edition 38 [june 2012]

natures enews

proudly brought to you by the natural foodstore - your organic marketplace
plus our newly created your garden centre & organic cafe

Omega-3 fatty acids

are vital for your brain, your heart, to boost your immunity & increase lung function. Omega-3's can also alleviate depression, improve critical thinking, tame inflammation & quell oxidation. They are also of course, one of the most important ways to reduce your overall risk of disease.

The Best Source of Omega 3's

The very best food sources of omega 3's are wild salmon & sardines. These fish have several times the amount found in most other fish with extremely low levels of pollutants compared to other fish. Grassfed organic beef & wild game are good sources although not as rich.

Does Fish Oil Contain Dangerous Mercury?

First, it should be noted that wild caught salmon is one of the few fish that is predominantly free of mercury. Farm-raised salmon commonly contains mercury, PCBs & dioxins. Also, fish oils are produced by a process called "molecular distillation." By its very nature this process removes most contaminants, including mercury.

If you choose to supplement your diet, fish oil is great & for vegans, whilst not as good a source as fish, flaxseed, hempseed & chia seed oils are still appropriate.

For more information, check with 1 of our Vitamins Staff they will be happy to help.

win win win

yourorganicrewards

1st-30th June

What if there are simple techniques that allow you to give up limitation & choose to have more fun, joy & happiness in your life? Clear the energetic blocks to your success & happYness with Shirley-Anne The HappYness Coach

WIN 1 of 6 Gift Certificates to a lovely session of happYness just by shopping in store.

www.thehappynesscoach.com.au

Customer Club members, just spend $65.00 in-store during June, pop your receipt into the Winners Box & you are in the draw!

your garden centre & organic cafe

HUGE SPECIAL

Ki-Carma Ti-Tree Mulch

Buy 2 bags & get one bag free

- Termite resistant ~ great near your home
- Weed free
- Environmentally friendly
- Beautiful scent

Using an organic fertiliser on your garden over a chemical fertilser is so much more beneficial to the environment, takes longer to break down & continues to feed your plants even when the mulch has dissappeared.

50 litre bag only $12.95

what's on? & it's all FREE!

Jim's Kitchen FREE recipes & FREE tastings on Tuesdays & Thursdays.

Sunday 3rd
20% DISCOUNT on ALL Miessence prod-ucts

Tuesday 5th
10.30 FREE get pampered ~ have your make up done here in store ~ please book

Wednesday 6th
Rochway instore with Olive Leaf Extract tasting!

Friday 8th
Get to Know Soup Nuts Natural Washing

Thursday 14th
Mighty Bean Tempeh ***FREE*** tasty samples

Thursday 21st
10.30 FREE Beautiful hand treatments ~ please book

Friday 22nd
FREE mini Ayurvedic Massage by Joost in store ~ please book.

Thursday 28th
Gypsy Rose Hair advice
FREE advice & samples

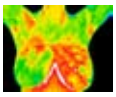
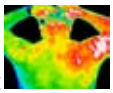
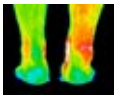
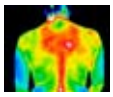
Recipe~ Orange Tahini Dressing

This delightful light dressing is easy & quick to make.

Ingredients:
2 tablespoons raw tahini 1/2 cup fresh orange juice 1 teaspoon dulse flakes 1 teaspoon grated ginger root 1/4 teaspoon cinnamon 1/8 teaspoon curry powder Pinch sea salt

To make:
Place tahini into a small bowl. Add the orange juice gradually, blending with the tahini. Add the dulse, ginger, cinnamon, curry & salt.

SUNSTATE THERMAL IMAGING
THERMAL ASSESSMENT CLINICS

- Safe
- Non invasive
- No radiation
- No body contact
- Painless

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EMAIL: weseepain@bigpond.com

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• All Natural • Lightly Carbonated
• Non Drowsy

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www.drinkbchill.com.au

The Unique Manuka Factor in Honey:

How can you identify which varieties of manuka honey are truly medicinal & contain high levels of powerful UMF? The Unique Manuka Factor Honey Association (UMFHA), independently tests & certifies manuka honeys to verify their legitimacy & have an official UMF trademark. If a manuka honey does not bear this logo, inquire who did certify their honey.

When you are getting a sore throat, mix juice from 1/2 lemon, 2 teaspoons manuka honey, top with hot water & sip ~ it's good!

Healthful Information

The Natural Foodstore website contains heaps of info for you & your family. Pop into the Healthful Information area for a tonne of stuff on gluten free flours, different types of sugars, cooking legumes & so on & so on ... All ready to print out at home.

www.thenaturalfoodstore.com.au

the natural foodstore
your organic marketplace

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Trading Hours
Monday - Friday 8am ~ 6pm
Saturday 8am ~ 5pm
Sunday 9am ~ 5pm

your garden centre
& organic cafe

Trading Hours
Monday - Saturday 8am ~ 5pm
Sunday 10am ~ 3pm

We are closed
Queens Diamond Jubilee
Monday 11th June

We are open
Sunshine Coast Show Day
Friday 15th June

"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".

WEEKLY SPECIALS get in quick ~ only whilst stocks last

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

Specials available to all Customer Club Members

all weekly specials start on Thursday!

7th-13th June

Baby Organics Nipple Cooling Gel 125ml was $9.00 **now $7.16**

Cooks Apple Juice - Clear & Cloudy 1 litre - **now only $4.54**

Ozganics Tomato & Basil Sauce 375gr now $4.65 **SAVE $1.55**

Extra Virgin Sesame Oil from Bulk Bins **25% OFF**

Rochway Olive Leaf Extract 500ml WOW ONLY $21.78 **save $7.27**

14th-20th June

Planet Porridge 500gr usually $9.40 **now $7.50**

Giovanni LA Hair Spritz 250ml only $13.59 SAVE 3.41

Mighty Bean fresh Tempeh 250g **15% OFF now $4.29**

Blooms Vit C & Rosehip 180 tab **was $29.00**

NOW $21.75

Andean Mixed Grain ~ Gold, Red, Black Quinoa & Amaranth ***25% OFF***

21st - 27th June

SAVE $1.41

Only **Papaya Paw Paw Ointment** 25gr was $7.00 ON SALE $5.59

Power Foods Cacao Gold 225gr now $10.05 SAVE $2.50

Herbs of Gold Hit Cough 100ml usually $31.90 NOW $22.33

Coconut Frying Oil - great prod-uct & no coconut flavor ***25% OFF***

NOW $4.40

Dairy Farmers Organic Butter 250gr huge reduction

28th June - 4th July

EO Everyday Shampoo 250ml **now $11.20** save $2.80

Moya Valley Free Range Whole Chickens Only $9.60 kg

Byron Chai 100 now $4.65 200 gr now only $7.72

SAVE 20%

Sun Ray Colloidal Silver 200ml NOW $18.10 save $6.05

Tahini - Hulled & Unhulled

25% OFF

www.thenaturalfoodstore.com.au Find us on Facebook **For more daily specials & events**