

Sleep Naturally

September

Sleep September

Sleep is one of the single, most important elements contributed to good health. There are many factors which may prevent us from getting a good night sleep and this month we will be exploring some of these things along with some simple remedies which may help.

A word from one of our naturopaths - *Emma Sutherland*

"Many herbal medicines have been proven to assist with both sleep onset and sleep maintenance insomnia. Depending on what causes are involved in your sleep disturbance, a herbal tonic can be made for you by our naturopaths. Magnesium is a muscle relaxant and when taken one hour before bed will enable you to fall asleep more easily. Vitamin B6 and the mineral zinc are co-enzymes in the production of hormones such as serotonin and melatonin, which help to regulate sleep.

Stress is a very common cause of fatigue, frequent colds and poor sleep. Natural remedies are very effective at alleviating stress without any nasty side effects. Passionflower is a herb that calms the nervous system and is essential to soothe frayed nerves. Siberian ginseng will boost your energy while eating oats will give you a calming start to your day.

Come in and speak to our naturopaths to end your sleep and stress troubles!"



Specials

5th Element



Free body brush with any 1kg jar purchase (\$16.00)

Aloe vera shots



Buy 2 get 1 free (\$15.20/pk of 6 x 50ml)

Microgenics



20% off
Mens Multi
Womens Multi
Sleep Formula
Stress Relief

Cushie Tushies



Buy 3 get the 4th for free!

Holle Organic baby food



20% off entire range

Weleda Baby Range



20% off baby range

aboutlife Tea



20% off all relax and unwind teas



Fusion

30% off
Stress and Anxiety
Sleep formulas

NEW PRODUCT

ecoLinen Organic



Special introductory price of 40% off RRP

aboutlife Superfood

of the month



A delicious, refreshing, natural juice drink with functional benefits!
 A unique blend of Montmorency Cherry Juice and Lactium®. Montmorency Cherry Juice is high in natural melatonin, and Lactium is clinically proven to have calming and relaxing properties.

- No added sugar
- 100% natural
- Non-addictive and no sedative effect
- Safe to consume at any age, no risk of "overdose"

Cafe Special

Freshly squeezed organic navel orange juice



Produce Special

Fresh from the tree and still packed full of goodness!

Organic navel oranges



aboutlife Farm Tour!



Ever wondered where your food comes from and what goes into growing great veggies? Join us on a fantastic tour of a chemical and pesticide free farm just one hour out of Sydney.

Field to Feast is one of Sydney's most inspiring farms, with owners Cath and Hapi having a passion for sourcing unique seeds and growing loads of unusual/ heirloom varieties of fruit and vegetables, supplying aboutlife with their top picks! Grab some old shoes and get ready to get your hands dirty! And for all your hard work you get to take a sample of fresh produce home with you!

This is a truly wonderful experience, book your place and get ready for a real adventure!

16th October 2010 at 8am

Cost per person \$130

Please call 8755 1311 or email events@aboutlife to book your place

Book of the Month feeding fussy kids

by Julie Maree Wood & Antonia Kidman

If you're feeding fussy kids, you're not alone. The delicious, easy dishes featured in the book focus on kids' favourites have been cleverly boosted to give them a nutritious punch!



cooking school



Cooking classes with a focus on nutrition. Learn to cook delicious and healthy meals! Classes are run by nutritionist and published chef Zoe Bingley-Pullin. Classes run from 6-8pm and cost \$100 which includes recipes, aboutlife apron, food and lots of fun.

22nd September

Spring back into healthy food the seasonal way

Call 8755 1311 to book

Bedtalk day

Come in and see the fantastic new demo SAMINA bed on show in our Rozelle store. This bed is brand new to Australia and you can try it out at aboutlife for the month of September!

Come and hear our experts speak on natural sleep tips on **Saturday 25th September** and go in the draw to win a **free**

'Mid-summer night dream' Duvet!



eXpo

Discover:

- Brand new innovative nappies
- Organic baby food
- BPA free baby products
- Lots more!

Friday 17th September
 10am – 1pm

Rozelle store – 605 Darling Street

Join other local mums in a fun, social, educational morning. Meet our suppliers, try the products and learn all there is to know about natural baby care while enjoying a delicious, complementary morning tea!



All specials available until the end of September or while stocks last.

rozelle 605 darling st | phone 8755 1333
 open hours m-th 6am-8pm, f 6am-7pm, s&s 7am-7pm

bondi junction 31-37 oxford st | phone 9389 7611
 open hours m-f 7am-8pm, s&s 7am-7pm

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