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Herbal Tea & Body Care Therapy

Artemis Herbal Tea Therapies

Artemis Herbal Tea Therapies gives you 'Wellness-in-a-cup'. The simple daily practice of cleansing from within, while nourishing, strengthening and relaxing the body, leads to good health, radiant skin and a sense of true well-being.

Artemis Health Teas are made in NZ from organic, prime loose medicinal herbs without any nasties added.

Whether you need to fight off seasonal ills and chills and build immune resistance, cleanse and eliminate toxins from the liver to regulating and calming hormonal changes, Artemis has it all.

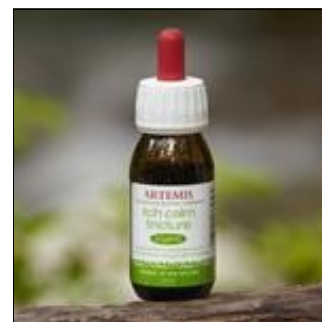
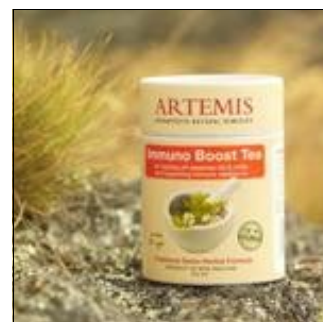
Embrace good health today!!

30g \$18.48

Artemis Body Care Therapies

Also check out our range of Artemis Body Care Therapies to treat common health complaints. Range includes creams, oils and tinctures made from all natural, fresh, organic ingredients, safe for the whole family.

Arthro Ease Tincture— **50ml \$28.70**
Arthro Ease Tincture— **100ml \$48.70**
Itch Calm Cream— **30ml \$19.90**
Itch Calm Tincture— **100ml \$48.70**
Tissue Repair Cream— **30ml \$19.90**
Strain Repair Cream— **30ml \$19.90**
Vein Support Cream— **70ml \$45.30**
Vein Support Tincture— **50ml \$29.50**
Nerve & Skin Rescue Oil— **50ml \$25.00**
Nerve & Skin Rescue Oil— **100ml \$43.90**



What's New?



***Fresh NZ Organic Ginger**
200g \$7.98

***Beyond Coconut Water**
100% pure. No preservatives, no added sugar, unpasteurised.
300m \$3.98
Box of 24 \$90.00

***Healthy Co Coenzyme Q10 Bars**
Low GI, Gluten Free Bars available in two flavours:
Almond, Apricot & Yoghurt
60g \$2.98
Macadamia & Pineapple
60g \$2.98

***Sukin Purely Ageless Range**
Daily Essentials Facial Moisturiser SPF15 100ml \$32.50
Botanical Hydration Booster 25ml \$35.99
Intensive Firming Serum 30ml \$37.99
Replenishing Night Cream 60ml \$32.50
Nutrient Rich Hand Treatment SPF15. 100ml \$19.99
*** Purchase one product and receive a FREE Nutrient Rich Hand Treatment.**



***Shapenslim Bars**
Low GI, High Fibre and packed with Omega 3 & 6. Available in two flavours: Apple, Cranberry, Chocolate \$8.98
Strawberry, Apple, Almond, Yoghurt \$8.98

***The Original Kumara Chips**
Gluten Free, Made in NZ. Available in Sea Salt and Cracked Pepper.
180g \$8.50

***Orgran Buckwheat Crispbread**
97% Fat Free, Dairy Free, Gluten Free, Yeast Free, Egg Free, Vegan, Wheat Free \$5.50

***Green & Blacks Butterscotch Milk Chocolate**
With 34% Cocoa.
100g \$5.90

***NZ Grains—Naturally Organic**
Whole Oats—500g \$2.98
Whole Barley—500g \$2.98
Rye Whole Grain—500g \$2.98
Oats Kibbled 500g \$3.98
Konini Kibbled Wheat (red)- 500g \$3.60
Hulled Oats 500g \$3.60

Coming up next month....

Mid Winter Xmas Celebrations!

Keep an eye out for our great range of festive fare in store this July:

- Freedom Farm Free Farmed Champagne Hams (pre-order)
- Croziers Free Range Turkeys, size 4-8

- Boneless Free Range Turkey Breasts & Boneless Rolls
- Kipdale Organic Chicken size 16
- Farmgate Free Range Chickens



Recipe Corner

Black Quinoa Laksa

Serves 4
Ready in 20 minutes

Ingredients:

1 tbsp Ceres Organics Coconut Oil
1 onion, sliced
4 tbsp vegetarian korma or madras curry paste
400ml Ceres Organics Coconut Milk
250ml Imagine Vegetable Broth
175g Ceres Organics Black Quinoa, rinsed
750g mixed vegetables, finely shredded (bean sprouts, cucumber, cabbage, snow peas etc)
1/2 lime
Ceres Organics Sea Salt, to taste

Method:

In a large saucepan, heat oil and cook the onion until translucent.

Add the curry paste and a splash of water and cook for 5 minutes, stirring from time to time.

Pour in the coconut milk and vegetable broth, gently heating through.

Add in the quinoa and bring to the boil. Drop in the vegetables and simmer for 10 minutes or until the quinoa is cooked.

Add a good squeeze of lime juice and a pinch of salt. Serve with warm naan bread.

**Recipe & Image courtesy of Ceres Organics.*



Gluten Free Favourites...

This years Gluten Free Food & Allergy Show was a huge success. If you didn't make it this year, here are some of the crowd favourites. All available in store at Naturally Organic!!

Venerdi Pizza Bases

Handy two pack 10 inch pizza bases, great for a gluten free diet. A light pizza base with a great taste.

2 pack \$7.98



Venerdi Baps

At last a gluten free bun that can even be toasted!

4 pack \$8.10

Phoenix Focciaca Bread

Olive and Herb Focciaca Bread, gluten, wheat and dairy free. Not only delicious but good for you to! **\$8.98**



Healthy Co Coenzyme Q10 Bars

Great tasting bars available in two flavours:

Macadamia **60g \$2.98**

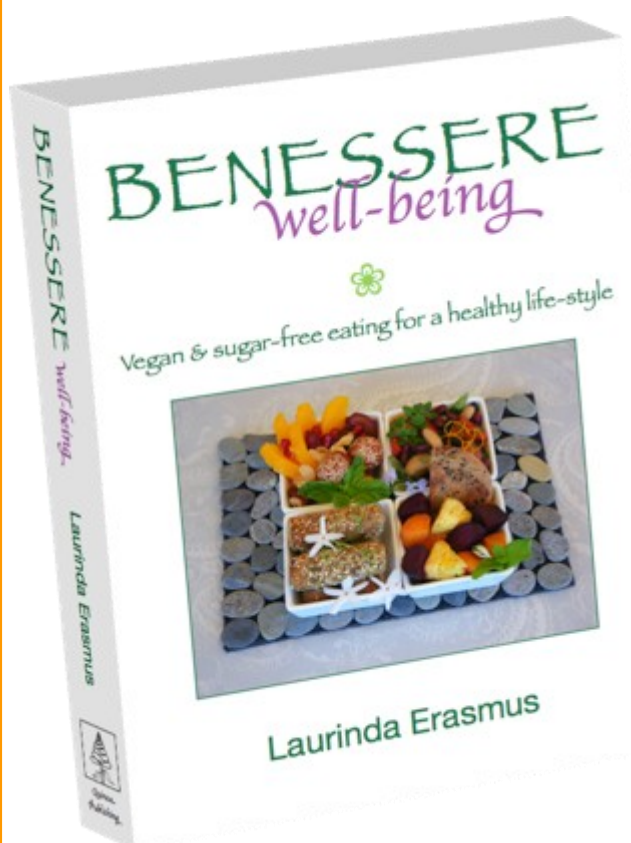
Almond **60g \$2.98**

Sugarless Confectionary Marshmallows

Fat free, sugar free and gluten free. **75g \$3.98**

Benessere Well-being

Comprehensive Vegan Recipe Book



- over 500 recipes
- colour photograph for each recipe
- covers all possible meals
- baking without eggs, butter/margarine or sugar
- clear, easy steps
- wide range of ethnic-inspired dishes

\$69.98

Available in Store Now!

VEGAN COOKING AND DEMONSTRATION CLASSES

Groups are small and participation is optional. Cost \$120 per person or \$100 each when booking for yourself and a friend.

JUNE 2011 - 7 June—Tuesday 6pm-8.30pm

Tofu Workshop: 5 dishes all distinctively different, using 5 different techniques with tofu. Various preparation techniques, marinades and the storing of tofu will be shown and discussed.

Email to reserve a place—veganwellbeing@me.com