

# HEALTH FOODS

HEALTHY LIVING

Autumn 1994.

## Nutrition for Optimum Health

A healthy mind in a healthy body - it's the most natural thing in the world. This is what holistic health is all about: getting the most out of yourself and out of life.

Good nutrition is the obvious starting point. With a balanced diet, a healthy lifestyle and moderate exercise you really can have health in abundance.

But there's more. Imagine a life free from needless infection, colds, fatigue and mood swings. Think what you could achieve if you had more energy, more drive, more mental alertness. We believe that you can learn to control your health, that everyone has the ability to do so. There has been an explosion of interest in health in the last twenty years. Look at all the gyms and exercise classes around. And as regards food the same interest is evident. From organic produce to additive-free foods to low-fat/low-sugar alternatives - health foods are becoming very much part of everyone's life.

At our health stores we have the research, advice and products that we know will improve your health. The Irish Health Culture Association tests all of our products and monitors the results. Everything we stock prouid - and we're proud of it. We are also proud to be involved with the Healthy Heart campaign, providing people with the best advice available in this area.

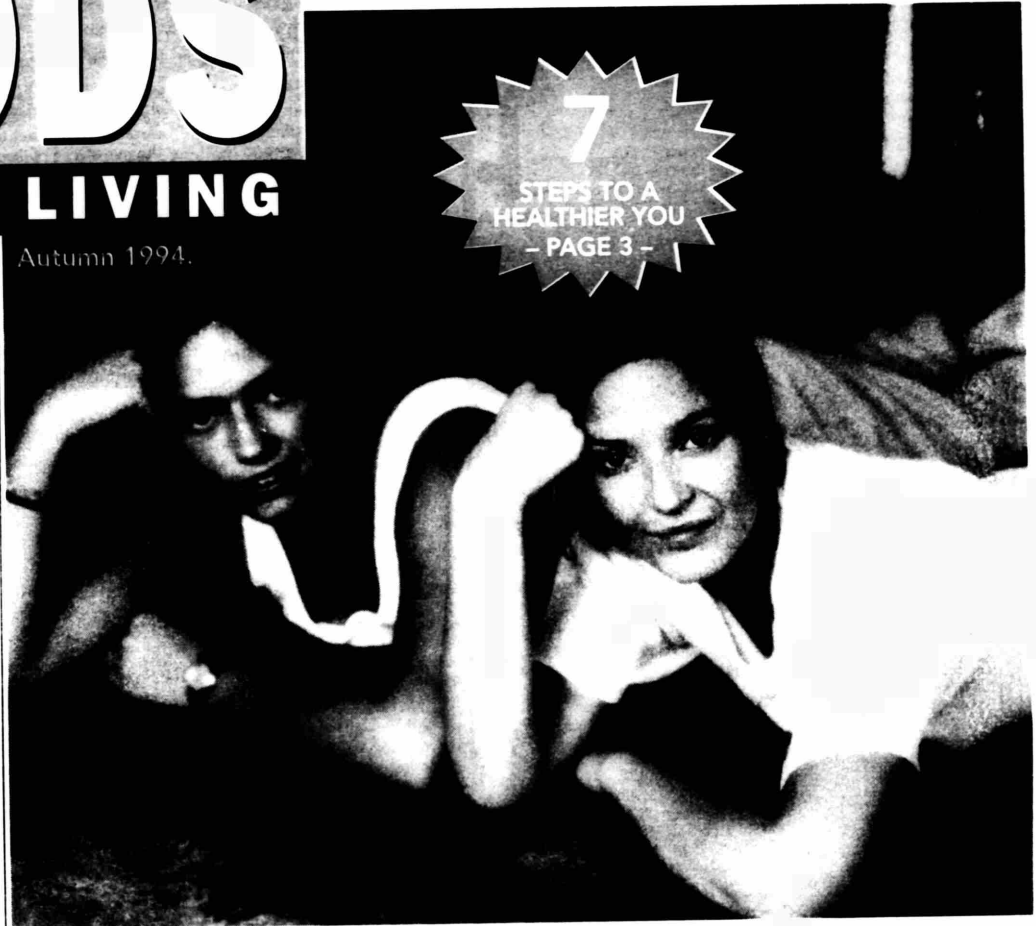
But we're not just a health food store: we also have products for better hair, better skin, tanning and dental health, as well as books and information sheets. In short, we are a resource centre for all that is best in the field of nutritional science and natural body and healthcare products.

So why not opt to feel good? You have a choice, and we can help. You can find out more by dropping into any of our health stores.

We would be delighted to see you.

### INSIDE THIS SUPPLEMENT

- The secret of healthy glowing skin.
- Losing weight - easily and safely.
- Natural hair colour - the natural way.
- Building a stronger, firmer body.
- Improve your moods and reduce stress levels.
- A healthy colour - all year round.



## Restore Your Body's Natural Balance

**Vitamins are an essential part of our body's nourishment. They help to keep us healthy and strong, but intensive farming, food processing, storage and cooking can all reduce the natural vitamin and mineral content of food.**

At the same time modern-day stresses and pollution may increase our nutritional requirements. That's where multi-vitamins can help, and we believe we have the best multi-vitamin available. It contains a total of 55 healthy ingredients, including 15 vitamins, 10 minerals, six enzymes plus bioflavonoids, herbs and a list of other nutrients.



By adding it to a balanced daily diet, you can ensure that your body has all the ingredients for maximum digestion, for better energy, healthy hair and skin and for strong bones and teeth. Our multi-vitamin aims to meet

individual requirements by supplying all the major vitamins and minerals in generous amounts. It is manufactured with all natural fillers and is free from sugar, salt, starch, artificial colours and preservatives. And you won't find in it the common allergens such as yeast, wheat, corn, soy or milk. **Multi-Vitamin and Mineral** is very suitable for vegetarians, too.

We also have a great new multi-vitamin designed and specially flavoured just for children. These delicious tablets come in a variety of animal shapes that have proved a big hit with the little ones. Give them a lion on Monday, a hippo on Tuesday, an elephant on Wednesday - and each animal contains a total of 36 health nutrients, sweetened with honey, molasses and maple syrup. They're ideal for children up to 10 years old. **Multi-Vitamin & Mineral (3 month's supply) £12.50**  
**Children's Multi-Vitamin & Mineral £8.00**

### The Ideal Shampoo

A good shampoo should be able to wash and clean your hair without destroying its healthy condition, but most shampoos today act like harsh detergents, removing the natural oils and moisturisers from your hair. With constant use they leave the hair so dry and out of condition that we have to use a conditioner to reverse the effects. Our herbal-based shampoo is the ideal alternative. Use it just once and you'll notice the difference. It's gentle on the hair and skin (making it ideal for children) and you'll probably find that you don't even need to use a conditioner. **Try it - we think you'll like it!**  
**Cost: £3.99 - 250ml.**



ECCLES STREET • RATHMINES • DÚN LAOGHAIRE • BRAY • DUNDALK • CORK • ARMAGH