

Empowering You to Healthy Living

APRIL 2009
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HealthToday

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15-PAGE SPECIAL
NUTRITION
FOR PEOPLE ON THE GO

WHAT IS YOUR
PERIOD
TELLING YOU?

**TOO BUSY
TO EAT
HEALTHY?**

Know what to eat for breakfast,
a quick meal, tea time, anxious
moments and big occasions

REAL-LIFE STORY

Raising a Child with Dyspraxia

OBAMA'S CLIMATE CHANGE AGENDA

MANAGING CHEMICALS TO
ENSURE QUALITY OF LIFE

HOW GOOD IS COFFEE?

ESCAPE THE
SMOKING TRAP



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GIMME A BREAK!

Sip a cup of calming tea and instead of green tea, try rooibos or red bush tea. For herbal-lover, *misai kucing* can help take care of that sugar problem. Ginger tea always stand out as a preferred tea for detoxification.

NQ Natural Red Bush Tea
- RM6.50



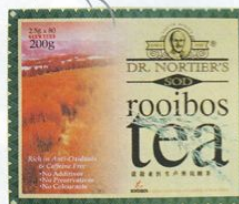
Pure Herb Organic Herbal Tea - RM29.90



Polens Misai Kucing Herbal Tea
- RM14.50



Dr Nortier's Rooibos Tea
- RM28



Kinohimitsu Japan Detox Tea (Ginger) - RM19.90



2PM

3PM

4PM

5PM

6PM

7PM

E. Excel Refresh Beverage
- RM9.50



Rejuvenate your spirits with a nutritional drink packed with mung bean, mushroom, asparagus, mulberry leaf and lemon goodness.



Cappuccino Health White Coffee with Grape seed Extract - RM19.90

Java-lover can reap the high-antioxidant benefits of grape seed.

CFO Certified Organic Trails - RM9.90



Chew nuts, seeds and berries while you put on your thinking cap.



Benalla Hills Organic Raw Honey - RM34 (500g); RM64 (1kg)

Healthy sweetener to energise your afternoon. Raw honey is unstrained and not exposed to heat. That's why the benefits of bee hives are retained. Raw honey contains beeswax, pollen and propolis, among others.

Stop Binging! Replace unhealthy snack choices with healthy ones, eg, dried fruits and nuts instead of chips.

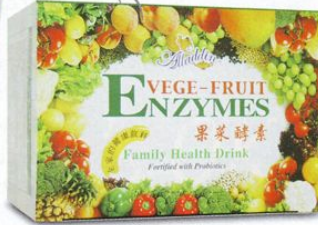
THANK GOD, IT'S BED TIME ...

Before putting on your night cap, take time to drink a few doses of nutritional remedy. Everyone who leads a stressful lifestyle must take a cup of fibre drink. This helps to ease bowel movement the next day. Additionally, take in a spoonful of enzyme or herbal tonic for a healthy digestive system.

NQ Natural Psyllium Husks
- RM15.50



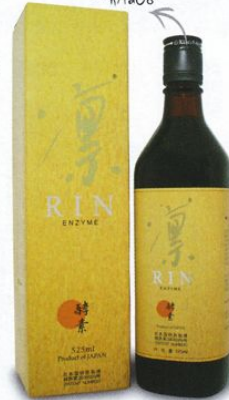
Aladdin Vege-Fruit Enzymes
- RM32



Naturcare Organic Lacto-Fibre
- RM118



Rin Enzyme
- RM208



Hilde Hemme's Herbal Swedish Bitters -
RM85 (200ml); RM135 (500ml)



8PM

9PM

10PM

11PM

12PM

1AM

Grain adventures. To zest up the nutritional value of your rice, add some of these grains: hulled millet, buckwheat, oat groat, barley and quinoa (note: quinoa is technically not a grain, but a herbal seed packed with protein). CFO Hulled Millet - RM6; CFO Organic Black Quinoa - RM13.50; CFO Organic Quinoa Mix - RM16.



Green solution. If you don't always eat enough vegetables, take one of these 'super' greens: wheat grass, barley grass and spirulina. Stir in honey or lemon juice for better taste. CFO Organic Barley Grass - RM49.90; CFO Organic Wheat Grass - RM49.95; CFO Organic Spirulina Powder - RM62.10.



Beautiful skin. Nourish from within with collagen for firmer and more elastic skin texture. Naturcare Berry Gen (1g collagen) - RM199; SwissLabs Swiss Collagen Plus (3g collagen) - RM138; CollagenMax (9g collagen) - RM158; BeFirm Collagen (4.8g collagen) + Soy Supplement - RM299.



Probiotics friendly. Take yoghurt and other probiotics supplements daily to maintain a healthy balance of gut flora. Remember, the gut flora population drops when the body is under stress. We choose Valcare Wholefoods (RM150) as it gives you greens and probiotics! What a wonderful combination.



Easy period. Ladies, pack-up on your iron load so you can ease the monthly blues away. Instead of popping an iron pill, try CFO Organic Blackstrap Molasses - RM6.90.

NUTRI-TIPS

* Products are available at CityCare Pharmacy (Tel: 03-6141 3204), Country Farm Organics (Tel: 03-2284 2094) and GNC (Tel: 03-9200 2368).
* Prices are correct at the time of printing.

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