

Finder's market place

THIS MONTH'S FINDS



FIT FOOD

They hunt. They gather. They seal – and you eat premium paleo meals anytime, anywhere. Caveman Food combines wholesome Aussie ingredients into meals packed into nifty little pouches that don't require refrigeration. The perfect meal for when you are on the run, and they contain no preservatives.

RRP \$9.95, cavemanfood.com.au



HOT HAIR

Flat hair is well and truly out and volume is in thanks to Mr. Smith. The Foundation provides plenty of body and flexible hold while its blend of organic Australian natives nourish and protect. Think vitamin C, quandong extracts and desert lime.

RRP \$35, mr-smith.com.au



HAVE AN AVO'

Support your ticker and give your skin an overhaul via Unichi Wellness' Avocado Extract Complex. Containing high levels of natural nutrients, including magnesium, iron and zinc, it's also known to help assist weight loss, correct hormone imbalances and even prevent cervical cancers. It's a no brainer.

RRP \$29.95, unichi.com.au



GREEN GOODNESS

Ditch the lettuce leaf for something more potent. Organic Moringa Leaf aka 'the miracle tree' is considered to be the most nutrient-rich leafy green with 10 times more iron than spinach and two times more protein than yoghurt. Smoothie, anyone?

RRP \$28.95, planetorganic.com.au

FAST FAT LOSS

Give yourself the fat-burning edge with the antioxidant powerhouse that is the big brother of the green stuff – Matcha Tea. It's rich in vitamins and minerals, will boost your immunity and energy levels and even burn through your calories. It really is the superfood of teas. A variety of products are available, including pure Japanese Matcha 110g,

RRP \$29.95, kintrafoods.com.au



LUXE YOGI

Yoga never looked so divine (or functional). The new Eco Luxe Yoga Mat is made from natural rubber and a micro fibre suede topping that is propped for grip – as the practitioner heats up, so does the level of foothold. Perfect for hot yoga on a Saturday morning.

RRP \$129, divinegoddess.net



BEAUTIFUL BROTH

Farewell the winter blues, ease flu symptoms, improve digestion and fight infections with a cup of this tasty chicken broth. Organic, paleo and full of nutrients, it's simmered for 12 hours to ensure you get the full force of its goodness. Sip up.

RRP \$22, brothoflife.com.au



PROPER PROTEIN

There is no point smashing it out in the weights room if it means you are sore for the next two weeks straight. Aid recovery with Revitalize by Proper Protein. It's fast absorbing to promote lean muscle growth and is low in both fat and carbs. Plus it's gluten free and tastes amazing – just pass the shaker.

RRP \$31.20, properprotein.com.au



IN MY ACTIVE WEAR

Warm up your winter workout with these cute leggings by Active Creatures. They are super comfy and sport a high waistband for maximum coverage. They even have matching dog sweaters in the same print, so your fav running partner doesn't feel left out. Billion Dollar Baby Leggings,

RRP \$79.00, activecreatures.com



RAISE THE BAR

Healthy snacking on the go just got easier with these energy-infused raw bars courtesy of Soma Bite. Packed with nuts, berries, seeds and superfoods galore, they are cold pressed to ensure every ingredient is pure when bar hits tummy. Dairy free and zero preservatives or hidden nasties. Pick from four flavours, including delicious Apple & Superseed.

RRP \$3, somaorganics.com