



# 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 21.10.2018

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

Orders can be posted out from approx charges of \$9.50 to \$25.00 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

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 sachets	100 Tea Bags	\$25.95
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
Plantain Leaf Tea (lymph cleanser, diuretic)	130gm Jar	\$19.50
Raspberry Leaf Tea (sleep, muscle pain relief)	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>		
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
Yarrow Tea (colds, flu's, viruses)	130gm Jar	\$19.50
Vervain Root (relaxant, sleeping aid)	130gm Jar	\$19.50
Willow Bark Tea (pain relief)	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
Propolis Buds (antibiotic)	20gm Jar	\$19.50
Restorative Tea Combinations	130gm Jar	\$19.50
<b>High Energy Non Caffeine Tea/Coffee Substitutes</b>		
Corn Seed (Whole) Tea	500gm	\$14.79
Barley Teabags	Pkt of 15	\$6.49
Bambu Organic Instant Coffee Substitute	200gm	\$42.98
<b>Organic Roasted Malt Ground (Barley Coffee)</b>		
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
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
Comfrey /Dandelion Organic 25 Sachets	80gm	\$18.69
Comfrey /Dandelion Organic	16gm	\$5.19
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
Chickory Organic Roasted 25 Sachets	80gm	\$11.30
Chickory Organic Roasted 5 Sachets	22gm	\$4.09
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



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P3</b>
<b>Dutch Products</b>		
Potters (tin of minute liquorice to suck)	12.5gm	\$7.69
Blooker Cacao (Cocoa natural)	250gm	\$17.90
Droste Cacao (Cocoa natural)	250gm	\$29.79
Liquorice Sticks (large)	1 Stick	\$11.98
<b>Hings Freshly made Organic Soya Products</b>		
<b>Wellingtons Only Safe Soymilk Suppliers Contact us for Referral to Stockists</b>		
Soymilk Hings G.E.-Free Organic	2 litre	N/A
Soymilk Hings G.E.-Free Organic	1 litre	N/A
Tofu Plain Hings G.E. Free Organic	300gm	N/A
Okara (Organic soyabean fiber, nutrients)	500gm	N/A
Wheat Noodles Hings Natural	500gm	N/A
<b>Healing Foods</b>		
Buckwheat/Wheat Noodles Soba Organic	270gm	\$4.89
<b>Unprocessed Sea Salt (no plastic containers) with Minerals and Iodine</b>		
Sea Salt Small Packet (in natural state)	250gm	\$4.59
Sea Salt Larger Packet (in natural state)	500gm	\$8.59
<b>Healing Safe Honey/Sugars</b>		
Beech Dew Honey Tutaki	2Kg	\$56.00
Beech Dew Honey Tutaki	1Kg	\$29.00
Beech Dew Honey Tutaki	500gm	\$15.64
Manuka Blend Beech Honey	500gm	\$15.64
Honey Jar Manuka - Sustainable Beekeeping	200gm	\$12.25
Raw Sugar (not been stored in plastic)	1Kg	\$3.35
Coconut Sugar	250gm	\$6.98
Stevia Green (not refined white) 130gm jar	19gm	\$19.50
<b>Safe Energy Pollens - High in Vitamin B12</b>		
Duo Manuka Honey (200gm) plus Pollen (100gm)	300gm	\$41.65
Bee Pollen	250gm	\$53.75
Bee Pollen - Sustainable Beekeeping	250gm	\$73.49
Bee Pollen - Sustainable Beekeeping	100gm	\$29.29
<b>Safe Organic Original Healing Fruit Jams</b>		
Blackcurrant and Rhubarb Jam	190ml	\$12.95
Blackcurrant Jam	190ml	\$12.95
Blueberry Jam	190ml	\$12.95
Crabapple Jelly	190ml	\$12.95
Damson Jelly	190ml	\$12.95
Fejoa Jam	190ml	\$12.95
Guava Jelly	190ml	\$12.95
Marmalades:grapefruit, orange, lemon, lime	190ml	\$12.95
Quince	190ml	\$12.95
Raspberry Jam	190ml	\$12.95
Plum Jelly	190ml	\$12.95
Plum Jam	190ml	\$12.95
Lemon Compote Concentrate Juice	250ml	\$21.95
Pineapple Compote Concentrate Juice	250ml	\$21.95



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P4</b>
<b>Peas and Lentils</b>		
Lentils Green-Brown	500gm	\$3.95
Lentils Green-Brown Organic NZ	500gm	\$9.79
Lentils Split Red	250gm	\$3.29
Dahl Chana (Big Yellow)	500gm	\$3.69
Dahl Toor (Light Yellow)	500gm	\$5.19
Dahl Masoor (Thin Light Orange)	500gm	\$8.29
Dahl Ural (Thin Cream)	500gm	\$4.77
Peas Yellow Split	250gm	\$4.79
Peas Green Organic Split	500gm	\$9.37
Peas Green Organic Split	250gm	\$4.79
Chickpeas	100gm	\$3.49
Blue Peas Organic Whole for Sprouting/Cooking	200gm	\$2.36
<b>Dried Beans for Energy and Protein</b>		
Lima Baby White Beans	500gm	\$9.29
Mixed Bean Salad	500gm	\$6.59
Pinto Beans	500gm	\$5.89
Black Eyed Beans	500gm	\$7.59
Baked Beans Safe Organic-not harmful sugarfree	400gm	\$5.29
<b>Healing Oils</b>		
Cod liver Oil Healtheries	500ml	\$31.92
Tahini Hulled Achva Organic	500gm	\$19.19
Tahini Hulled Prince	1Kg	\$29.59
<b>Healing Seaweeds and Gels</b>		
Nori Flakes Fine (Porphyra Yezoensis )	23gm	\$6.59
Nori Flakes Fine (AoNori)	125gm	\$16.98
Nori Roasted Seaweed Sheets Navy (SushiNori)	100's	\$25.90
Nori Roasted Seaweed Sheets Green (YakiNori)	10's	\$6.10
Wakame Dried Chopped Kelp for Soups	10gm	\$3.09
Agar, Agar Jelly	42gm	\$8.89
Lychee Jelles 8 per pkt	300gm	\$6.29
Basil Seeds (forms healing Jel)	100gm	\$5.49
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
<b>Kelp Pepper (Macrocystis Pyrifera)</b>		
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
Wakeme Seaweed Strands For Soups	10gm	\$5.79
Kelp Pepper (Macrocystis Pyrifera)	50gm	\$38.98
<b>Healing Biscuits</b>		
Matzah Crackers (Safe Giant Water Crackers)	453gm	\$15.29
Matzah Wholemeal Crackers (Water Crackers)	453gm	\$15.29



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P5</b>
<b>Healing Grains</b>		
Amaranth Whole Organic	500gm	\$7.89
Amaranth Whole Organic	250gm	\$4.19
Barley Pearl Whole Organic	1Kg	\$10.79
Barley Pearl Whole Organic	500gm	\$5.59
Buckwheat Whole Organic	1Kg	\$15.49
Buckwheat Whole Organic	500gm	\$7.79
Buckwheat Semolina Porridge	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	1.5Kg	\$10.49
Konini Wheat Original Grain Purple/Red	500gm	\$6.75
Millet Whole Grains Organic	1Kg	\$15.50
Millet Whole Grains Organic	500gm	\$7.75
Millet Ground Organic	250gm	\$3.29
Millet Ground Organic	500gm	\$6.49
Oats Whole Hulled Biograins Organic NZ	1Kg	\$12.19
Oats Rolled Biograins Organic NZ	1Kg	\$12.19
Quinoa Red Organic	500gm	\$19.89
Quinoa Red Organic	250gm	\$9.79
Rice Red (Wild Glutinous)	1Kg	\$13.95
Rice Fragrant Organic	500gm	\$3.75
Rice Black Wild	400gm	\$9.79
Rye Kibbled Organic	500gm	\$5.79
Semolina Porridge (Original Grain Durum Wheat)	250gm	\$2.71
Wheat Bulgur (Kibbled)	500gm	\$6.79
Wheat Bulgur (Kibbled)	250gm	\$4.15
<b>Flours</b>		
Flour Barley Organic	1Kg	\$7.09
Flour Buckwheat Organic	1Kg	\$14.76
Flour Chesnut	500gm	\$21.56
Flour Coconut	1 Kg	\$12.25
Flour Coconut	500gm	\$6.39
Flour Potato (Thickener)	250gm	\$3.24
Flour Premium Yellow Potato flour	1 Kg	\$9.31
Flour Premium Yellow Potato flour	500gm	\$4.87
Flour Red Sorghum	500gm	\$6.79
Flour Tapioca (Arrowroot/Cassava)	250gm	\$2.74
Flour White Biograins Cert Organic NZ	5kg	\$46.87
Flour White Biograins Cert Organic NZ	1Kg	\$9.37
Flour Wholemeal Biograins Cert Organic NZ	5kg	\$41.69
Flour Wholemeal Biograins Cert Organic NZ	1Kg	\$8.33
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 Tfarm	5Kg	\$39.45
Flour Wholemeal Organic Spelt Tfarm	1Kg	\$8.09
Baking Powder (non-chemical/additive)	120gm	\$13.99
Baking Soda (non-chemical/additive)	120gm	\$9.89
Yeast (non-chemical/additive) for Bread	100gm	\$5.25



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P6</b>
<b>Healing Foods</b>		
Coconut Long Thread	250gm	\$8.79
Coconut Medium Thread	250gm	\$8.79
Coconut Fine Thread	250gm	\$8.79
<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	\$3.95
Fennel Seeds	50gm	\$5.49
Poppy Seeds	100gm	\$3.59
Pumpkin Seeds	250gm	\$8.75
Pumpkin Seeds	100gm	\$4.79
Sesame Seeds Toasted	250gm	\$6.23
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	500gm	\$9.79
Sunflower Seeds	250gm	\$5.59
Sunflower Seeds Organic	500gm	\$13.79
Sunflower Seeds Organic	250gm	\$7.39
<b>Safe Nuts (No sulphites)</b>		
Almond Meal	250gm	\$16.32
Almond Meal	100gm	\$6.61
Almonds Raw Whole	250gm	\$13.89
Almonds Raw Whole	100gm	\$6.19
Brazil Raw Whole	250gm	\$19.49
Brazil Raw Whole	100gm	\$9.80
Brazil Raw Broken	250gm	\$16.33
Brazil Raw Broken	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
Macadamias Raw Whole	250gm	\$24.19
Macadamias Raw Whole	100gm	\$9.67
Nuts: Raisins and Cashews	250gm	\$6.09
Nuts: Raisins and Cashews	100gm	\$3.69
Pinenuts	100gm	\$15.79
Pistachio Nuts in Shell	100gm	\$6.24
Leblebi Salted Roasted Chickpeas	100gm	\$4.77



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P7</b>
<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
Apricots Brown Turkey (Sulphite free)	250gm	\$7.84
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
Carob Raisins with lactose	100gm	\$4.39
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	250gm	\$3.49
Dates Pitted	100gm	\$1.97
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 Slices	100gm	\$4.31
Nectarines	250gm	\$8.49
Papaya - Mango Slice	250gm	\$5.19
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	\$14.39
Strawberries	100gm	\$5.29
Sultanas Large Turkish	500gm	\$7.09
Sultanas Organic	100gm	\$3.07
<b>Spices/Natural flavourings</b>		
Basil Leaves	20gm	\$2.45
Dill Leaves	20gm	\$3.67
Mixed Herbs Italian	20gm	\$4.79
Oregano Strong Aromatic Wild Field	6gm	\$3.79
Oregano Rubbed Wild Field	10gm	\$2.79
Rosemary	20gm	\$2.45
Sage Rubbed	20gm	\$1.69
Thyme Rubbed	20gm	\$3.19
<b>Green Herb Spread (Tasty) Referral to Stockist</b>		
Waiheke Herb Spread (Jar referral to stockist)	60gm	N/A
Waiheke Herb Spread (Jar referral to stockist)	200gm	N/A
<b>Propolis Cough Drops Jar</b>		
Manuka UMF Honey Propolis Cough Drops	100gm	\$13.97



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P8</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	\$9.29
Cinnamon Powder	100gm	\$9.75
Cinnamon Powder	50gm	\$5.19
Cloves Whole	50gm	\$14.69
Coriander Powder	50gm	\$5.39
Coriander Seeds Whole	50gm	\$3.65
Cumin Powder	50gm	\$5.89
Fenugreek Powder	100gm	\$6.29
Fenugreek Whole Seeds Organic	50gm	\$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	\$2.45
Pure Wasabi (Fresh uncoloured referral stockist)	55gm	N/A
Turmeric Powder	100gm	\$5.89
Wasabi Original (Uncoloured)	170gm	\$8.78
Vanilla Powder	20gm	\$12.98
Vanilla Beans	4	\$11.02
Vanilla Bean 7gm	2 Beans	\$7.89
Zatar- Sage and Sesame Seeds Spice	20gm	\$3.79
<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



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P9</b>
<b>Merav's Green Prescription Recipes</b>		
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
<b>Poultices</b>		
Bentonite Clay Poultice	100gm	\$8.00
Slippery Elm Powder Jar	25gm	\$19.50
<b>External Healing Products</b>		
<b>Safe Toothpaste and Deodorants</b>		
Natural fiber - Cleaning Plague -Toothbrush	1	\$22.98
Miessence Aniseed Toothpaste	1	\$29.79
Miessence Lemon Toothpaste	1	\$29.79
Miessence Mint Toothpaste	1	\$29.79
Comvita Propolis Toothpaste	100gm	\$37.80
Kd One Spearmint & Charcoal Toothpaste	50gm	\$17.50
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	10ml	\$63.39
Lemon Calendula Cleansing Cream	100gm	\$79.89
Cream of Roses Moisturizer	100gm	\$79.89
Cream of Jasmin Moisturizer	100gm	\$79.89
Calendula & Manuka Honey Moisturizer:J,Y,R	100gm	\$79.89
Body Butter with Shea Cream, Roses	100gm	\$89.79
Body Butter with Shea Cream, Jasmin	100gm	\$89.79
Body Butter with Shea Cream, Ylang Ylang	100gm	\$89.79
Arnica & Calendula Massage Oil/Wax: L,R, J	100gm	\$64.49
<b>Cream Perfumes:</b> Jasmin, Lavender, Rose (pkt 3)	10gm	\$36.89
<b>Lip Balm:</b> Lavender, Rose, Vanilla [pkt 3]	5gm	\$18.39
<b>Lavender Natural Soap Blocks:</b> Olive oil, Coconut	Bar	\$7.89
Lavender Oil	10ml	\$59.39
<b>Deodorant Cream:</b> Lavender, Rose	100gm	\$79.89
<b>Foot Cream Relief &amp; Deodorant:</b> Lavender	50gm	\$46.09
<b>Foot Cream Relief &amp; Deodorant:</b> Lavender	100gm	\$79.89
<b>External Healing Creams for Animals</b>		
Pet Magic Cream Tube for Cuts Sores: Cat/Dog	50gm	\$27.05
Equine Magic Cream Pot for Cuts Sores: Horse	100gm	\$29.96



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P10</b>
<b>External Healing Creams, Salves, Tinctures</b>		
Bee Propolis Throat Spray	30ml	\$29.00
Cocsulphprop Cream	50gm	\$34.95
Clovslipp & Cocsulphprop Cream	50gm	\$34.95
E Balm Muscle and Joint Relief	500gm	\$157.69
E Balm Muscle and Joint Relief	100gm	\$56.68
E Balm Muscle and Joint Relief	50gm	\$32.09
Epropbalm	50gm	\$34.95
Epsom Salts Crystals	350gm	\$2.94
Eucalyptus Oil	25ml	\$13.19
Friar's Balsam	50ml	\$15.08
Iodine Tincture	25ml	\$15.08
Manuka Magic Cream Tube for Psorais/Eczema	50gm	\$38.22
Manuka Magic Cream Jar for Psorais/Eczema	100gm	\$27.05
Magnesium Sulphate Paste	80gm	\$14.79
Petrozincsulprop Ointment	50gm	\$34.95
Propolis Extra Strength Tincture Comvita	25ml	\$79.00
Propolis Extract Comvita	25ml	\$55.89
Propolis Tincture Comvita	25ml	\$41.39
Propolis Oral Spray Comvita	20ml	\$55.89
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	100ml	\$25.49
Tea Tree Oil 100%	25ml	\$14.79
Thyme Oil (Best Removal of Nits)	5ml	\$29.37
Witchhazel	100ml	\$8.59
<b>Safe Living Products</b>		
<b>Lavender</b>		
Als Repel Natural Insect Repellant	60ml	\$18.39
Lavender Oil	12ml	\$29.89
Lavender Therapeutic Wheat Bags	1	\$36.79
Lavender Therapeutic Eyes Pillow	1	\$36.79
Lavender Perfume Sleep Bags Sachets	1	\$15.75
Lavender Perfume Pillow Insert for Sleep	1	\$19.95
Lavender Perfume Cocoa Butter Soap	1	\$13.79
Lavender: Soap Blocks	1	\$13.89
<b>Tea Infusers</b>		
Stainless Steel Tea Cup Infusers	Each	\$8.95
House Shaped Steel Tea Infusers	Each	\$14.97
Large Stainless Steel Tea Cup Infusers	Each	\$21.14
Mesh Teaball Stainless Steel Tea Infuser	Each	\$14.97
Teapot Ceramic with Internal Tea Infuser	Each	\$24.95



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P11</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>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
<b>Possum Merino Socks</b>		
Possum Merino Fine Socks knee, S, M, L	3/4 Height	\$44.50
Possum Merino Rib Socks, S, M, L	Ankle Height	\$43.69
Possum Merino Wool Socks, S, M, L	Ankle Height	\$36.49
Possum Merino Gloves, S, M, L	Pair	\$34.55
Possum Merino Catalogue of Wraps and Jackets	Ask to See	\$Various
<b>Sachets (Keeps veges fresh in fridge)</b>		
Extra Fresh (Keep veges fresh in fridge 60 days)	1	\$5.98
<b>Sushi Mats Small &amp; Large</b>		
Sushi Bamboo Mats Large	27 x 27 cm	\$6.97
Sushi Bamboo Mats Small	24 x 21 cm	\$4.95
<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	1	\$45.32
Period Pad More and liner	1	\$30.60
Period Pad Regular and liner	1	\$26.95
Period Pad 3pkt inners	3	\$33.00
Period Pad Panty liners	1	\$11.00
<b>Books</b>		
Julias Guide to Edible Weeds & Wild Green...	74 pages	\$35.00
Self Help Cancer Cure	130 pages	\$35.00
<b>Sante Organic Cosmetics Germany</b>		
<b>Moisturising Shampoo's: Organic Plant Oils</b>		
BioRose Silk & Protein: Anti frizz/Dry/Damaged	200ml	\$23.27
BioJuniper & Mineral Clay: Greasy/Flaky Scalp	200ml	\$23.27
BioJojoba & Marigold: Damaged/Brittle Hair	200ml	\$23.27
BioLimeTree & Wheat: Mild Cleanse/Sensitive	200ml	\$23.27
BioHenna & Beer: Volume/Fine/Weak Hair	200ml	\$28.17
<b>Organic Shampoo and Conditioner</b>		
Viola Organics Shampoo	500ml	\$49.69
Aubrey Coconut Organics Protein Conditioner N	325ml	\$42.67



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P12</b>
<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 Cream Foundation</b>		
Sante Soft Cream Foundation Porcellan 01	30ml	\$61.69
Sante Soft Cream Foundation Light Beige 02	30ml	\$61.69
Sante Soft Cream Foundation Sunny Beige 03	30ml	\$61.69
<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
<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



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<b>LHFcc Products. All Prices Include GST.</b>	<b>Size</b>	<b>Retail P13</b>
<b>Sante Organic Cosmetics Germany</b>		
<b>Mascara</b>		
Sante Mascara Volume Brown 01	7ml	\$49.59
Sante Mascara Volume Brown 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>Lipsticks</b>		
Sante Lipsticks Light Pink 01	1	\$43.36
Sante Lipsticks Pink Rose 02	1	\$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
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>Eye Make Up Remover</b>		
Sante Eye Make Up Remover	100ml	\$25.19
<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>Nail Polish Remover</b>		
Sante Nail Polish Remover	100ml	\$25.19
<b>Hand Cream</b>		
Sante Hand Cream Organic Goji & Olive	30gm	\$23.58



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