

Natural Source

PRODUCTS & SERVICES FROM OUR ADVERTISERS

CHEEKI

Cheeki's new range of insulated water bottles makes it even easier to say, "No, thank you" to toxic disposables this summer. Reuse and refill a Cheeki bottle and coffee mug with pride and keep them with you for life.
W: cheeki.net.au



MARTIN & PLEASANCE COMFREY CREAM

Comfrey is traditionally used in Western herbal medicine for the relief of sprains, swelling and bruises. This smooth, paraben-free cream absorbs easily into the skin and comes in a clear glass jar that sits neatly in your bathroom cupboard. It's available in healthfood stores and pharmacies.



Always read the label and use only as directed. If symptoms persist, please consult your healthcare professional. For external use on unbroken skin only. Do not use under occlusive dressing. CHC 71603-06-16

PJUR MED VEGAN GLIDE

pjur® med VEGAN glide is a preservative-free intimate personal lubricant with solely vegan ingredients and without any animal testing. It provides gentle additional moisture for a long-lasting lubrication and is pH-balanced. Free from perfume, parabens and glycerine.
W: pjurmed.com/au



ENDEAVOUR COLLEGE

Study a Bachelor of Health Science in Nutritional and Dietetic Medicine with Endeavour. Nutritional medicine examines how diet affects health through the balance of macro and micro nutrients. A degree allows you to pursue a career as a clinical nutritionist.
W: endeavour.edu.au

MEDITATION TEACHER TRAINING RETREATS

The Yarra Valley Living Centre
Deepen your own meditation practice and become fully trained to deliver an eight-week mindfulness-based stillness meditation course to help others. For more information, visit the website.
W: gawler.org



BAMBOO HAIR BRUSH

Love the planet and your hair with an eco-friendly bamboo hair brush. With its lightweight ergonomic design, this brush is gentle on the hair and scalp while also great at detangling, styling and restoring natural shine to your hair. This brush is made from bamboo, a 100 per cent natural, renewable resource that's entirely biodegradable.
W: gogreenathome.com.au



RELAXATION: A NEW APPROACH

It takes just five minutes a day to relax:

1. Breathe in through your nose; hold — count to 3.
2. Push the air down into your lungs; hold — count to 3.
3. Exhale the stale air through your mouth — start again.
4. Listen to audio poems, colour in and breathe correctly — it all makes the difference!

New Books for Reading titles *Whispering Lilies* and *Whispering Orchids* are out in March.
W: booksforreadingonline.com



POWERROLL

POWERROLL is a unique blend of essential oils specially formulated to relieve muscle pain. It contains natural herbal oil. The roll-on applicator has been designed to roll easily over the skin, helping to massage aches and pains as it applies the oil. Indications: relief of muscular aches and pains. May assist in the management of lower-back pain. Temporary relief of the pain of osteoarthritis, rheumatoid arthritis or arthritis.
W: poweroll.com.au



SCHUESSLER TISSUE SALTS

Mag Phos is traditionally used in Tissue Salt Therapy* for the temporary relief of muscle cramps, spasms and twitches. These easily absorbed micro-dose minerals are suitable for the whole family. Available in chewable tablets at healthfood stores and pharmacies. *Tissue salts are homeopathically prepared formulations. Always read the label and use only as directed. If symptoms persist consult your health care professional. CHC71940-0916
W: schuesslertissuesalts.com.au



AUSTRALIAN TRADITIONAL MEDICINE SOCIETY

Looking to improve your health and wellbeing? Consult one of the Australian Traditional Medicine Society's trusted, qualified and professional natural medicine practitioners. ATMS proudly represents practitioners across a vast range of disciplines including remedial massage, traditional Chinese medicine, acupuncture, naturopathy, nutrition and more.
W: atms.com.au



HEALTHY ESSENTIALS LIVER DETOX

Excessive eating, entertaining and the inevitable last-minute rushing around during Christmas can really take their toll on our health and wellbeing. So Healthy Essentials has created a premium-quality Liver Detox formula containing milk thistle that is traditionally used in Western herbal medicine to help maintain liver health and function. CHC72040-1116
W: healthyessentials.com.au



ARA SHOES

Ara shoes are created by a production process requiring intensive handcrafting and up to 130 individual operations. Made from carefully selected materials, tested to be free of harmful substances and then subject to independent testing and reporting on a regular basis.
W: ara-anz.com

ZAZEN

The zazen Alkaline Water System emulates Mother Nature's water cycle in your home, transforming water into an alkaline mineral water that tastes great and supports your body's cellular hydration and longevity needs. Trusted by over 2200 natural health practitioners and organic stores across Australia since 2008.
W: zazen.com.au