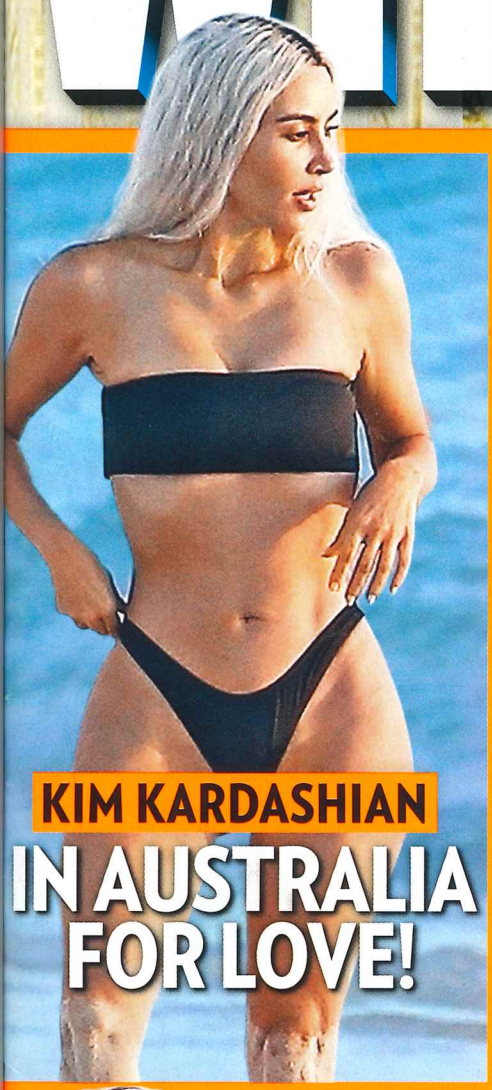


**WIN! YOUR ULTIMATE MOVIE NIGHT ON US**

August 1, 2022

# Who



**KIM KARDASHIAN  
IN AUSTRALIA  
FOR LOVE!**



**BEN & J.LO  
MARRIED**

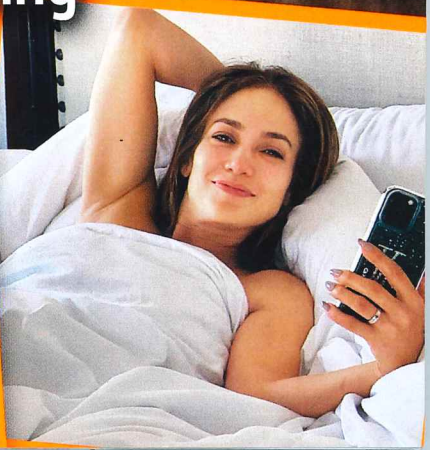
# 'WHY WE ELOPED!'

Every detail from their surprise  
Vegas wedding



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HIS HOTTEST  
ROLE YET**

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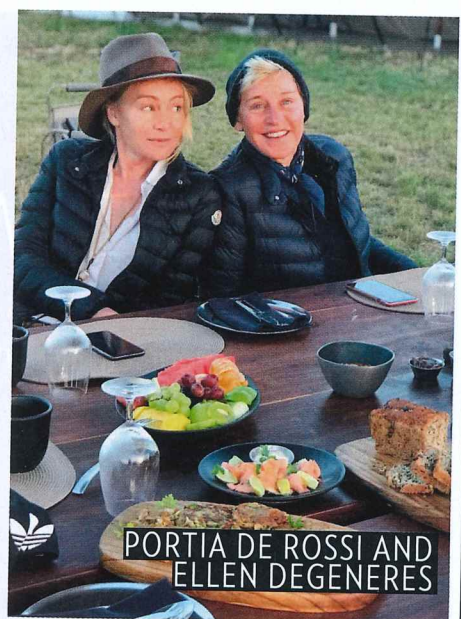
foods. However, try to avoid drinking coffee or tea with meals as they can interfere with iron absorption.

## 5 ZINC

Zinc is also found in smaller amounts in plant-based foods. But, similarly to iron, it's harder to absorb from plants than from animal sources. So it's important for vegetarians to get their zinc fix every day.

Zinc is a mineral that plays a role in immune function, protein, wound healing and cell division. The zinc found in soaked and sprouted grains, beans and seeds, as well as fermented foods (like tempeh), is better absorbed by your body.

KRISTEN BELL



PORTIA DE ROSSI AND ELLEN DEGENERES

TRIED & TESTED

## DR BRONNER'S PURE-CASTILE LIQUID SOAP

**What is it?** A certified fair-trade, super-concentrated soap made from organic ingredients.

**What does it do?** Its claim to fame is it can be used 18 (yes, you read that right!) different ways, including plant spray, dog wash, toothpaste and laundry detergent.

**What's it like?** I didn't get through all 18 uses, but as hand and body soap it feels really amazing – Goldilocks bubbles (not too little, not too much). It felt great on my very sensitive psoriasis-ridden hands. It also worked a treat as a floor wash, decongestant and baby wash.

**Is it worth it?** A little bit goes a long way – I've only used about one-sixth of a bottle in a fortnight. It may seem exxy for handwash, but given its (almost) endless uses, it's worth every cent! I'll be clearing out my bathroom and cleaning cupboards, and replacing at least five products with this one – excellent news for my cluttered apartment! \$21.95 (473ml), [drbronner.com.au](http://drbronner.com.au)



**Emma Vidgen,**  
Category Lifestyle Director