

INSIDE  
THIS  
ISSUE:

What's New? 2

Fathers Day Essentials 2

Coconut Kefir 3

Wise Up with Earth Wise 4

## SPRING INTO SAVINGS!

Spring is here at long last and with it some much longed for warmer weather and some SUPER SAVINGS!!

**Ceres Muesli**  
Tropical,  
Bircher, Apricot  
Almond &  
Golden Crunch  
**WAS \$10.98**  
**NOW \$8.98**



**H2 Coco Pure  
Coconut Water**  
330ml Tetra  
Pack ONLY  
**\$3.98**  
330ml box 12  
**\$42.98**



**Ceres Tamari  
Sauce 250ml**  
**WAS \$8.48**  
**NOW \$6.98**  
750ml  
**WAS \$19.98**  
**NOW \$15.98**



**Orgran Gluten  
Free Spaghetti**  
220g  
**WAS \$3.60**  
**NOW \$1.98**  
While stocks last



**Earthwise  
Shampoo &  
Conditioner**  
440ml  
**WAS \$16.99**  
**NOW \$13.98**  
Bodywash 440ml  
**WAS \$12.99**  
**NOW \$10.98**



**Orgran Pasta  
Spirals**  
220g  
**WAS \$3.60**  
**NOW \$1.98**



## FATHERS DAY PROMOTION

Purchase **GLASSEYE CREEK Wild Meat Sauce** AND a  
**GLASSEYE CREEK BBQ Meat Spatchula**  
For **ONLY \$19.98**

Offer ends 4th September



# What's New?

## \*Young Green Coconuts

Drinking coconuts  
\$4.98



## \*Bio Goats Milk Yoghurt

No additives or preservatives.  
500g \$8.98

## \*H2 Coco Pure Coconut Water

Naturally rehydrates and restores wellbeing. Contains 5 essential electrolytes, 99.9% fat free, NO added sugar, cholesterol, preservatives or additives, 15x more potassium than other sports drinks.



330ml Tetra Pack  
\$3.98, Box of 12 \$42.98

## \*Kimi Organic Skin Care

Revitalising Face Wash 100ml \$29.00  
Hydrating Face Cream 100ml \$29.00  
Moisturising Body Wash 100ml \$29.00



## \*Pom Wonderful

### Pomegranate Cranberry 100% Juice

It's a pairing of two antioxidant superpowers in one bottle! POM Wonderful Pomegranate Cranberry 100% Juice blends pure pomegranate and cranberry juices with no added sugars, filler juices or artificial ingredients.



473ml \$6.98

# Fathers Day Essentials

## Weleda For MEN!

With ingredients like almond oil, organic pansy extract, witch hazel, biodynamic aloe, marshmallow root extract, organic jojoba seed oil, and goat's milk, we are pretty confident that even the most ultra-discerning male would approve.

### So, What makes a man's product a man's product?

Is it scent? Is it that men's shaving products need to be different than women's? Aren't all of the Weleda products great for both sexes?

Carrie Ruelhman at Weleda answers:

*"Some products are specifically formulated for men, like our Shaving Cream, which boasts sweet almond oil and pansy extract to soothe, calm and condition skin during shaving. Our After Shave Balm contains myrrh, which has astringent*

*properties and acts as a mild, burn-free antiseptic to calm small razor nicks. It also contains vitamin-rich aloe that nourishes and soothes razor burn. Truthfully, women can also use this product after shaving and they will reap the same benefits. So what really makes our Men's Care ideal for—well, men? It's the wonderful fragrance that's formulated with men in mind. We use a blend of pure essential oils from sandalwood, sage and bergamot to give our Men's products a handsome, herbal fragrance"*

**Weleda After Shave Balm 100ml \$23.10**

**Weleda Shaving Cream 75ml \$10**

**Weleda Shaving Lotion 100ml \$22.30**

**Weleda Citrus Deodorant 100ml \$22.98**

**Weleda Sage Deodorant 100ml \$22.98**



# Young Green Coconut Kefir

**So what is all the buzz about? Coconut Kefir is being touted as the next big 'superfood'. Young Green Drinking Coconut Juice with added Kefir (meaning 'feel good' in Turkish) provides an amazing cocktail of goodness.**

**Here are some of the reported benefits:**

- It completely stops your cravings for sugar. Imagine the benefits of that!
- It aids digestion of all foods
- It has a tonifying affect on the intestines, even flattening the abdomen!
- It appears to cleanse the liver. In Chinese medicine the liver rules the skin, eyes, and joints. Coconut water kefir eases aches and joint pains. Many people report having a prettier complexion. They experience the brown liver spots on the skin fading away and skin tags, moles, or warts drying up and disappearing. Vision also improves
- It contains high levels of valuable minerals, including potassium, natural sodium, and chloride, which explains why the hair, skin and nails become stronger and have a prettier shine.
- It appears to have a beneficial, cleansing effect on the endocrine system (adrenals, thyroid, pituitary, ovaries). Women find that their periods are cleaner and healthier; some who had experienced early menopause have found this important monthly cleansing returning again.

- It increases energy and gives you an overall feeling of good health.

**Its easy and fun to make at home! Here's how:**

**What you'll need:**

- **1x Kefir Starter Kit**
- **4x Young Green Drinking Coconuts**

First, remove the 1½ to 2 cups of water inside the young coconut and use it to make kefir. To do this, lay the coconut on its side and shave several layers off the bottom until a circle appears. If you keep on shaving, two more circles will appear and you'll have what looks like a face with two eyes and a mouth. Place the young coconut in your kitchen drain so that the point fits into the drain. (This holds the coconut steady.) Take a sharp object like a carrot peeler or apple corer and poke it through the bigger (mouth) hole. Rout out the hole, making it bigger, and then flip the coconut over onto a glass jar to let the water pour out.

Use the water from about four coconuts with one package of starter, let it sit on the counter for 24-48 hours, and you're all set. You'll know it's done when the color changes to a milky white and usually there's a bit of bubbling or foam on top. This means all the sugar has been removed. When you drink it, make sure it tastes tart and tangy. This is another sign that all the sugar is gone.

**So what exactly is Kefir and what does it do?**

Kefir is a cultured, enzyme-rich food filled with friendly micro-organisms that help balance your "inner ecosystem." More nutritious and therapeutic than yogurt, it supplies complete protein, essential minerals, and valuable B vitamins.

**Kefir Starter Kit—6 sachets**  
**\$41.40**

\*Better Digestion

\*Prevents Aging



**Young Green Drinking Coconuts**

\*Healthy alternative to sports drinks

**\$4.98 each**



# Wise Up with Earthwise

If you love Earthwise living environment products you will definitely love the Earthwise Body range.

Earthwise Body Range has been created for your health, your family and the world around you. All the products are environmentally beneficial and ethically sound.



Earthwise Body Range contains no parabens, artificial colouring, toxic petrochemicals, lauryl sulphates and no animal additives. All products are grey water and septic tank safe—a gentler choice for the environment. Range includes selection of Shampoo, Conditioner and Body Wash.

## SEPTEMBER PROMOTION

Earthwise Shampoo and Conditioner

**ONLY \$13.98 each**

Earthwise Body Wash **ONLY \$10.98**