh Vege Juices, Juice ALL 15% OFF

Natural Sleep Supplements ~ huge range from \$9.95

Chat with our Vitamins Staff for assistance



Jurlique

Jurlique Cleanser \$28.00 **SAVE \$7.00**

Jurlique Mist \$44.00 **SAVE \$11.00**

Jurlique Powerful Essence \$64.00 **SAVE \$16.00**

Jurlique Day Cream \$52.00 **SAVE \$13.00**

Jurlique Night Cream \$56.00 **SAVE \$14.00**



Alchemy Conditioners \$11.60 **SAVE \$2.90**

January

Bokashi Bins \$60.95 save \$9.00

Bin Refills 2 kg \$14.95 save \$4.00 for every bag you buy!

Kids Snack Foods are on SALE SALE SALE

Orgran Outback Animals Multi-Pack Vanilla or Chocolate \$4.72 save \$1.18

Leda Fruit Bars - Apple, Triple Berry or Strawberry \$4.00 each save \$1.00

Ceres Rice Crackers - Black Sesame, Seal Salt or Tamari Soy \$3.84 save .96¢

Probios Dairy Free Milks 200ml
Natural or Calcium enhanced \$1.85
SAVE .35¢
Cocoa \$2.45 SAVE .40¢

Organic Springs water
4 litre ONLY \$4.20
1.5 litre ONLY \$1.40
600 ml ONLY .68¢

Smoozies 10 pack ice creams Mango, Pineapple or Guava \$5.55 SAVE .95¢ a packet

Kialla 5 kilo bags Wheat Flour, Unbleached, Spelt, Self Raising, Plain or Rye **ALL 20% OFF**

Books Snack It Out, Kitchen Garden Cooking, Vegan Cookbook ALL 15% OFF

Colourful & fun Ewan Stainless Steel Water Bottles ALL \$12.50 ea

Plus a variety of Lids, Adaptors, Covers & Brushes

Weleda Pomegranate Range Firming Day Cream \$45.50 **ONLY \$36.40**

Firming Night Cream \$45.50 **ONLY \$36.40**

Firming Face Serum \$47.50 **ONLY \$38.00**

Regenerating Hand Cream \$23.90 **ONLY \$19.12**

February

Braggs Liquid Aminos

946mls \$13.16 SAVE \$3.29

473mls \$7.72 SAVE \$1.93

180mls \$6.16 SAVE \$1.54

Braggs Apple Cider Vinegar

946mls \$11.60

SAVE \$2.32

473mls \$6.75

SAVE \$1.35



Spish Olive Oil

~ Fruity & Mild \$8.80

SAVE \$2.20

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Gluten Free Pies \$4.15
Spelt Pies \$3.55

Bio Dynamic Long Grain White Rice **massive savings with 30% OFF**

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