



# better health

[ THE LATEST NEWS AND TRENDS ]



## CLEAN AND PURE

Vegan and sulphate-free, these solid cleansing bars are an effective and plastic-free alternative to traditional shampoos and conditioners. They cater for all hair types, colours, moisture levels and thickness. Each bar equates to six retail-sized bottles of traditional shampoo and conditioner. The Shampoo with a Purpose cleansing bars, 135g, \$15 each. For more information, go to [shampoowithapurpose.com](http://shampoowithapurpose.com).

## GOOD READS

### LIFE-CHANGING

This book presents meditation in a simple, friendly and accessible style that even the busiest of meditation-doubters can relate to. *Heavily Meditated* is a down-to-earth guide to meditation and how to turn it into a habit that sticks, enabling you to reap the benefits of a happier, calmer and more intentional life. **Heavily Meditated** by Caitlin Cady (Hardie Grant Books, \$29.99) is available from all good book stores.



## GUT INSTINCT

### BELLY GOOD

It's well documented that fermented foods promote a healthy gut microbiome and wellbeing. Love Your Guts makes pure fermented foods that are not only delicious, but also beneficial for your belly. Its sauerkraut flavours include Fennel and Native Pepper, Beetroot and Ginger, and Daikon Radish and Turmeric Kimchi, 500g, \$14.99. For more information, go to [loveyourguts.co](http://loveyourguts.co).

## Life skills for kids

Mindful & Co – Kids founder, Jacqueline Yeats, has created a yoga flash card game to help teach children the benefits of mindfulness and yoga in their daily lives. Her vision is to inspire, strengthen and foster happier, more resilient young minds. Each card has an explanation of the pose, how to achieve it and its benefits. Yoga Cards for Kids, \$54.95, from [mindfulandcokids.com](http://mindfulandcokids.com).



## WORD OF MOUTH

Is it time to say farewell to plastic toothbrushes? These stylish, slimline, 100 per cent biodegradable, anti-microbial, anti-fungal and anti-bacterial bamboo brushes have soft charcoal-infused bristles to deliver a healthy, sparkling smile. LovebyT bamboo toothbrushes, \$18 for a set of two, available from [lovebyt.com](http://lovebyt.com).

