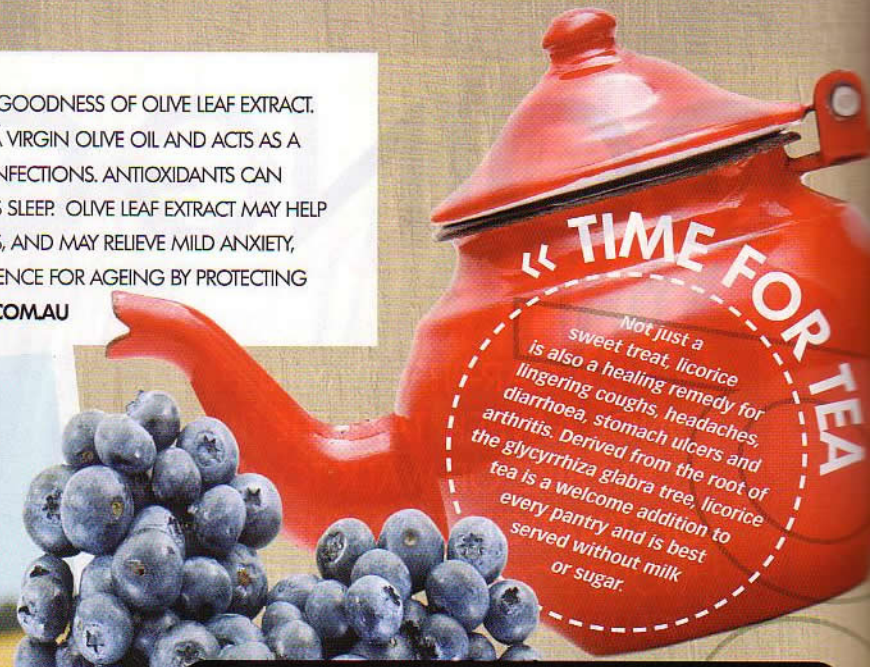


HEALTHIER INSIDES

TREAT YOURSELF TO THE GOODNESS OF OLIVE LEAF EXTRACT. IT CONTAINS MORE THAN 30 TIMES THE ANTIOXIDANTS OF EXTRA VIRGIN OLIVE OIL AND ACTS AS A NATURAL DEFENCE AGAINST COLDS AND BACTERIAL AND VIRAL INFECTIONS. ANTIOXIDANTS CAN ALSO INCREASE ENERGY LEVELS AND PROMOTE A GOOD NIGHT'S SLEEP. OLIVE LEAF EXTRACT MAY HELP TO MAINTAIN REGULAR BLOOD SUGAR AND CHOLESTEROL LEVELS, AND MAY RELIEVE MILD ANXIETY, NERVOUS TENSION AND STRESS. ADDITIONALLY, IT IS A GREAT DEFENCE FOR AGEING BY PROTECTING YOUR BODY AGAINST FREE RADICAL DAMAGE. VISIT WWW.OLEA.COM.AU

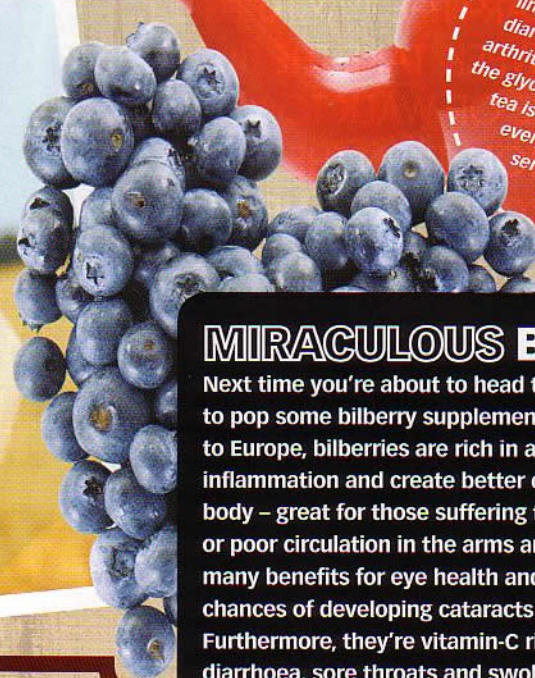


« TIME FOR TEA

Not just a sweet treat, licorice is also a healing remedy for lingering coughs, headaches, diarrhoea, stomach ulcers and arthritis. Derived from the root of the glycyrrhiza glabra tree, licorice tea is a welcome addition to every pantry and is best served without milk or sugar.

MIRACULOUS BILBERRIES

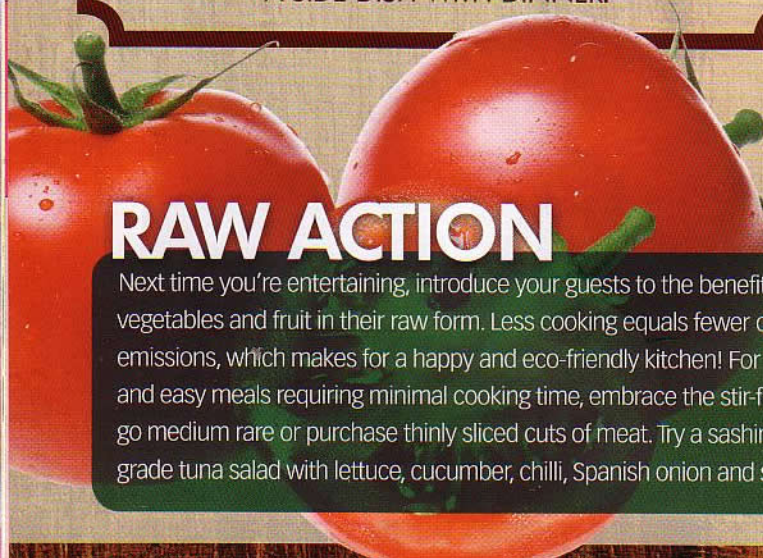
Next time you're about to head to the supermarket, be sure to pop some bilberry supplements onto your list. Native to Europe, bilberries are rich in antioxidants, help with inflammation and create better circulation in your entire body – great for those suffering from Raynaud's syndrome or poor circulation in the arms and legs. Bilberry provides many benefits for eye health and may decrease your chances of developing cataracts and damaged eye retina. Furthermore, they're vitamin-C rich and may help treat diarrhoea, sore throats and swollen gums.



GREEN TIP: WANT TO INCREASE YOUR DIETARY FIBRE, MANGANESE, COPPER AND VITAMIN B1 LEVELS ALL AT THE SAME TIME? SIMPLY INCLUDE SOME EGGPLANT IN YOUR DAILY DIET. TRY MASHED ON SANDWICHES OR ROASTED AS A SIDE DISH WITH DINNER.

GO VEG

Even if it's just for one week, going vegetarian can do wonders for your health. By indulging in more vegetables and fruit, you can enjoy the benefits of a diet rich in fibre, vitamins and minerals. Where possible, choose organic and locally sourced fruit and vegetables to reduce your carbon footprint. Why not pledge to go veg during October 11 to 17 for Enviroweek and raise money for an environmental charity of your choice. Simply register with Cool Australia and get sponsored to be involved. If vegetarianism isn't your thing, why not spend a week riding your bike or take public transport to work instead? All eco-friendly challenges are welcome! Registrations open mid-August. Visit www.coolaustralia.org



RAW ACTION

Next time you're entertaining, introduce your guests to the benefits of vegetables and fruit in their raw form. Less cooking equals fewer carbon emissions, which makes for a happy and eco-friendly kitchen! For fast and easy meals requiring minimal cooking time, embrace the stir-fry style, go medium rare or purchase thinly sliced cuts of meat. Try a sashimi-grade tuna salad with lettuce, cucumber, chilli, Spanish onion and soy.