

# Life Healing Food

Consultancy Centre

## Merav Reid

Medicinal Food Specialist

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Visit the Life Healing Food Consultancy Centre + 1st Aid Store

You Are What You Eat, Drink, Breathe, Use & Absorb  
Merav Reid



All prices include GST.

Priced as at 01.02.202

Prices may change according to suppliers' increases. Supply is subject to product availability.

Orders can be posted out from approx charges of \$14.00 to \$34.00 depending on the size of the box. All items in the 130Gm Jars/bags are not according to Jar/bag weight but according to gram weight and price. N/A not available but referral to stockist



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## Life Healing Food LHFcc

## PRICE CATALOGUE

**LHFcc Products. All prices include GST.**

**Size**

**Retail P1**

**Life Healing Food Shopping List: Safe Living, First Aid Teas, Foods and Products**

**New' Opaque Glass Jars of first aid teas are accordingly to the weight that fits the Jar**

**130gm Jar**

**\$19.50**

**Refills are in 130gm bag. Like the Jars they contain weight; plus laminated instructions**

**130gm Bag**

**\$17.50**

### Merav's First Aid Field Teas

Alder Bark (quinine to clear viruses)	130gm Jar	\$19.50
Bearberry (quinine to clear viruses)	130gm Jar	\$19.50
Blood/lymph Purifier (lime,hawth,alfalfa, plantain)	130gm Jar	\$19.50
Chamomile Teabags	30gm	\$10.16
Chamomile Tea (to relax, reduce inflammations)	130gm Jar	\$19.50
Catnip Mint Tea (pain reliever)	130gm Jar	\$19.50
Corn Silk (urinary cleanser)	130gm Jar	\$19.50
Comfrey Leaf Tea (B12, heals chest linings)	130gm Jar	\$19.50
Comfrey Root Tea (heals mucus linings)	130gm Jar	\$19.50
Damiana (balancing the hormones)	130gm Jar	\$19.50
Depression Relief Tea Combinations	130gm Jar	\$19.50
Elderflowers (coolant, and tonic)	130gm Jar	\$19.50
Eyebright Tea (all eye irritations, infections)	130gm Jar	\$19.50
Ginger Root Tea (blood cleanser, circulation)	130gm Jar	\$19.50
Ginkgo Biloba Tea (memory, raynards)	130gm Jar	\$19.50
Gotu Kola Tea (memory, adrenal support)	130gm Jar	\$19.50
Horsetail Tea (cleansing, urinary cleanser )	130gm Jar	\$19.50
Lemon Balm (addiction withdrawal, calming)	130gm Jar	\$19.50
Lemon Grass Tea (sinus, dries fluid)	130gm Jar	\$19.50
Lemon Grass Tea (sinus, dries fluid)	100 Tea Bags	\$31.50
Lemon Verbena (sedative, relaxes, digestion)	130gm Jar	\$19.50
Linden Blossom or Lime Tree Flowers (tonic)	130gm Jar	\$19.50
Liquorice Root Tea (stress relief)	130gm Jar	\$19.50
Meadowsweet Tea (pain relief)	130gm Jar	\$19.50
Nettle Tea (minerals, hayfever)	130gm Jar	\$19.50
Nursing Tea (nettle, fennel, aniseed, caraway)	130gm Jar	\$19.50
Oat Straw Tea (addiction withdrawal)	130gm Jar	\$19.50
Passionflower Tea (calmative)	130gm Jar	\$19.50
Pennyroyal Mint Tea (digestive, enzyme aid)	130gm Jar	\$19.50
Peppermint Tea (digestive, enzyme aid)	130gm Jar	\$19.50

<b>LHFcc Products. All prices include GST.</b>	<b>Size</b>	<b>Retail P2</b>
<b>Merav's First Aid Field Teas</b>		
Plantain Leaf Tea (lymph cleanser, diuretic)	130gm Jar	\$19.50
Raspberry Leaf Tea (sleep, muscle pain relief)	130gm Jar	\$19.50
Red Clover Flower Tea (anti-candida hormonal)	130gm Jar	\$19.50
Roi-bush or Red Bush Tea (anti-candida)	130gm Jar	\$19.50
Saw Palmetto Berries (hormonal support)	130gm Jar	\$19.50
Siberian Ginseng (circulation, hormonal/memory)	130gm Jar	\$19.50
Slippery Elm Powder (electrolyte balance)	130gm Jar	\$19.50
Spearmint Tea (digestive, enzyme aid)	130gm Jar	\$19.50
Stevia (naturally green) Sugar Substitute	130gm Jar	\$19.50
Tonic Tea Combinations	130gm Jar	\$19.50
Twitch/Couch Grass (urinary antibiotic)	130gm Jar	\$19.50
Vervain Root (relaxant, sleeping aid)	130gm Jar	\$19.50
Willow Bark Tea (pain relief)	130gm Jar	\$19.50
Yarrow Tea (colds, flu's, viruses)	130gm Jar	\$19.50
<b>Merav's First Aid Field Combination Teas</b>		
Cleansing Tea: plant.yarr.nett.elderf.red clover.	130gm Jar	\$19.50
Hormonal Tea Combinations	130gm Jar	\$19.50
Mucosa: (fennel, fenugreek, flax, nettle, liquorice)	130gm Jar	\$19.50
Plus other Teas & Combination Teas	130gm Jar	\$19.50
Poultice: Mixture Teas	130gm Jar	\$19.50
Poultice: Bentonite Clay Poultice	130gm	\$19.50
Poultice: Slippery Elm Powder Jar	25gm Jar	\$19.50
Propolis Buds (antibiotic)	20gm Jar	\$19.50
Restorative Tea Combinations	130gm Jar	\$19.50
<b>Organic Roasted Malt Ground (Barley Coffee)</b>		
Comfrey /Dandelion Organic 25 Sachets	80gm	\$18.69
Comfrey /Dandelion Organic	16gm	\$5.19
Chickory Organic Roasted 25 Sachets	80gm	\$11.30
Chickory Organic Roasted 5 Sachets	22gm	\$4.09
Dandelion Organic Ground	500gm	\$87.29
Dandelion Organic 25 Sachets	80gm	\$18.69
Dandelion Organic 5 Sachets	16gm	\$5.19
Dandelion Chai Organic 100 Sachets	550gm	\$72.50
Dandelion Chai Organic 25 Sachets	80gm	\$19.49
Dandelion Chai Organic 5 Sachets	16gm	\$5.19
French Coffee Organic Low Caffeine 25 Sachets	100gm	\$13.19
French Coffee Organic Low Caffeine Grounds	200gm	\$13.79
French Coffee Organic Low Caffeine 5 Sachets	20gm	\$4.09
Malt Ground Organic Roasted	550gm	\$25.39
Malt Organic Roasted Ground	225gm	\$11.49
Malt Organic Roasted 100 Sachets	225gm	\$39.48
Malt Organic Roasted 25 Sachets	100gm	\$11.29
Malt Organic Roasted 5 Sachets	20gm	\$4.15
Yannoh Organic Roasted Granules	600gm	\$39.29
Yannoh Organic Roasted Granules	250gm	\$14.19
Yannoh Organic Roasted 25 Sachets	100gm	\$12.59
Yannoh Organic Roasted 5 Sachets	22gm	\$4.09



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P3</b>
<b>High Energy Non Caffeine</b>		
<b>Tea/Coffee Substitutes</b>		
Bambu Organic Instant Coffee Substitute	200gm	\$42.98
Barley Teabags	Pkt of 15	\$6.49
Corn Seed (Whole) Tea	500gm	\$14.79
<b>Hings Freshly made Organic Soya Products</b>		
<b>Wellingtons Only Safe Soymilk Suppliers</b>		
<b>Contact us for Referral to Stockists</b>		
Buckwheat Noodles	300gm	\$5.39
Okara (Organic soyabean fiber, nutrients) NZ	500gm	N/A
Soymilk Hings G.E.-Free Organic NZ	2 litre	N/A
Soymilk Hings G.E.-Free Organic NZ	1 litre	N/A
Tofu Plain Hings G.E. Free Organic NZ	300gm	N/A
Wheat Noodles Hings Natural NZ	500gm	N/A
<b>Safe Energy Pollens - High in Vitamin B12</b>		
Bee Pollen NZ	250gm	\$53.75
Bee Pollen - Sustainable Beekeeping NZ	250gm	\$73.49
Bee Pollen - Sustainable Beekeeping NZ	100gm	\$29.29
Duo Manuka Honey (200gm) plus Pollen (100gm)	300gm	\$41.65
<b>Healing Safe Honey/Sugars</b>		
Beech Dew Honey Tutaki NZ	2Kg	\$67.00
Beech Dew Honey Tutaki NZ	1Kg	\$35.00
Beech Dew Honey Tutaki NZ	500gm	\$18.74
Coconut Sugar (not been stored in plastic)	250gm	\$6.98
Honey Jar Manuka - Sustainable Beekeeping	200gm	\$12.25
Kanuka Honey Nelson - Sustainable Beekeeping	500gm	\$17.27
Manuka Blend Beech Honey NZ	500gm	\$15.64
Raw Sugar (not been stored in plastic)	1Kg	\$3.83
Raw Sugar Golden Organic (not stored in plastic)	1Kg	\$4.65
Stevia Green Fine (not refined white) 130gm jar	19gm	\$19.50
<b>Dutch Products</b>		
Dutch Cocoa Dark	200gm	\$17.90
Dutch Cocoa Blooker	250gm	\$17.90
Liquorice Sticks (large)	1 Stick	\$11.98
Potters (tin of minute liquorice to suck)	12.5gm	\$7.69
Vanilla 250ml and Chocolate 250ml Syrup	500ml	\$31.85
<b>Unprocessed Sea Salt (no plastic containers)</b>		
<b>with Minerals and Iodine</b>		
Sea Salt Small Packet (organic) NZ	250gm	\$4.59
Sea Salt Larger Packet (organic) NZ	500gm	\$8.59
<b>Healing Oils and Fats</b>		
Cod liver Oil Healtheries	500ml	\$31.92
Tahini Hulled Achva Organic	500gm	\$19.19
Tahini Hulled Prince	1Kg	\$29.59



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P4</b>
<b>Safe Organic Original Healing Fruit Jams</b>		
Blackcurrant and Rhubarb Jam Org NZ	190ml	\$12.95
Blackcurrant Jam Org NZ	190ml	\$12.95
Blueberry Jam Org NZ	190ml	\$12.95
Crabapple Jelly Org NZ	190ml	\$12.95
Damson Jelly Org NZ	190ml	\$12.95
Fejoa Jam Org NZ	190ml	\$12.95
Greengage Jam Org NZ	190ml	\$12.95
Guava Jelly Org NZ	190ml	\$12.95
Logan Berry Org NZ	190ml	\$12.95
Marmalade: Orange, Lemon and Lime Org NZ	190ml	\$12.95
Marmalade: Whisky Org NZ	190ml	\$12.95
Marmalade: Orange and Lemon Org NZ	190ml	\$12.95
Quince Jelly Org NZ	190ml	\$12.95
Raspberry Jam Org NZ	190ml	\$12.95
Plum Jelly Org NZ	190ml	\$12.95
Plum Jam Org NZ	190ml	\$12.95
Tayberry Org NZ	190ml	\$12.95
<b>Safe Original Fruit Compotes</b>		
Lemon Compote Concentrate Juice NZ	250ml	\$21.95
Pineapple Compote Concentrate Juice NZ	250ml	\$21.95
<b>Safe Original Fruit Juice</b>		
Apple Juice Fresh 100% Natural NZ	1 Litre	\$13.95
Pear Juice Fresh 100% Natural NZ	1 Litre	\$13.95
Citric Acid to make natural juice	120gm	\$5.25
Tartaric Acid to make natural juice	120gm	\$9.78
<b>Safe Organic Sauces</b>		
Plum Sauce Organic NZ	300ml	\$19.59
Tomato Sauce Organic NZ	300ml	\$19.59
<b>Green Herb Spread (Tasty) Referral</b>		
Waikeke Herb Spread (Jar referral to stockist)	60gm	N/A
Waiheke Herb Spread (Jar referral to stockist)	200gm	N/A
<b>Healing Seaweeds and Gels</b>		
Agar, Agar Jelly	42gm	\$8.89
Basil Seeds (forms healing Jel)	100gm	\$6.49
Chia Seed Black (forms healing Jel)	500gm	\$26.79
Chia Seed Black (forms healing Jel)	250gm	\$14.59
Chia Seed Black (forms healing Jel)	100gm	\$5.39
Lychee Jelles approx 11 per pkt	280gm	\$6.29
Nori Flakes Fine (AoNori)	125gm	\$16.98
Nori Roasted Seaweed Sheets Navy (SushiNori)	100's	\$31.90
Nori Roasted Seaweed Sheets Green (YakiNori)	10's	\$6.10
Wakeme Seaweed Strands For Soups	20gm	\$5.79
Wakeme Seaweed Strands For Soups	10gm	\$3.09
Wasabi Pure Original (Uncoloured)	100gm	\$13.79
Wasabi (Fresh uncoloured refer stockist NZ)	55gm	N/A



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P5</b>
<b>Kelp Pepper (Macrocystis Pyrifera)</b>		
Kelp Pepper (Macrocystis Pyrifera)	50gm	\$38.98
Valere Fine Kelp Pepper Glass Shaker	25gm	\$28.19
Valere Fine Kelp Pepper Refill for Glass Shaker	25gm	\$16.29
Valere Fine Kelp Pepper	100gm	\$53.19
Valere Fine Kelp Pepper	1Kg	\$132.19
<b>Healing Grains</b>		
Amaranth Whole Organic	500gm	\$7.89
Amaranth Whole Organic	250gm	\$4.19
Barley Pearl Whole Organic NZ	1Kg	\$9.32
Barley Pearl Whole Organic NZ	500gm	\$4.66
Barley Flakes/Oats Organic NZ	1Kg	\$11.76
Barley Flakes/Oats Organic NZ	500gm	\$5.97
Barley Semolina Organic NZ	500gm	\$4.95
Barley Semolina Organic NZ	250gm	\$2.47
Buckwheat Whole Organic NZ	1Kg	\$15.49
Buckwheat Whole Organic NZ	500gm	\$7.79
Buckwheat Semolina Porridge NZ	250gm	\$3.75
Couscous (Original Grain)	250gm	\$3.19
Couscous Wholemeal (Original Grain)	500gm	\$9.05
Couscous Wholemeal (Original Grain)	250gm	\$4.59
Konini Wheat Original Grain Purple/Red NZ	1.5Kg	\$10.49
Konini Wheat Original Grain Purple/Red NZ	500gm	\$6.75
Millet Whole Grains Organic	1Kg	\$15.50
Millet Whole Grains Organic	500gm	\$7.75
Millet Whole Grains Organic	250gm	\$3.97
Millet Ground Organic	500gm	\$6.49
Millet Ground Organic	250gm	\$3.29
Oats Whole Hulled BG Organic NZ	1Kg	\$12.19
Oats Rolled BG Organic NZ	1Kg	\$12.19
Quinoa Red Organic Grains	500gm	\$19.89
Quinoa Red Organic Grains	250gm	\$9.79
Quinoa NZ Organic Grains	1KG	\$22.59
Quinoa NZ Organic Grains	500gm	\$11.29
Quinoa NZ Organic Grains	250gm	\$5.65
Quinoa NZ Organic Flakes/Oats	1 Kg	\$24.59
Quinoa NZ Organic Flakes/Oats	500gm	\$12.29
Quinoa NZ Organic Flakes/Oats	250gm	\$6.19
Rice Red (Wild Glutinous)	1Kg	\$13.95
Rice Mixed Grains	1Kg	\$13.95
Rice Brown	1 Kg	\$13.95
Rice Black Wild (Chewy)	100gm	\$7.56
Rye Kibbled Organic NZ	500gm	\$4.66
Semolina Porridge Original Spelt Wheat NZ	250gm	\$3.71
Wheat Bulgur (Kibbled)	500gm	\$6.79
Wheat Bulgur (Kibbled)	250gm	\$4.15



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P6</b>
<b>Flours Non-Wheat</b>		
Flour Barley Demeter Organic NZ	500gm	\$4.23
Flour Buckwheat Organic NZ	1Kg	\$14.76
Flour Chesnut	500gm	\$21.56
Flour Coconut	1 Kg	\$12.25
Flour Coconut	500gm	\$6.39
Flour Premium Yellow Potato Thickener	1 Kg	\$9.31
Flour Premium Yellow Potato Thickener	500gm	\$5.87
Flour Premium Yellow Potato Thickener	250gm	\$3.26
Flour Red Sorghum	1 Kg	\$15.19
Flour Red Sorghum	500gm	\$7.79
<b>Flours Non-Wheat</b>		
Flour Rye Demeter Organic NZ	500gm	\$3.95
Flour Tapioca (Arrowroot/Cassava) Thickener	250gm	\$2.74
<b>Baking Flours</b>		
Flour White BG Cert Organic NZ	5kg	\$46.87
Flour White BG Cert Organic NZ	1Kg	\$9.37
Flour Wholemeal BG Cert Organic NZ	5kg	\$41.69
Flour Wholemeal BG Cert Organic NZ	1Kg	\$8.33
Flour Wholemeal Demeter Cert Organic NZ	5Kg	\$39.45
Flour Wholemeal Demeter Cert Organic NZ	2Kg	\$15.78
Flour Wholemeal Demeter Cert Organic NZ	1Kg	\$7.89
Flour Wholemeal Stonegr Org Konini/Spelt Red TF	5Kg	\$39.45
Flour Wholemeal Stonegr Org Konini/Spelt Red TF	1Kg	\$8.09
Flour Wholemeal Organic Spelt TF NZ	5Kg	\$39.45
Flour Wholemeal Organic Spelt TF NZ	1Kg	\$8.09
<b>Healing Biscuits</b>		
Matzah Crackers (Safe Giant Water Crackers)	453gm	\$15.29
Matzah Wholemeal (Safe Giant Water Crackers)	453gm	\$15.29
<b>Baking Original Ingredients</b>		
Baking Powder (non-chemical/additive)	120gm	\$13.99
Baking Soda (non-chemical/additive)	120gm	\$5.79
Yeast (non-chemical/additive) for Bread	100gm	\$5.25
Cream of Tartar (non-chemical/additive)	120gm	\$9.31
<b>Healing Foods</b>		
Coconut Fine	250gm	\$8.79
Coconut Medium	250gm	\$8.79
Coconut Threaded	250gm	\$8.79
<b>Safe Spices/Natural flavourings</b>		
Vanilla Powder	170gm	\$8.78
Vanilla Beans	4 Beans	\$11.02
Vanilla Beans	2 Beans	\$7.89
Vanilla Pod 2	2 Pods	\$15.97



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P7</b>
<b>Dried Beans for Energy and Protein</b>		
Baked Beans Safe Organic-not harmful-sugarfree	400gm	\$5.29
Black Eyed Beans	500gm	\$7.59
Lima Baby White Beans	500gm	\$9.29
Mixed Bean Salad	500gm	\$6.59
Pinto Beans	500gm	\$5.89
Red Kidney Beans	500gm	\$8.19
<b>Dried Peas for Energy and Protein</b>		
Chickpeas	100gm	\$3.49
Dahl Chana (Big Yellow)	500gm	\$4.96
Dahl Masoor (Thin Split Red Lentils Light)	500gm	\$9.29
Dahl Masoor (Thin Split Red Lentils Light)	250gm	\$4.93
Dahl Moong Chilka (Green-Yellow)	500gm	\$7.69
Dahl Toor (Light Yellow)	500gm	\$5.19
Dahl Urad (Black-Green)	500gm	\$5.77
Dahl Ural (Thin Cream)	500gm	\$5.70
Lentils Green-Brown Organic NZ	500gm	\$9.79
Lentils Green-Brown Organic NZ	250gm	\$4.95
Original Soup Mix Complete Protein	500gm	\$11.29
Original Soup Mix Complete Protein	250gm	\$5.79
Peas Yellow Split	250gm	\$4.79
Peas Green Organic Split NZ	500gm	\$9.37
Peas Green Organic Split NZ	250gm	\$4.79
Peas Blue Organic Whole Sprouting/Cooking NZ	200gm	\$3.36
<b>Seeds</b>		
Aniseed Seeds	50gm	\$6.19
Basil Seeds (forms healing gel)	100gm	\$6.49
Caraway Seeds	50gm	\$5.49
Chia Seed Black (forms healing gel)	500gm	\$27.45
Chia Seed Black (forms healing gel)	250gm	\$14.59
Chia Seed Black (forms healing gel)	100gm	\$5.39
Cumin Seed Black Nigella	100gm	\$4.77
Fennel Seeds	50gm	\$5.49
Poppy Seeds	100gm	\$3.59
Pumpkin Seeds	250gm	\$8.75
Pumpkin Seeds	100gm	\$4.79
Sesame Seeds White	500gm	\$9.29
Sesame Seeds White	250gm	\$4.69
Sesame Seeds Black	250gm	\$6.23
Sesame Seeds Black	100gm	\$2.89
Sunflower Seeds	1Kg	\$19.38
Sunflower Seeds	500gm	\$9.79
Sunflower Seeds	250gm	\$5.59
<b>Safe Nuts (No sulphites)</b>		
Almond Meal	250gm	\$16.32
Almond Meal	100gm	\$6.61



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P8</b>
<b>Safe Nuts (No sulphites)</b>		
Almonds Raw Whole	250gm	\$13.89
Almonds Raw Whole	100gm	\$6.19
Brazil Raw Whole	250gm	\$19.49
Brazil Raw Whole	100gm	\$6.49
Cashews Raw Whole	250gm	\$14.07
Cashews Raw Whole	100gm	\$5.63
Cashews Roasted Whole	250gm	\$15.59
Cashews Roasted Whole	100gm	\$7.09
Leblebi Salted Roasted Chickpeas	100gm	\$4.77
Macadamias Raw Whole	250gm	\$24.19
Macadamias Raw Whole	100gm	\$9.67
Nuts: Raisins and Cashews	250gm	\$6.09
Pinenuts	100gm	\$16.79
Pistachio Nuts in Shell	100gm	\$6.24
<b>Safe Dried Fruit</b>		
Apple Dried Rings Organic Braeburn	25gm	\$3.95
Apple Dried Rings Organic Gala	25gm	\$3.95
Apple Dried Rings Organic Granny Smith	25gm	\$3.95
Apple Dried Rings Organic Pink Lady	25gm	\$3.95
Apple Dried Rings Organic Fuji	25gm	\$3.95
Apricots Brown Turkey (Sulphite free)	250gm	\$9.39
Cherries Bing (Help sleep)	100gm	\$6.89
Cherries Sour (Help sleep)	250gm	\$7.69
Cherries (Fresh Glaze No Colouring)	250gm	\$9.29
Cherries (Fresh Glaze No Colouring)	100gm	\$3.73
<b>Safe Dried Fruit</b>		
Carob Ginger Bites (no added sugar or dairy)	100gm	\$5.88
Carob Liquorice Bites (no added sugar or dairy)	100gm	\$5.51
Carob Raisins Bites (no added sugar or dairy)	100gm	\$4.65
Currants Greek	100gm	\$3.59
Dates Pitted	500gm	\$6.89
Dates Pitted	250gm	\$3.49
Fruit Leather Organic Berry Mix	20gm	\$3.49
Figs Organic Turkish	100gm	\$6.59
Ginger (Crystallized)	100gm	\$3.98
Ginger (Fresh Glazed)	100gm	\$5.29
Mango Natural Pieces	100gm	\$5.19
Nectarines	250gm	\$8.49
Pear Dried Slices Organic	25gm	\$3.95
Pineapple Tidbits	100gm	\$4.31
Plum Halves (Angelina)	250gm	\$6.79
Prunes (Ashlock Pitted)	250gm	\$6.79
Raisins Organic	100gm	\$3.84
Strawberries	250gm	\$15.62
Strawberries	100gm	\$6.25
Sultanas Large Turkish	500gm	\$7.09
Sultanas Organic	100gm	\$3.07



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P9</b>
<b>Safe Spices/Natural flavourings</b>		
Asafoetida	50gm	\$3.49
Cassia Bark	50gm	\$1.78
Cardamom Powder	50gm	\$8.51
Cardamom Powder	25gm	\$4.26
Cardamom Seeds	50gm	\$5.49
Cinnamon Powder Sri Lankan Superior Quality	100gm	\$9.75
Cinnamon Powder Sri Lankan Superior Quality	50gm	\$5.19
Cloves Whole	50gm	\$14.69
Coriander Leaves (Cilantro)	15gm	\$3.65
Coriander Powder (Cilantro)	50gm	\$5.39
Coriander Seeds Whole (Cilantro)	50gm	\$4.65
Cumin Powder	100gm	\$10.37
Cumin Powder	50gm	\$5.89
Curry Mild	100gm	\$10.37
Fenugreek Powder	50gm	\$6.29
Fenugreek Whole Seeds Organic	100gm	\$3.28
Fish Sauce	200ml	\$4.49
Garam Masala	20gm	\$3.49
Ginger Powder Organic	100gm	\$3.98
Horseradish Dried Root	50gm	\$3.59
Horseradish Root Paste	50gm	\$7.95
Mustard Seeds Black Organic	100gm	\$3.98
Mustard Flour Mild	100gm	\$3.45
Turmeric Powder	100gm	\$5.89
Wasabi Original (Uncoloured)	100gm	\$13.79
Wasabi Pure (Fresh uncoloured refer stockist NZ)	55gm	N/A
<b>Herbs Dried for Cooking</b>		
Basil Leaves	20gm	\$3.45
Coriander Leaves (Cilantro)	15gm	\$3.65
Dill Leaves	20gm	\$3.67
Mixed Herbs Italian	20gm	\$4.79
Mint Rubbed Leaves	20gm	\$3.59
Oregano Strong Aromatic Wild Field	6gm	\$6.97
Oregano Rubbed Wild Field	10gm	\$3.79
Rosemary NZ Quality	20gm	\$5.45
Sage Mediterranean Quality Whole	10gm	\$6.19
Sage Rubbed	20gm	\$3.69
Thyme Rubbed NZ Quality	5gm	\$6.79
Thyme Rubbed	15gm	\$5.19
Zatar - Sage and Sesame Seeds Spice	20gm	\$3.49
<b>Tea Infusers</b>		
House Shaped Steel Tea Infusers	Each	\$14.97
Mesh Teaball Stainless Steel Tea Infuser	Each	\$14.97
Stainless Steel Fine Mesh Tea Cup Infusers	Each	\$8.95
Stainless Steel Tea Cup Infusers	Each	\$8.95
Stainless Steel Tea Cup Infusers Large	Each	\$21.14
Teapot Ceramic with Internal Tea Infuser R, W	Each	\$24.95



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P10</b>
<b>Merav's Green Prescription Recipes</b>		
1. Homemade Healthy Bread	1	\$3.50
2. Homemade Healthy Muesli	1	\$3.50
3. Homemade Healthy Porridges	1	\$3.50
4. Homemade Healthy Dakar	1	\$3.50
5. Homemade Healthy Savoury Stock	1	\$3.50
6. Homemade Healthy Tahini Sauce (Sesame)	1	\$3.50
7. Homemade Healthy Lentil & Pumpkin Soup	1	\$3.50
8. Homemade Healthy Sunflower Spread	1	\$3.50
9. Cod Liver Oil with Orange Juice Directions	1	\$3.50
10. Healthy Food Ideas & Food Plans	1	\$3.50
11. Slippery Elm Pure Powder Directions	1	\$3.50
12. Healthy Barley water/grains/rice/tea/coffee	1	\$3.50
13. Homemade Healthy Red Sweet Salad	1	\$3.50
14. Homemade Healthy Carrot Cake	1	\$3.50
15. Homemade Healthy Vegetable Grain Soup (C)	1	\$3.50
16. Homemade Healthy Muesli Bar	1	\$3.50
17. Healthy Date and Coconut slice	1	\$3.50
18. Homemade Healthy Tabouli Salad	1	\$3.50
19. Homemade Healthy Potato & Onion Soup	1	\$3.50
20. Healthy Soymilk Directions	1	\$3.50
21. Homemade Healthy Fruit Cake	1	\$3.50
22. Homemade Healthy Sushi	1	\$3.50
23. Homemade Healthy Kimchi Winter Salad	1	\$3.50
24. Homemade Healthy Hummus	1	\$3.50
25. Homemade Wheat-less Bread	1	\$3.50
26. Homemade Wheat-less Date & Coconut Slice	1	\$3.50
27. Homemade Wheat-less Muesli	1	\$3.50
28. Homemade Pastry/Scone/Pizza	1	\$3.50
<b>External and Internal Healing Products</b>		
Bee Propolis Throat Spray NZ	30ml	\$29.00
Epsom Salts Crystals External	500gm	\$15.63
Iodine Tincture External	25ml	\$15.08
Propolis Extra Strength Tincture Comvita 30 PFL	25ml	\$79.00
Propolis Extract Comvita	25ml	\$55.89
Propolis Tincture Comvita 15 PFL	25ml	\$41.39
Propolis Oral Spray Comvita 15 PFL	20ml	\$55.89
Propolis Cough Mixture Comvita	200ml	\$37.48
Propolis Cough Lozenges Comvita Aniseed	10 Loz	\$9.27
Propolis Honey Cough Lozenges	100gm	\$15.35
Propolis NZ Immune Boost Tincture 3	25ml	\$20.29
Propolis NZ Immune Boost Tincture 2	25ml	\$18.49
Propolis NZ Immune Boost Tincture 1	25ml	\$15.63
Propolis Healing Skin Rollon External	10ml	\$14.33
Propolis Ointment Jar External	50gm	\$36.74
<b>Sachets (Keeps veges fresh in fridge)</b>		
Extra Fresh (Keep veges fresh in fridge 60 days)	1	\$5.98



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P11</b>
<b>External Healing Products</b>		
<b>Safe Toothpastes</b>		
Comvita Propolis Toothpaste	100gm	\$37.80
Kd One Spearmint & Charcoal Toothpaste	50gm	\$17.50
Miessence Aniseed Toothpaste	1	\$29.79
Miessence Lemon Toothpaste	1	\$29.79
Miessence Mint Toothpaste	1	\$29.79
<b>Safe Deodorants</b>		
Kd One Roll on Deodorant Manuka/Citrus/Oils	65ml	\$31.95
Miessence deodorants:Aroma Free	100gm	\$31.95
Miessence deodorants:Tahitian Breeze	100gm	\$31.95
Miessence deodorants:Ancient Spice	100gm	\$31.95
Miessence Hair Shampoo Travel Pack	50ml	\$19.95
<b>Country Creams</b>		
Aegon Oil NZ	10ml	\$63.39
Arnica & Calendula Massage Oil/Wax: L,R,J NZ	100gm	\$64.49
Body Butter with Shea Cream, Roses NZ	100gm	\$89.79
Body Butter with Shea Cream, Jasmin NZ	100gm	\$89.79
Body Butter with Shea Cream, Ylang Ylang NZ	100gm	\$89.79
Calendula & Manuka Honey Moisturizer:J,Y,R NZ	100gm	\$79.89
Cream of Roses Moisturizer NZ	100gm	\$79.89
Cream of Jasmin Moisturizer NZ	100gm	\$79.89
Lemon Calendula Cleansing Cream NZ	100gm	\$79.89
Cream Perfumes: Jasmin, Lavender, Rose (pkt 3)	10gm x3	\$36.89
Deodorant Cream: Lavender, Rose NZ	100gm	\$79.89
Foot Cream Relief & Deodorant: Lavender NZ	50gm	\$46.09
Foot Cream Relief & Deodorant: Lavender NZ	100gm	\$79.89
Lavender Natural Soap Blocks: Olive oil, Coconut	Bar	\$7.89
Lip Balm: Lavender, Rose, Vanilla [pkt 3) NZ	5gm x 3	\$18.39
<b>External Healing Creams for Animals</b>		
Equine Magic Cream Pot for Cuts Sores:Horse NZ	100gm	\$29.96
Pet Magic Cream Tube for Cuts Sores:Cat/Dog NZ	50gm	\$27.05
<b>Safe Living Products</b>		
<b>Lavender</b>		
Als Repel Natural Insect Repellant NZ	60ml	\$18.39
Lavender Oil NZ	12ml	\$29.89
Lavender Therapeutic Wheat Bags NZ	1	\$36.79
Lavender Therapeutic Eyes Pillow NZ	1	\$36.79
Lavender Perfume Sleep/Draw Bags Sachets NZ	1	\$15.75
Lavender Perfume Pillow Insert for Sleep NZ	1	\$19.95
Soap Block of 3 Lavender & Rose NZ	3	\$31.89
Soap Blocks: Lavender & Oatmeal NZ	1	\$13.89
Soap Blocks: Lemongrass & Ginger NZ	1	\$13.89
Soap Blocks: Lavender & Rose NZ	1	\$13.89



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P12</b>
<b>External Healing Creams, Salves, Tinctures</b>		
Cocsulphprop Cream NZ	50gm	\$34.95
Clovslipp & Cocsulphprop Cream NZ	50gm	\$34.95
E Balm Muscle and Joint Relief NZ	500gm	\$157.69
E Balm Muscle and Joint Relief NZ	100gm	\$56.68
E Balm Muscle and Joint Relief NZ	50gm	\$32.09
Epropbalm	50gm	\$34.95
Eucalyptus Oil	50ml	\$21.38
Eucalyptus Oil	25ml	\$13.19
Friar's Balsam	50ml	\$15.08
Manuka Magic Cream Tube for Psorais/Eczema NZ	50gm	\$38.22
Manuka Magic Cream Jar for Psorais/Eczema NZ	100gm	\$27.05
Magnesium Sulphate Paste NZ	80gm	\$16.79
Petrozincsulprop Ointment NZ	50gm	\$34.95
Rawleighs Antiseptic Salve	140gm	\$48.97
Rawleighs Medicated Ointment	140gm	\$48.97
Rawleighs Headclear (Was Ready Relief)	30ml	\$39.77
Raleighs Pine Oil Germicide Plus Pump	1 Litre	\$49.06
Rawleighs Soap Goats Milk	100gm	\$14.69
Rawleighs Soap Tea Tree	100gm	\$14.69
Rawleighs Soap Headlice	100gm	\$14.69
Rosehip Oil for Psoriasis and Eczema NZ	100ml	\$25.49
Tea Tree Oil 100%	25ml	\$18.13
Thyme Oil (Best Removal of Nits)	5ml	\$29.37
Witchhazel NZ	100ml	\$21.59
<b>Safe Cleaners With No Artificial Chemicals</b>		
Bench Spray Trigger Lavender & Cedarwood NZ	500ml	\$19.79
Bench Spray Refill Lavender & Cedarwood NZ	1 Litre	\$19.79
Bench Spray Trigger Rosemary & Lemon NZ	500ml	\$19.79
Bench Spray Refill Rosemary & Lemon NZ	1 Litre	\$19.79
Cleaning Paste Peppermint NZ	500gm	\$18.79
Cleaning Paste Orange and Eucalyptus NZ	500gm	\$18.79
Coconut Cleaning Bar Soap NZ	100gm	\$5.71
Dishwasher Powder NZ	1 Kg	\$23.79
Disinfectant Spray Trigger NZ	500ml	\$26.95
Disinfectant Spray Refill NZ	1 Litre	\$36.75
Glass Spray Cleaner Trigger NZ	500ml	\$25.72
Glass Spray Cleaner Refill NZ	1 Litre	\$29.79
Laundry Soaker 50% Active NZ	750Gm	\$26.95
Laundry Powder Grapefruit and Tea Tree NZ	750Gm	\$21.05
Laundry Powder Rose and Sweet Orange NZ	750Gm	\$21.05
Laundry Powder Natural Scent Free NZ	750Gm	\$21.05
Liquid Cleaning Soap NZ	500ml	\$26.69
Nappy Wash and Soak NZ	1 Kg	\$23.89
Strong White Vinegar NZ	1 Litre	\$16.79
<b>Water Purifier Units Plus Cartridge Disc/Approx Price</b>		
Travel Microlene Water Filter Purifier EWMTF1	60-120 days	\$119.00
Travel Microlene Water Filter Purifier EWMTUB1	2-3 yr life	\$338.10



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P13</b>
<b>Stainless Steel Water Bottles</b>		
Ecotanka Supa Tanka Silver	1.2 litre	\$43.79
Ecotanka Sports Tanka Silver	800ml	\$39.09
Ecotanka Sports Tanka Green/Purple/Blue	800ml	\$39.09
Ecotanka Mini Tanka Silver	600ml	\$27.89
Ecotanka Teeny Tanka Silver	350ml	\$25.39
<b>Sushi Mats Large and Small</b>		
Sushi Bamboo Mats Large	27 x 27 cm	\$6.97
Sushi Bamboo Mats Small	24 x 21 cm	\$4.95
<b>Possum Merino Socks</b>		
Possum Merino Fine Socks knee, S, M, L NZ		
Possum Merino Rib Socks, S, M, L NZ	3/4 Height	\$45.00
Possum Merino Wool Socks, S, M, L NZ	Ankle Height	\$43.70
Possum Merino Gloves, S, M, L NZ	Ankle Height	\$36.49
Possum Merino Catalogue of Wraps and Jackets NZ	Ask to See	\$... Various
Possum 20% Wool 70%Thick Casual Socks NZ S, M, L	Pair	\$47.00
<b>Massage Brushes for Lymph Cleansing</b>		
Loofah Back Massage Brush (light wooden stick)	1	\$19.95
<b>Period Pads Cotton Reusable</b>		
Period Pad Super and liner NZ	1	\$45.32
Period Pad More and liner NZ	1	\$30.60
Period Pad Regular and liner NZ	1	\$26.95
Period Pad 3pkt inners NZ	3	\$33.00
Period Pad Panty liners NZ	1	\$11.00
<b>Period Pads Lighter Cotton Reusable</b>		
Period Pad Panty liners Light Flow	1	\$11.00
Period Pad Panty liners Medium Flow	1	\$12.00
Period Pad Panty liners Heavy Flow	1	\$13.00
<b>Books</b>		
Julias Guide to Edible Weeds & Wild Green... NZ	74 pages	\$35.00
Self Help Cancer Cure NZ	130 pages	\$35.00
<b>Sante Organic Cosmetics Germany</b>		
<b>Moisturising Shampoo's: Organic Plant Oils</b>		
BioHenna & Beer: Volume/Fine/Weak Hair	200ml	\$23.27
BioJjoba & Marigold: Damaged/Brittle Hair	200ml	\$23.27
BioJuniper & Mineral Clay: Greasy/Flaky Scalp	200ml	\$28.17
BioLimeTree & Wheat: Mild Cleanse/Sensitive	200ml	\$23.27
BioRose Silk & Protein: Anti frizz/Dry/Damaged	200ml	\$23.27
<b>Organic Shampoo and Conditioner</b>		
Aubrey Coconut Organics Protein Conditioner	325ml	\$42.67
Viola Organics Shampoo NZ	500ml	\$49.69



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P14</b>
<b>Logona Natural Plant Oils Shampoos</b>		
Bio Acacia - Sensitive	250ml	\$33.58
Bio Aloe Vera - Hydrating	250ml	\$33.58
Bio Caffeine - Age Energy	250ml	\$33.58
Bio Juniper Oils - Antidandruff	250ml	\$33.58
Bio Nettle with Silken Protein	250ml	\$33.58
<b>Sante Organic Cosmetics Germany</b>		
<b>Coversticks, Concealer Pencils</b>		
Sante Coverstick Light 01	1	\$34.97
Sante Coverstick Medium 02	1	\$34.97
Correcting Concealer 3 for shadows, spots, white	6gm	\$23.27
<b>Soft Care Foundation</b>		
Sante Soft Care Foundation 01	30ml	\$41.69
Sante Soft Care Foundation 02	30ml	\$41.69
Sante Soft Care Foundation 03	30ml	\$41.69
<b>Soft Cream Foundation</b>		
Sante Soft Cream Foundation Porcellan 01	30ml	\$41.69
Sante Soft Cream Foundation Light Beige 02	30ml	\$41.69
Sante Soft Cream Foundation Sunny Beige 03	30ml	\$41.69
<b>Pressed Powder</b>		
Sante Pressed Powder Porcelain 01	9gm	\$57.69
Sante Pressed Powder Light Sand 02	9gm	\$57.69
Sante Pressed Powder Golden Beige 03	9gm	\$57.69
Sante Compact Makeup Cream/Powder Beige 02	9gm	\$46.79
<b>Blusher/Rouge</b>		
Sante Rouge Silky Terra 01	6.5gm	\$49.59
Sante Rouge Silky Mallow 02	6.5gm	\$49.59
Sante Rouge Silky Magnolia 03	6.5gm	\$49.59
<b>Eye Shadow Base</b>		
Sante Eyeshadow Base Loose Powder	1gm	\$25.16
<b>Eye Shadow Trio</b>		
Sante Eye Shadow Trio Rose 01	4.5gm	\$49.59
Sante Eye Shadow Trio Aubergine 02	4.5gm	\$49.59
Sante Eye Shadow Trio Rose Wood 03	4.5gm	\$49.59
Sante Eye Shadow Trio Natural Green 04	4.5gm	\$49.59
Sante Eye Shadow Ocean Blue 05	4.5gm	\$49.59
Sante Eye Shadow Trio Natural Smokey Eyes 06	4.5gm	\$49.59
<b>Eyeshadow Sticks Wood</b>		
Sante Eyeshadow Stick Sliver 02	1	\$37.89
Sante Eyeshadow Stick Blue 03	1	\$37.89
Sante Eyeshadow Stick Olive 05	1	\$37.89
Sante Eyeshadow Stick Coffee 08	1	\$37.89



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P15</b>
<b>Kajal Eyeliners</b>		
Sante Kajal Eyeliner White 00	1	\$37.89
Sante Kajal Eyeliner Night Blue 04	1	\$37.89
Sante Kajal Eyeliner Deep Brown 06	1	\$37.89
Sante Kajal Eyeliner Anthracite 07	1	\$37.89
Sante Kajal Eyeliner Deep Black 08	1	\$37.89
Sante Kajal Eyeliner Petrol 10	1	\$37.89
<b>Dipliners, Liquid Eyeliners</b>		
Sante Dipliners Sparkling Brown 01	1	\$44.19
Sante Dipliners Sparkling Silver 02	1	\$44.19
Sante Dipliners Black Glamour 03	1	\$44.19
<b>Sante Organic Cosmetics Germany</b>		
<b>Mascara</b>		
Sante Mascara Volume Brown 01	7ml	\$49.59
Sante Mascara Volume Black 02	7ml	\$49.59
Sante Mascara Endless Lashes Brown 03	7ml	\$59.95
Sante Mascara Sensation Volume 12	12ml	\$46.79
Sante Mascara Perfect Definition Brown 05	7ml	\$39.59
<b>Lashes</b>		
Sante Lash Balm	1	\$37.89
Sante Hypnotic Lashes	4ml	\$75.98
<b>Eyebrow Pencils Wood</b>		
Sante Eyebrow Pencil Blonde 01	1	\$34.79
Sante Eyebrow Pencil Brown 02	1	\$34.79
<b>Lip Duo Contour &amp; Gloss</b>		
Sante Lip Duo Contour & Gloss Nude Look 01	1	\$44.19
Sante Lip Duo Contour & Gloss Natural Look 02	1	\$44.19
Sante Lip Duo Contour & Gloss Glamorous Look 03	1	\$44.19
<b>Lip Glosses</b>		
Sante Lipgloss Nude Rose 01	8ml	\$41.79
Sante Lipgloss Peach Pink 03	8ml	\$41.79
Sante Lipgloss Red Pink 04	8ml	\$41.79
Sante Lip Lacquer Colour Gloss Infinite Ruby 06	10ml	\$29.19
<b>Lipsticks</b>		
Sante Lipsticks Light Pink 01	1	\$43.36
Sante Lipsticks Pink Rose 02	1	\$43.36
Sante Lipsticks Velvet Pink 03		\$43.36
Sante Lipsticks Pink Clover 04	1	\$43.36
Sante Lipsticks Pink Tulip 05	1	\$43.36
Sante Lipsticks Brown Red 10	1	\$43.36
Sante Lipsticks Nude Beige 11	1	\$43.36
Sante Lipsticks Nude Mellow 13	1	\$43.36
Sante Lipsticks Nude Cacao 14	1	\$43.36



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P16</b>
<b>Lipsticks</b>		
Sante Lipsticks Coral Pink 21	1	\$43.36
Sante Lipsticks Soft Red 22	1	\$43.36
Sante Lipsticks Poppy Red 23	1	\$43.36
Sante Lipsticks Raspberry Red 24	1	\$43.36
<b>Hand Cream</b>		
Sante Hand Cream Organic Goji & Olive	30gm	\$23.58
<b>Eye Make Up Remover</b>		
Sante Eye Make Up Remover	100ml	\$25.19
<b>Nail Polish Remover</b>		
Sante Nail Polish Remover	100ml	\$25.19
<b>Sante Organic Cosmetics Germany</b>		
<b>Accessories</b>		
Sante Accessorie Powder Brush, Large	1	\$44.19
Sante Accessorie Travel Powder Brush	1	\$44.19
Sante Accessorie Sharpener	1	\$12.39
<b>Facial and Body Care</b>		
Crystal Roll-on Deodorant - Pure Spirit	50ml	\$25.19
Crystal Roll-on Stick - Pure Spirit	100gm	\$41.58
<b>Natural Cosmetics Nail Polish</b>		
Neobio Nail Magic Shine & Topcoat 01	8ml	\$21.79
Neobio Sweet Lychee Nail Polish 02	8ml	\$21.79
Neobio Wonderful Coral Nail Polish 03	8ml	\$21.79
Neobio Lovely Hibiscus Nail Polish 04	8ml	\$21.79
Neobio Wild Strawberry Nail Polish 05	8ml	\$21.79
Neobio Vampires Dream Nail Polish 06	8ml	\$21.79
Neobio French Nail Polish 07	8ml	\$21.79
Neobio Shiny Blue Nail Polish 08	8ml	\$21.79
Neobio Precious Turquoise Nail Polish 09	8ml	\$21.79
Neobio Perfect Nude Nail Polish 10	8ml	\$21.79
Neobio Holy Elephant Nail Polish 11	8ml	\$21.79



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