

e-health

*The BEST
Christmas gift idea*

WELLNESS SMOOTHIE GIFT BOX

See p5



NEW

SILVER FACE MIST

See p3



*More Great Christmas
Gift Ideas Inside ...*





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Dear Customers,

We know that all of you will be looking forward to a nice warm summer which most of us missed out on last year.



Christmas is almost upon us and we are going to help you get sorted with lots of suggestions and ideas for loved ones and friends.

New – Silver Face Mist

This Silver Face Mist is a gentle, calming and totally refreshing face mist which will help you navigate through the hot summer months to help your skin stay hydrated. Read more on page 3.



New – Libido (For Her) (For Him)

Intense research has gone into this new product to help those who are worried about low libido and energy. This is a very common problem suffered by both men and women, but help is on hand. See Page 16.

Here is a list of suggested Christmas Present ideas:

- Silver Conductive Grounding Socks P.3
- Coconut Chocolate Spread P.4
- Wellness Smoothie Box P.5
- Natural White Salt Lamp P.4
- theCream Products P.6
- Hot Chocolate Orblets – Delicious P.4



Christmas Holidays Closure 2023/24

This year we will be closing down for 2 weeks over the Christmas holidays.

Our last day will be: **Wednesday the 20th December 2023** closing 12 noon.

Our reopening day will be: **Monday 8th January 2024.**

For a “before Christmas delivery” please place your order no later than **MONDAY 18th DECEMBER**. All online orders received during our closure will be shipped out on Monday 8th January 2024.

Thank you for your continued support ~ Tess and the whole Ephraim Team

HOW TO ORDER

- 1 Visit us online
www.e-health.co.nz

Pay by credit card
or direct deposit Ephraim Health
ANZ 06-0379-0088042-00

- 2 Call us free
0800 127 171

- 3 Email us
info@ephraimhealth.co.nz

- 4 Visit our shop
Monday-Friday, 9am-3pm
130 Newton Street,
Mount Maunganui

WHY BUY FROM US?

- We use only the highest quality products
- Products are specially formulated to meet the needs of New Zealanders
- Our products are effective and value for money
- We offer free courier delivery anywhere in New Zealand
- All orders received by 3 pm are dispatched the same day
- We offer a 60 day money back guarantee
- We offer regular specials, money saving packs and multi purchase discounts
- We believe that ‘Health – is your greatest wealth’

Our pledge to you:

Before adding any new products to our range they must meet four essential criteria, they must be:

- 1 natural or as close to nature as possible
- 2 of the highest quality available
- 3 tried and proven – products that work
- 4 excellent value for money (comparable quality)



An Essential Addition to Your Skincare Routine

SILVER FACE MIST

Pure Colloidal Silver at 19ppm + Organic Rose Water

Introducing our new Silver Face Mist, a gentle, calming, and amazingly refreshing face mist made from pure Colloidal Silver Liquid and Organic Rose Water.



This face mist has been specifically designed to help kill bacteria and germs that cause acne on sensitive facial skin, plus provide help to balance the complexion.

Used exactly as you would a facial toner, simply spray generously over clean skin before applying moisturiser. Use first thing in the morning and last thing at night, or anytime throughout the day to give skin a quick boost of refreshing hydration. Silver Face Mist can be applied over or under makeup and is also a great aid when experiencing a hot flush.

IDEAL FOR

- Acne prone skin
- Balancing complexion
- Sunspots/age spots on the face
- Irritated or red inflamed skin
- Hot flushes

Silver Face Mist is a lightweight refreshing Colloidal Silver formula measured to 19ppm at time of bottling. It is an alcohol and chemical free skin clearing mist, ideal for all skin types.



SILVER CONDUCTIVE GROUNDING SOCKS

When we make direct contact with the surface of the earth, our bodies receive a charge of energy that makes us feel better fast. This is called 'Grounding' or 'Earthing' and can be the missing link to superior health.

These amazing Grounding Socks are designed to enhance your grounding practice as well as keeping your feet warm, comfortable and odour free.



Benefits of wearing grounding socks:

- Provides feeling of wellbeing
- Provides support for chronic pain and injuries

- Aligns essential electrons within the body
- Helps reduce blood volume, pulse and clotting
- Aids with recovery from physical activity and muscle inflammation
- Promotes better sleep
- Helps alleviate stress and anxiety

How to use your Silver Grounding Conductive Socks:

- Stand on a grounded surface outside without shoes, on grass, sand, dirt, rocks or concrete.
- Morning tea time, lunchtime, afternoon tea time, go outside, kick off your shoes and get grounded. This will make a world of difference to your day, plus help with any health issues you may have. Do this as often as you possibly can.
- ✓ Comfortable & breathable

with 40% silver fibre

\$39

a pair ONE SIZE FITS ALL

Available in dark grey or black



GREAT GIFT IDEA

- ✓ Antimicrobial deodorisation properties
- ✓ Wear resistant
- ✓ Moisture & perspiration absorption
- ✓ Warm in winter, cool in summer
- ✓ Radiation protection
- ✓ Anti-static, antibacterial
- ✓ 52% Cotton, 40% Silver Fibre, 8% Spandex
- ✓ One size fits all



Release Stress and Tension with an Acupressure Mat

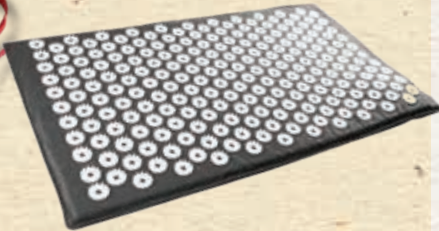
Relax onto your Acupressure Mat and feel stress and tension release as you activate targeted pressure points within the body.

This stimulates increased natural blood flow which promotes natural healing, pain relief and relaxation.

Benefits of use:

- Natural pain relief
- Helps improve sleep
- Helps improve circulation
- Promotes muscle relaxation
- Increases energy levels
- Improves mental health
- Natural relief from headaches and migraines
- Helps lower high blood pressure

Comes with a full set of instructions on how to use and get the most out of your Acupressure Pressure Mat.



GREAT GIFT IDEA

\$49^{ea}
Mat

MOOD CHANGE NATURAL WHITE SALT LAMP

Brings a tranquil, relaxing ambiance to your home.

Enjoy the soothing, relaxing glow of this beautiful Mood Change Natural White Salt Lamp containing a long-lasting LED bulb that changes colour from red to green to blue to create a relaxing ambience in any room.

Health Benefits of having a salt lamp in your home ...

- Natural ioniser – purifies the air
- Helps neutralise electromagnetic radiation
- Mood enhancing
- 3 Ambient Colour Changes
- Helps reduce stress
- Promotes better sleep
- Supports clearer breathing
- Helps reduce allergy symptoms

1.5kg, approximate height 18cm. **\$42^{ea}**



GREAT GIFT IDEA

3 STEPS TO DIVINE HOT CHOCOLATE!



NEW

INTRODUCING HOT CHOCOLATE ORBLETS – the latest way to make your own Hot Chocolate Drink that tastes simply DIVINE!!

Directions:

STEP 1 – Heat 120mls of your favourite milk and drop in one rich, dark Chocolate Orblet.

STEP 2 – Stir slowly, enjoying the experience while the chocolate dissolves (be sure to save the last little bit before it all melts so you can lick the spoon!).

STEP 3 – Find somewhere quiet to sit and enjoy this smooth, rich, luxurious Hot Chocolate Drink.

Delicious, organic, vegan friendly, handcrafted Hot Chocolate Orblets are made with 55% cacao solids, love and creativity.

Try adding to coffee for the ultimate mocha experience!

GREAT GIFT IDEA

NEW
\$22^{ea}
Each Pack Contains 3 Orblets
114g

A Delicious Treat For The Whole Family

Coconut Chocolate Spread is a smooth, dark, indulgent, 100% natural, organic spread.

It is made with pure coconut sugar, coconut nectar and coconut milk along with 33% premium organic cacao powder, packed with antioxidants and magnesium.

Coconut Chocolate Spread is:

- 100% Natural and Organic
- 100% Free from Preservatives, Additives and Emulsifiers
- 100% Cane Sugar and Gluten Free
- 100% Healthy and Nutritious
- Suitable for the Whole Family to Enjoy
- Suitable for those following a Vegan and Paleo Diet

Ways To Enjoy

Spread on toast, bagels, sandwiches, pancakes, waffles or porridge. Mix into your smoothie or bliss balls or spoon straight from the jar!

NEW

\$17^{ea}
250g jar



See Recipe P72

GREAT GIFT IDEA



WELLNESS SMOOTHIE GIFT BOX

The Perfect Christmas Present

A healthy, fun & useful gift that everyone will love!

Make Delicious, Healthy Smoothies at Home this Summer – with this specially designed smoothie gift box that contains 3 of our most popular & health promoting superfood powders.

Our Wellness Smoothie Box is the PERFECT gift to give just about anyone, especially that “hard to buy for” person.

- It's a special gift packed with health benefits
- It contains delicious tasting smoothie recipes and baking ideas
- It is fun, and has easy to follow instructions
- PLUS it is pre-wrapped & delivered straight to your door

\$62^{ea}

Wellness Smoothie Box Contents ...

- 1 x Organic Supergreens Powder 60g
- 1 x Raw Baobab Fruit Powder 200g
- 1 x Blueberry Health Powder 100g
- 1 x Glass drinking jar and straw
- 1 x Information & recipe booklet

Summer is the time for Smoothies

As the days get warmer there is no better time to enjoy a nice cold smoothie, and this kit gives you the ability to significantly increase the health benefits of that smoothie. Adding a superfood smoothie into your diet each day can go a long way towards boosting your overall wellbeing, and maintaining maximum health.

About the contents

Organic Supergreens – the best way to get all your daily greens without any nasties. It is 100% Organic and contains the top 7 super greens in just one teaspoon including Kale, Chlorella and Spirulina.

Raw Baobab Superfruit Powder – one of the highest antioxidant profiles of any fruit on the planet! It is a rich source of Vitamin C, packed with Calcium, Iron, Magnesium and Potassium, containing 50% dietary fibre.

Blueberry Health Powder – loaded with antioxidants, vitamins and nutrients, made from the pulp of the squeezed blueberry, and the seeds retained for extra fibre.



GREAT GIFT IDEA



My 2 cents worth

NZ FULVIC TO THE RESCUE!

by Jo Owens

Like one in every four people in New Zealand, I experience digestive problems that are triggered by an intolerance to gluten, dairy and sugar.

Most of the time I find it easy to avoid these foods as I have found plenty of alternative tasty, nutritious foods that I can enjoy instead. However, social gatherings are usually my downfall, especially during the festive period!

Even though there are generally plenty of perfectly delicious dishes available to cater for all sorts of dietary requirements, I just can't seem to help myself from indulging in foods that I know I shouldn't.

I think it's just a case of FOMO (Fear of Missing Out)!!!

The most recent gathering I attended was no exception. I had a great time and just couldn't help myself from trying a particularly yummy looking potato dish with a rich, creamy cheese sauce and a mouthwatering piece of chocolate cake for dessert (hello dairy, gluten and sugar all in one hit!!).

I knew that my body would protest and that I would soon pay the price for my dietary indiscretions so it was no surprise when I developed a pounding headache, sore, bloated tummy and major drop in energy levels.

That's when I remembered NZ Fulvic. This natural, mineral-rich tonic supports good gut health and efficient digestion by assisting the cells to eliminate toxins from the body whilst supporting the absorption of nutrients.

Just one shot and I was feeling much better in no time - with a clear head, happy tummy and plenty of energy to get on with the rest of my day.



\$35ea

100ml
Concentrated Drops

\$35ea

500ml

Give The Gift of Healthy, Ageless Skin This Christmas with theCream

GREAT GIFT IDEA

theCream contains active ingredient **PURE NEW ZEALAND COLOSTRUM** - the most powerful, and complete, all-natural ingredient known to our cells. It is readily absorbed and especially formulated to moisturise, nourish and repair the skin.

This super-concentrated, 100% natural, chemical free skin food:

- Helps support your skin's ability to stay youthful and fresh
- Instantly hydrates and improves your skin's moisture balance
- Smoothes the appearance of lines and wrinkles
- Helps improve skin tone and texture
- Assists with increased firmness and elasticity
- Is suitable for all skin types and ages (including sensitive skin)
- Contains No Parabens, No Preservatives, No Toxins. No Chemicals



Go on - make your loved one's dream of beautiful, healthy skin become a reality this Christmas with theCream.



HAND
\$45ea
100ml

FACE
\$69ea
50ml

FACIAL SERUM
\$79ea
30ml

FACIAL CLEANSE
\$45ea
150ml

MEN
\$69ea
50ml

EYE CREAM
\$69ea
30ml

LIP
\$29ea
30ml



HEALTHY JOINTS MATTER!

If we want to keep on moving freely and comfortably, maintaining healthy joints really matters!

An active, healthy lifestyle plays an important part in joint health, however, supplying essential nutrients is also a must!

GLMP (Green Lipped Mussel Plus) is a 100% natural, nutrient-rich compound extracted directly from the native New Zealand shellfish, Perna Canaliculus.

Each capsule contains the equivalent of 12,500g of fresh Green Lipped Mussel, providing a rich source of Omega 3 fatty acids, chondroitin, glucosamine and amino acids – all the key nutrients required for optimum joint health.

Benefits:

- Advanced support for healthy, mobile joints
- Support for joint pain and inflammation
- Helps repair damaged connective tissue including cartilage
- Supports reduced muscle aches and pains and faster recovery after exercise
- Supports healthy brain, cardiovascular and digestive function

MULTI-BUY

\$36^{ea}

2 or more

\$32^{ea}

SAVE \$8

60 caps



Want To Burn More Fat?

Carnitine is an amino acid that plays a crucial role in the production of energy.

It transports fatty acids into your mitochondria, the energy producing powerhouses of your cells. These fats are then burned to create an available source of energy.

This means that Carnitine will:

- Help burn more fat during exercise
- Assist with weight loss
- Reduce muscle fatigue
- Accelerate post-workout muscle recovery
- Support better brain function
- 100% caffeine and stimulant free!

\$32^{ea}

60 caps



Healthy Cells = Healthy Body



Aged Black Garlic is a powerful antioxidant fermented to be 10 times more potent than raw garlic!

Antioxidants are totally essential to a healthy body because they help:

- Keep our cells healthy by protecting them against oxidative damage
- Support disease prevention
- Support cardiovascular function
- Support eye health
- Support brain function
- Helps slow the aging process

MULTI-BUY

\$44^{ea}

4 or more

\$40^{ea}

SAVE \$16

60 caps



FAMILY IMMUNITY IN A YUMMY TABLET!

Vitamin C Plus Echinacea, Elderberry and Zinc yummy, chewable berry flavoured tablets are suitable for the whole family and provide many benefits:

- Help boost the immune system
- Contain antioxidants, vitamin c and natural herbs
- Help combat bacterial, viral and fungal infections
- Help fight coughs, colds, flu, chest infections
- Support for common allergies such as hayfever
- Contain no artificial colours or flavours

\$31^{ea}

150 chewable tablets



All The Goodness Of Organic Fresh Blueberries

Our Blueberry Powder is made only from 100% organic, fresh NZ Blueberries.

- Great source of antioxidants and fibre
- Anti-inflammatory properties
- Support cardiovascular and brain health
- Support healthy bladder and kidney function
- Support healthy eyes and vision
- One teaspoon daily in drinks or on food

\$20^{ea}

100g



HOW COLLOIDAL SILVER CAN BENEFIT YOUR DENTAL HEALTH

Colloidal Silver has been used in medicine since the early 20th century. In fact, it was so effective against all types of harmful organisms, that it was actually used as an antibiotic until penicillin was discovered in 1928.

Did you know that gum disease/gingivitis affects up to 70% of New Zealanders? It causes inflammation of the gums that can lead to bad breath and eventually tooth loss!

Colloidal Silver Liquid is a powerful anti-bacterial substance that can be used as a daily mouth rinse to help reduce bacteria in the mouth that contribute to gum disease,

and to help stop the further spread of oral bacteria. Colloidal Silver can also help treat toothache when a pad soaked with Colloidal Silver is held against the effected tooth for at least seven minutes. Also available is **Colloidal Silver Breath Freshener Spray** which works to stop the effects of bad breath and helps combat oral bacteria throughout the day.



500ml Colloidal Silver Liquid

Our TOP Selling Colloidal Silver Product of all time.



MULTI-BUY

\$37^{ea}

2 or 3 at **\$35^{ea}**

4 or more

\$30^{ea}

SAVE \$28

500ml

Colloidal Silver Gel Tub 250ml



MULTI-BUY

\$50^{ea}

2 or more **\$45^{ea}**

SAVE \$10

250ml pot



Colloidal Silver Gel Tube 70ml

MULTI-BUY

\$20^{ea}

4 or more **\$16^{ea}**

SAVE \$16

70ml tube

Colloidal Silver Multi-Purpose Spray 500ml



MULTI-BUY

\$25^{ea}

2 or more **\$20^{ea}**

SAVE \$10

500ml



Colloidal Silver Plant & Soil Spray 500ml

\$24^{ea}

500ml

Colloidal Silver Insect Repellent 50ml



\$16^{ea}

50ml spray bottle





Colloidal Silver Spray 125ml

For oral application wherever and whenever you need.

\$20^{ea}

125ml



Colloidal Silver Healing Balm 30ml



\$22^{ea}

30ml

Colloidal Silver Breath Freshener Spray 50ml

\$18^{ea}

50ml



Colloidal Silver Skin Clear 70ml

\$22^{ea}

70ml



Colloidal Silver Deodorant 50ml

MULTI-BUY

\$12^{ea}

4 or more

\$9^{ea}

SAVE \$12

50ml



Measuring Cup

\$3^{ea}

Colloidal Silver Book

\$19^{ea}



Colloidal Silver Nasal Spray 50ml

Perfect, discrete size to pop in your bag, pocket or top draw.

\$18^{ea}

50ml

Colloidal Silver Lip Balm 15ml

\$5^{ea} Only with purchase of another item

4 or more

\$4^{ea}

15ml



FOR YOUR PETS

Colloidal Silver Healing Gel 120ml

\$29^{ea}

120ml



Pet Ear Eye & Mouth Spray 125ml

\$20^{ea}

125ml



Colloidal Intro Pack

Usually **\$57^{ea}**
NOW ONLY **\$50^{ea}**
SAVE \$7



Colloidal Twin Pack

Usually **\$114^{ea}**
NOW ONLY **\$94^{ea}**
SAVE \$20



Colloidal Silver Holiday Pack

NEW & IMPROVED CONTENTS

\$59^{ea}



Liquid 100ml, Gel 70ml, Breath Freshener 50ml, Insect Repellent 50ml, Lip Balm 15ml

Colloidal Silver Pet Pack

SPECIAL NOW \$43^{ea}
SAVE \$6



How do we deal with stress? Try Magnesium



Magnesium helps us maintain a calm, restful, and relaxed state of mind.

All too often stress can cause us to forget about our healthy routines, such as exercise and proper nutrition.

This is when we tend to start replacing good habits with processed foods, sweet drinks and sometimes alcohol, all of which accelerate the body's loss of magnesium.

Stress has been shown to significantly increase urinary excretion of magnesium, meaning that the more stress you experience, the higher the possibility of a deficiency. The fact that the majority of us already don't get enough magnesium to begin with, means stress will drive those levels even lower. Also, taking pharmaceutical drugs has a massive impact on your magnesium levels. Luckily, taking our Specialised Magnesium Capsules daily can help enormously.

Topical Magnesium is an excellent option to help increase Magnesium levels in the body. Magnesium Oil Spray can be rubbed on the body and is readily absorbed through the skin. It helps to greatly increase the amount of ionic magnesium in body tissue, and to also overcome the problem some people have with loose stools when they take regular magnesium supplements.

If you struggle with migraine headaches, supporting your magnesium levels through the use of topical magnesium when you start to feel a migraine coming on, may be a great first step in the right direction.



MULTI-BUY

\$44_{ea}

4 or more
\$40_{ea}

SAVE \$16
60 caps

\$28_{ea}
100ml

BOOK – NZ's Greatest Doctor, Ulric Williams

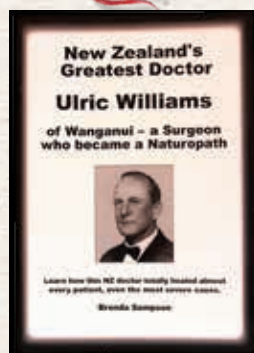
Learn how this New Zealand doctor totally healed almost every patient, even severe cases.

His method of healing disease eventually became totally different from that of orthodox doctors. Results were extraordinary – almost everyone went home healed, even "terminally ill" cancer patients.

He became very well known. He would often say, "You don't have to do anything to get better, all you need is to stop doing what's wrong and making yourself sick".

Top Selling Book

\$18



BOOK – Stay Healthy (New Zealand's Top Selling Health Book)

This book is a wonderful idea to give to someone for Christmas.

Not only are you giving them the chance of acquiring incredible health, but also loads of useful health information tidbits. They will learn the role of each nutrient, the part it plays in the body, and the recommended levels to take, also a list of food sources and the effects of having too much or not enough of these food sources.

Researched by David Coory

NEW Edition

\$31





100% NATURAL, NO CHEMICALS, NO PERFUMES, NO ADDITIVES

Pain-Eze ~ An all-natural cream with powerful extracts and oils to calm and soothe tired and stiff muscles. The completely natural, pleasant Wintergreen fragrance is also very popular.

Pain-Eze is made up of 11 active all natural ingredients:

Comfrey Infused Oil: Bruising, sprains and strains

Wintergreen Essential Oil: Stiff muscles, ligaments and joints

Arnica Liquid Extract: Bruising, strains and sprains

Lavender Essential Oil: Soothes joints and muscles

Peppermint Essential Oil: Muscle and joint comfort

Cayenne Liquid Extract: Blood circulation

Ginger Liquid Extract: Blood circulation, muscles and Joints

Turmeric Liquid Extract: Bruises, Joints and Muscles

Clove Essential Oil: Natural Antiseptic

Tincture of Benzoin: Helps repair damaged skin/natural preservative

Camphor Essential Oil: Cooling effects on skin

\$37^{ea}
100ml tube



B12 Deficiency

Often missed by doctors, a deficiency in Vitamin B12 can be catastrophic for your health. However, if you know the symptoms and risk factors, you can seek safe and effective treatment.

Symptoms of Low B12:

- Memory Issues
- Depression
- Anxiety
- Extreme Fatigue
- Loss of Balance

- Loss of Smell
- Ringing in the ears
- Headaches
- Lack of Energy

\$39^{ea}
48ml



Activate your Energy

With High Potency B-Activated Complex!

This high potency B-Activated Complex is a comprehensive formula with activated B vitamins essential for energy production and a healthy nervous system.

It contains the active forms of B1, B2, B3, B4, B5, B6, B9 and B12, providing optimal energy and a healthy stress response.

Water soluble B-vitamins are not stored in the body and must be replenished daily.

NEW
\$42^{ea}
60 caps



THINGS LESS KNOWN ABOUT VITAMIN C

1. Vitamin C can react with and neutralise the toxic by-products of human fat metabolism. Fred Stevens from the Linus Pauling Institute says, "This is a previously unrecognised function for Vitamin C in the human body".

2. Vitamin C could be the secret behind radiant skin. Vitamin C brightens up dull skin caused by smoking and pollution, and helps to decrease the appearance of dark spots.

HI-DOSE
\$32^{ea}
150g



Vitamin D3 (1000 iu) with vitamin K2

If you work indoors, or follow a vegetarian or vegan diet, you may require a daily supplement to boost Vitamin D levels.

Roles of Vitamin D3:

- Vital for a healthy immune function
- Supports efficient absorption of calcium for healthy bones, joints, muscles and teeth
- Helps balance hormones and stabilise mood
- Sublingual tablets, suitable for the whole family

\$19^{ea}
60 tabs



Do Not Take Your Eyes for Granted

Getting older increases your risk of developing certain eye diseases, especially if you have any of the following issues:

- A high body mass index
- A family history of eye disorder
- High blood pressure levels
- Diabetes

It's easy to take your eyesight for granted until something goes wrong. Start looking towards optimal Eye Health, starting today with the supplement "Eye Health".

\$49^{ea}
60 caps



Top Seller

My Best Friend Mia

Hi everyone,

I love it when my best friend Mia comes to visit. Yes, I love my owners, BUT there is something different about Mia.

When she first arrives at our place, I am always the FIRST one she comes to say hello to. Most people forget to say "Hi" to me when they arrive but not Mia, she ignores everyone else until she has found me.

When I see her coming, I quickly roll onto my back because she gives the best tummy scratches in the world. I always like to show Mia any new toys I have received since her last visit. I sprint over to my toy box and spill the contents over the floor rummaging for my latest arrivals. Most people don't want to play with my toys and tell me they are super stinky, but Mia doesn't mind. We play tug-of-war and fetch and all my favourite games until I'm too tired to carry on.



Love Indy Wolf

Together we cruise to the kitchen in search of something delicious to eat. Mia never forgets to give me a treat from the treat tin. I love her so much and hope she comes to visit me every day in the school holidays.



Natural Sun Protection

NATURAL MINERAL CLAY SUNCREAM – SPF20



Certified SPF 20

\$44^{ea}

100g

NATURAL SUNSCREEN – SPF25



Certified SPF 25

\$35^{ea}

100ml

See our website for more details

Homeopathic First Aid Kit

This is a handy, pocket-sized kit to introduce you to Homeopathy and support you and your family during any minor first aid situations such as cuts, scrapes, burns, coughs, colds, headaches, tummy upsets etc. Should your symptoms persist, please contact your homeopath.

It contains 11 glass vials, each with a different Homeopathic remedy at 30c potency and a useful remedy selection guide.

\$45^{ea}

11 Homeopathic Remedies



For more information about Homeopathy and how it can help you and your family contact: Jo Owens RC Hom www.TheRightRemedyHomeopathy.com

E-Health's Christmas Bliss Balls

Recipe

Ingredients

- ½ cup dates
- 1/3 cup cranberries
- The zest from 1 lemon (grated)
- ½ cup nuts of your choice (almonds or walnuts work well)
- ½ cup desiccated coconut + 2bsp for coating
- 2 tbsp Coconut Chocolate Spread (see p4)
- 1 1/2 tbsp peanut butter

Directions

Soak dates and cranberries in a bowl of warm water for ½ hour then drain once they have become soft. Put all ingredients in food processor (except desiccated coconut for coating) and blend until combined. Form mixture into teaspoon sized balls, roll individual balls in desiccated coconut to cover. Refrigerate. Enjoy.





Magnesium Combo

Usually **\$145^{ea}**
NOW ONLY
\$128^{ea}
SAVE \$17

1 x CAA 60 caps
 1 x Magnesium 60 caps
 1 x CoQ10 60 soft gel caps



Complete Health Combo Pack

Usually **\$139^{ea}**
NOW ONLY
\$125^{ea}
SAVE \$14

1 x CAA 60 caps
 1 x CoQ10 60 caps
 1 x Green Lipped Mussel Extract 60 caps



Coconut Oil Soap

Made from pure, natural ingredients, this creamy, luxurious soap contains just Coconut Oil, Essential Oils, Lye and Rainwater. Suitable for all skin types including sensitive, baby and mature, it gently cleanses the skin to leave it feeling soft and smooth.

100g bars, Lemongrass, Lavender or Unscented

MULTI-BUY
\$6⁵⁰^{ea}
 3 or more
\$5^{ea}
SAVE \$4⁵⁰
 100g bar



New Zealand Manuka Honey

Manuka honey contains more vitamins, minerals, amino acids and antioxidants than any other type of honey along with unique antibacterial healing properties.

- Tastes delicious spread on toast, added to baking, hot drinks, porridge or desserts
- Antibacterial properties that assist with wound healing and sore throats
- Support for digestive issues such as stomach ulcers and IBS

\$46^{ea}
 500g

18+



CND Rescue Rx Nail Repair

This revolutionary new Nail Repair Serum naturally repairs and restores fragile, damaged, weakened nails.

Containing keratin protein, and natural oils, CND Rescue Rx nourishes and soothes the nails as well as moisturising the skin around the nail plate for strong, beautiful, natural nails.

\$40^{ea}
 15ml



Saliva pH Test Strip

This simple pH test reveals the acidity or alkalinity of your body. There are 40 strips in each pack, allowing you to track improvements or test others.

\$19
 per pack of 40



Pure South Mineral Face Wash

This 100% natural, pure, organic Mineral Facewash has a dual action wash and scrub. Containing Mineral Bentonite Clay, it gently removes impurities, dirt and oil without drying out the skin, but leaving it healthy and radiant. Helps relieve acne.

100% Natural
\$34^{ea}
 100g tube



Crucial – Zinc Oral Drops!

Zinc plays a crucial role in the body for things like healthy immunity, metabolism, nerve function, digestion, skin health, hormone production, reproduction, growth and cell repair.

Zinc Oral Drops allow for variable dosing, are suitable for the whole family and are readily absorbed.

\$20^{ea}
 30ml



RealSalt

This perfect pouch of natural salt is salt at its purest and finest that is carefully extracted without chemicals, additives or heat processing. You will notice that RealSalt contains many flecks of colour which is attributed to the presence of more than 50 different trace minerals. RealSalt is a healthy, delicious way to enhance the natural flavour of your food.

\$29^{ea}
 737g



Cacao Husk Tea

Experience the unique flavour and health enhancing benefits of this delicious Chocolate Tea made from Cacao Husks – the nutritionally valuable skins of the cacao bean.

A healthy alternative for coffee, tea and chocolate lovers, Cacao Tea is low in calories and caffeine but high in nutrients, antioxidants and yummy chocolate flavour.

\$17^{ea}
 160g pouch



SIMPLY THE BEST!

We are not exaggerating when we say that CAA is simply the best multi-vitamin and mineral in New Zealand!

But don't take our word for it – read what our customers have to say:

'I've only been taking this for about 3 weeks & am noticing a definite boost in my mental clarity & general energy.'
Hugh F.

'No more concoctions of tablets, just one C.A.A a day and things couldn't be better!' Karen S.

'We have a fantastic night's sleep and so much more energy which is great!'
Bev I.

'I am 75 and seem to be in good inner health compared to a lot my age! I'm right into this product - I never get colds or Flu, I'm fit and active.' Margaret O.

"MY hair is thicker and nails stronger, and no sick days either!"
Jan M

MULTI-BUY

\$49^{ea}

4 or more

\$44^{ea}

SAVE \$20

60 caps



Turn Back Time with DHEA 7-Keto

DHEA is a prohormone that is made by the adrenal glands. It plays an important role in the production of several hormones involved in energy production, vitality, mental agility, enthusiasm, passion for life and all things youthful!

From the age of 25 our body's ability to manufacture DHEA starts to diminish, and then does so more rapidly after 35, causing us to start feeling the tell-tale signs of aging.

DHEA 7-Keto is for you if you want to ...

- Turn back your body clock
- Restore youthful energy and vitality
- Enjoy better health as you age
- Reduce body fat and build lean muscle
- Enhance mental focus and cognitive skills
- Boost your immune system
- Support artery and blood health
- Help with stress management and depression

Directions:

Aged 25 to 35 – one capsule every other day

Aged 35+ – one capsule daily

Take with a glass of water in the morning

\$42^{ea}

60 caps



CoQ10 and Omega 3

CoQ10 is a co-enzyme essential for energy production and combined with high quality Omega 3 Fish Oil, this essential supplement offers many health benefits:

- Powerful antioxidant
- Supports a healthy immune system
- Restores muscle energy and boosts fitness
- Supports cardiovascular and joint health
- Healthy cholesterol and blood pressure levels
- Healthy sleeping patterns

MULTI-BUY

\$54^{ea}

4 or more

\$49^{ea}

SAVE \$20

60 caps



Replace those Missing Minerals Now!

Selenium, Boron and Zinc are 3 trace minerals that are lacking in NZ soil, therefore lacking in NZ produce.

Ensuring you get enough of these 3 minerals is of the utmost importance as they are essential for:

- Healthy skin, hair and nails
- Cell growth and reproductive health
- Prostate and breast health
- Strong immunity and overall health

MULTI-BUY

\$44^{ea}

2 or more

\$40^{ea}

SAVE \$8

60 caps





Optimum Health Begins in Your Gut

You will be amazed at the health benefits you enjoy when your gut is rebalanced and digestion back in good working order:

- Increased energy levels
- Less bloated, more settled tummy
- Stronger immunity
- Regular, healthy bowel movements
- Improved focus and concentration

Your gut microbiome consists of many different strains of bacteria which all play a major roll in the digestion of your

food. They ensure that it is effectively broken down, digested, and converted into nutrients and energy.

Unfortunately, things like high stress levels, processed foods and antibiotics can cause an imbalance in the microbiome. This can disrupt digestion and become the cause of many health issues such as food intolerances, skin issues, headaches, constipation, diarrhoea, gas, bloating, mood swings and frequent infections.

Probiotic Multi 9 replaces the 9 strains of bacteria that are most commonly lacking in our gut. The **'Capsule Within a Capsule'**

technology ensures that the bacteria reach the small intestine where they are most needed.

\$59^{ea}
60 caps



SORRY! I JUST DON'T HAVE TIME!!

Sorry, but 100% New Zealand Hemp Seed Oil has soooooo many benefits, I just don't have the time to tell you about them all, so I'll just cut to the chase.

Hemp Seed Oil is known as Nature's most perfectly balanced SUPERFOOD as it is rich in essential fatty acids and protein.

Big Benefits:

- Support for healthy heart and joints
- Promotes healthy skin, hair and nails
- Helps balance hormones and elevate the mood
- Antioxidant support for

protection against cell damage and disease

So if you lead a busy life and you're pushed for time, grab some Hemp Seed Oil now and boost your nutrition in a nanosecond!



\$20^{ea}
250ml bottle



\$44^{ea}
240 caps

\$30^{ea}
500gm



\$20^{ea}
500gm



The Amazing Clay That Will Detox Your Sox off!

Bloating, headaches, brain fog, weight gain, joint pain, bad sleep, skin breakouts, tummy upsets, acid reflux and sugar cravings – All these symptoms can be the result of an overload of toxins!

Pure South's Calcium Bentonite Detox Clay is a 100% natural, living clay found in the mineral rich plains of Southland.

This living clay facilitates a unique process of detoxification and remineralisation within the body. It binds with toxins in the blood allowing them to be excreted from the body whilst simultaneously supplying a rich source of minerals that are readily absorbed by the newly detoxified cells.

Benefits of taking Detox Clay:

- Enhanced energy, sleep and immunity

- Improved liver, kidney and bladder function
- Improved digestion and bowel function
- Healthier skin and joints
- Increased mental clarity and focus

120 caps MULTI-BUY
\$45^{ea}
2 or more
\$42.50^{ea}
SAVE \$5



360g powder MULTI-BUY
\$55^{ea}
2 or more
\$52.50^{ea}
SAVE \$5





LOW SEX DRIVE?



Libido Support for Both Men and Women

Low Libido is a common problem affecting nearly 1 in 5 men and even more women.

Causes of this can arise from medical conditions, relationship problems, professional and personal stress, tiredness, certain medications, drinking and smoking, too little or too much exercise, life changing events such as pregnancy, childbirth or breastfeeding. It is also common to experience a decline in libido with age.

After intensive research, each product was carefully and purposefully selected, harnessing their acclaimed properties to synergistically support the body to cope with all the high-pressure daily demands. This product includes natural building blocks, precursors, adaptogens, modulations, co-factors and initiators to support the body in restoring HOMEOSTASIS – complete balance within the body.



This new product, L'B-DO is an all-natural holistic based formula for the everyday man and women who wants to live in peak performance.

L'B-DO (For him)

L'B-DO is for adult men of all ages. The formula is designed to support sexual health, hormones, increase and sustain energy levels, drive, stress, mood and cardiovascular health.

What most men do not know is that erectile dysfunction (ED) is merely a symptom. It is a flashing light to alert you of a possible serious arterial problem, that if ignored, can result in an episode that could negatively and irreversibly impact your health, forcing undesired lifestyle changes and robbing you of your quality of life.

L'B-DO supports the body to:

- Alleviate symptoms and target the root cause of ED
- Maintain Libido pleasure
- Support Mood, Stress and Focus
- Increase Energy and Endurance
- Cardiovascular health
- Better blood flow/reduced arterial plaque
- Prostate health support
- Homeostasis



NEW
\$89^{ea}
60 caps

L'B-DO (For her)

Work has been done to provide this bio-aligned formula to help women of all ages navigate the challenges associated with age related hormonal changes, and to enhance everyday wellbeing.

When “For Her” was formulated, all the symptoms of estrogen deficiency, estrogen dominance and the role of testosterone in women of all ages were closely studied. They then looked BEYOND the symptoms to their root causes and the negative impact on your health. They looked BEYOND the risk factors to support the body to restore overall healthy balance.

This product will support the body to restore quality of life and recapture the YOU that you thought was lost forever.

L'B-DO (For Her):

- Enhance Sexual Health
- Support Hormone imbalance
- Restore Lost Energy
- Provide Mood Support
- Combat Night Sweats
- Help with Sleeplessness
- Help alleviate Stress



NEW
\$89^{ea}
60 caps

Suitable for women up to the age of 65