

Enliva is a simple once-a-day natural supplement to support cholesterol health. Enliva contains specifically selected probiotics (*Lactobacillus plantarum* CECT 7527, 7528, 7529) for use as part of diet and lifestyle measures in healthy individuals. Enliva is available from leading pharmacies.

RRP \$34.95, enliva.com.au



Rhodiola Rosea has been used for thousands of years to help strengthen the nervous system, nourish tired adrenal glands, fight depression, anxiety and panic attacks, improve memory and energy levels and even promote sleep. Greek physicians, Chinese emperors and even Vikings had amazing results with the herb and hundreds of years on, it's gaining popularity as people realise its true potential. Perfect Supplements' Rhodiola Rosea is a premium quality *Rhodiola* as it's pure, all natural and grown without chemicals. It contains no fillers, GMOs or anything synthetic or artificial.

RRP \$26.95, perfectsupplementsaustralia.com.au



Tiny Tea from Your Tea is the original 'teatox'. Working with Chinese medicine principles, the herbs in Tiny Tea aim to restore and clean your digestive system. Why? When digestion isn't operating efficiently, we see issues such as exhaustion, weight gain, acne and bloating. Nourishing digestion allows your body to achieve optimal physical and emotional health through making stronger, cleaner blood that detoxifies your entire body. Drink yourself free of excess weight and bloating. It's the only practitioner-developed teatox. Pass the teacup.

RRP \$35, 14 Day Tiny Tea Teatox; RRP \$60, 28 Day Tiny Tea Teatox, int.yourtea.com



Winter Blues Vapour Balm from Little Innoscents is a 100 per cent natural and safe-for-babies alternative to the greasy petrolatum-based remedies found on supermarket shelves. Made from natural beeswax and certified organic shea butter, and infused with essential oils of peppermint, lemon, eucalyptus and rosemary, this fresh and zesty balm absorbs gently into the skin to melt away discomfort and restlessness. A unique combination of ingredients brings warmth to the body and helps alleviate nasal congestion as well as other uncomfortable cold symptoms such as coughs and runny noses, even in newborns.

RRP \$10.99, 75ml, littleinnoscents.com.au



Dehydrated Chicken Broth

from Broth of Life is an organic, handmade, comforting broth that is cooked with love and care to provide you the most healing, tasty and versatile product on the market. Made from hand-selected ingredients, it's simmered for 12 hours to extract the most nutrients. There are no added nasties and no MSG. Chicken broth can be used to fight infections, improve digestion, it acts as an anti-inflammatory and makes for a perfect cuppa – it's so much more than just a remedy for

cold and flu symptoms. It's also paleo friendly, nutrient dense, gluten free and loaded with healing properties.

RRP \$22 (small 45g), brothoflife.com.au

Organic Maple Syrup from Planet Organic is a sweet, natural, certified organic syrup made from the sap of the sugar maple. Grade A Dark Amber is the world's most popular grade of maple syrup.

RRP \$13.95, planetorganic.com.au



PhytoBody Wash from Botani is a natural alternative to soap that cleanses and moisturises at the same time. Leaving skin softer and smoother, PhytoBody Wash nourishes and hydrates skin and contains healing herbs and oils to soothe and help resolve skin irritations. A citrusy fragrance is complemented by the addition of lemon myrtle and orange peel essential oils, creating a relaxing, uplifting and antibacterial effect. Gentle exfoliation is achieved by the addition of oat kernels, which also act as an anti-inflammatory and moisturiser.

RRP \$19.95, 250ml, botani.com.au



Chlorophyll Forte from Melrose contains premium quality ingredients to create the most potent liquid chlorophyll available, providing 210 mg of pure chlorophyll per serve. A natural superfood, potent antioxidant and detox support, Melrose Chlorophyll Forte provides an extra-strength formula with a smooth mint flavour sensation.

RRP \$21.95, melrosehealth.com.au



Sonnenor Turmeric Latte

is an Ayurvedic drink made of turmeric paste, using ancient traditions. It's soothing, immunity boosting, and a great way to take advantage of the amazing health benefits of turmeric. You can now make your own golden milk latte easily and whenever you want, and for added goodness, choose from ginger or vanilla flavour.

RRP \$10.95, organicdoor.com.au



Volumising Waterproof Mascara from Ere Perez is the only natural waterproof mascara on the market. Formulated with organic avocado and mamey oils, it nourishes and fortifies lashes and is volumising, provides full black coverage and amazing 24-hour wear. It's perfect for the beach, yoga, gym, social occasions and those with a busy lifestyle. Simply remove with a gentle natural oil, such as almond or jojoba.

RRP \$29.95, ereperez.com



Matcha tea is an antioxidant powerhouse, rich in vitamins and minerals. It helps boost immunity and energy levels, plus burns calories. Known as a 'super tea', matcha bushes are covered to prevent direct sunlight before harvest. This slows growth, stimulates an increase in chlorophyll levels and causes the production of amino acids. Only the finest buds are handpicked and the tea is stone ground. Kintra Foods

offers a variety of great matcha products to suit your needs.

Japanese Matcha, RRP \$29.95, 110g can; **Matcha Chai Tea**, RRP \$11.95, 25 tea bag packs; **Matcha Green Tea**, RRP \$11.95, kintrafoods.com.au



You can trust the healing power of herbs, especially when they are blended in an all naturally derived base and preservative. Arnica is traditionally used for the temporary relief of bruising, mild sprains and minor sports injuries. Martin & Pleasance **Arnica cream** is paraben free, absorbs quickly and is made in Australia. Always read the label and use only as directed. If symptoms persist consult your healthcare professional (CHC 70986-08/15).

RRP \$8.95, martinandpleasance.com



The **Whole Slow Juicer B6000** by Kuvings is the first cold press juicer in the world that can juice whole fruit and vegetables, making for a tasty and enjoyable way for everyone to take the first step to a healthier lifestyle. This juicer preserves the nutrients, enzymes, taste and smells by squeezing and pressing fruit and vegetables rather than grinding and chewing like a traditional centrifugal juicer. The gentle motion of the auger does not damage the enzymes, therefore retaining full the nutritional value of your chosen produce.
RRP \$599, kuvings.net.au

Apple Cider Vinegar from Barnes Naturals is organically certified and made with pure ingredients and no artificial colours or flavours. For centuries, apple cider vinegar has been consumed for healing, cleansing and energising. The entire range of Barnes Naturals Apple Cider Vinegar importantly contains the 'the mother' enzyme, and the honey version delivers the additional sweetness of pure, organic honey.

RRP from \$6.99, barnesnaturals.com.au



Hawaiian Pacifica Spirulina contains over 120 naturally occurring plant nutrients that our bodies can easily digest and absorb for abundant energy, nourishment and detoxification. Whole-plant chlorophyll, powerful carotenoids and natural antioxidants help the body to detox. It's also rich in easily digested natural iron with important naturally occurring co-nutrients vitamin B-12 and phycocyanin.

RRP \$17.95, 60 x 480mg vegetable capsules; \$19.95, 100 x 500mg cold-pressed tablets; \$24.95, 100 g x pure powder, hawaiianspirulina.com

