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www.lifehealingfood.com

All prices include GST.

Priced as at 02 Feb 2016 Prices may change according to suppliers' increases. Supply is subject to product availability. Orders can be posted out from charges of \$5.50 to \$14.00 depending on the size of the bag. All items in the 130Gm Jars/bags are not according to Jar/bag weight but according to gram weight and price.

You Are What You Eat, Drink, Breathe, Use & Absorb		
Life Healing Food LHFcc	PRICE CATA	LOGUE
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 the same teas	Jar 130gm	\$15.50
Parsons First Aid Wild Teas Reflls		
Hawthorne Berries Tea (heart, circulation)	Bag 130gm	\$13.50
Nettle Tea (minerals, hayfever)	Bag 130gm	\$13.50
Red Clover Flower Tea (anti-candida, hormonal)	Bag 130gm	\$13.50
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 130gm	\$13.50
Yarrow Herb Tea (colds, flu's, viruses)	Bag 130gm	\$13.50
Ida's First Aid Wild Teas Refills		
Chamomile (relaxes, anti-inflammatory)	Bag 130gm	\$13.50
Elderflowers (coolant, and tonic)	Bag 130gm	\$13.50
Lemon Balm (addiction withdrawal, calming)	Bag 130gm	\$13.50
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 130gm	\$13.50
		\$13.50
Gwen's First Aid Wild Teas Refills		·
Lemon Verbena (sedative, relaxes, digestion)	Bag 130gm	\$13.50
Nettle Tea (minerals, hayfever)	Bag 130gm	\$13.50
Red Clover Flower Tea (anti-candida, hormonal)	Bag 130gm	\$13.50
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 130gm	\$13.50
Yarrow Tea (colds, flu's, viruses)	Bag 130gm	\$13.50
Twitch/Couch grass (urinary antibiotic)	Bag 130gm	\$13.50
Susan's First Aid Wild Teas Refills		
Lemon Verbena (sedative, relaxes, digestion)	Bag 130gm	\$13.50
Nettle Tea (minerals, hayfever)	Bag 130gm	\$13.50
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 130gm	\$13.50
Red Clover Flower Tea (anti-candida, hormonal)	Bag 130gm	\$13.50
Willow Bark Tea (pain relief)	Bag 130gm	\$13.50
Wormwood Tea (suppress appetite)	Bag 130gm	\$13.50
Yarrow Tea (colds, flu's, viruses)	Bag 130gm	\$13.50

Know the freedom to get well, look and stay well, with the safest life healing food brands at lifehealingfood.com

LHFcc Products. All Prices Include GST	Size	Retail P2		
Merav's First Aid Wild Teas Refills	SIZC	Retuil 2		C. B.
Blood/lymph Purifier (lime,hawth,alfalfa, plantain)	Bag 130gm	\$13.50		
Chamomile Teabags	30gm	\$10.16		
Catnip Mint Tea (pain reliever)	Bag 130gm	\$13.50		
Cleansing Tea: plant.yarr.nett.elderf.red clover.	Bag 130gm	\$13.50		
Corn Silk (urinary cleanser)	Bag 130gm	\$13.50		_
Comfrey Leaf Tea (B12, heals chest linings)	Bag 130gm	\$13.50		ο.
Comfrey Root Tea (heals mucus linings)	Bag 130gm	\$13.50	7	d.c
Damiana (balancing the hormones)	Bag 130gm	\$13.50		foo
Depression Relief Tea Combinations	Bag 130gm	\$13.50	1	ing
Elderflowers (coolant, and tonic)	Bag 130gm	\$13.50	7	eal
Eyebright Tea (all eye irritations, infections)	Bag 130gm	\$13.50		Feh
Ginger Root Tea (blood cleanser, circulation)	Bag 130gm	\$13.50		∓
Ginkgo Biloba Tea (memory, raynards)	Bag 130gm	\$13.50	-	s a
Gotu Kola Tea (memory, adrenal support)	Bag 130gm	\$13.50		and
Horsetail Tea (cleansing, urinary cleanser)	Bag 130gm	\$13.50		bra
Lemon Balm (addiction withdrawal, calming)	Bag 130gm	\$13.50		po
Lemon Grass Tea (sinus, dries fluid)	Bag 130gm	\$13.50		g fo
Lemon Grass Tea (sinus, dries fluid) 100 sachets	100 Tea Bags	\$25.95		ii.
Lemon Verbena (sedative, relaxes, digestion)	Bag 130gm	\$13.50		lea
Linden Blossom or Lime Tree Flowers (tonic)	Bag 130gm	\$13.50		ē
Liquorice Root Tea (stress relief)	Bag 130gm	\$13.50		<u>∓</u>
Meadowsweet Tea (pain relief)	Bag 130gm	\$13.50		fes
Mucosa: (fennel,fenugreek,flax,nettle,liquorice)	Bag 130gm	\$13.50		Sa
Nettle Tea (minerals, hayfever)	Bag 130gm	\$13.50		nd stay well, with the safest life healing food brands at lifehealingfood.com
Nursing Tea (nettle, fennel, aniseed, caraway)	Bag 130gm	\$13.50		iţ
Oat Straw Tea (addiction withdrawal)	Bag 130gm	\$13.50		Š
Passionflower Tea (calmative)	Bag 130gm	\$13.50		le
Pennyroyal Mint Tea (digestive, enzyme aid)	Bag 130gm	\$13.50		>
Peppermint Tea (digestive, enzyme aid)	Bag 130gm	\$13.50		sta
Plantain Leaf Tea (lymph cleanser, diuretic)	Bag 130gm	\$13.50		pu
Poultice Mixture Teas	Bag 130gm	\$13.50		k a
Propolis Buds (antibiotic)	Bag 130gm	\$13.50	WAA	00
Raspberry Leaf Tea (sleep, muscle pain relief)	Bag 130gm	\$13.50		=
Red Clover Flower Tea (anti-candida, hormonal)	Bag 130gm	\$13.50	MA	×
Restorative Tea Combinations	Bag 130gm	\$13.50		get
Roi-bush or Red BushTea (anti-candida)	Bag 130gm	\$13.50		to
Saw Palmetto Berries (hormonal support)	Bag 130gm	\$13.50		Know the freedom to get well, look a
Siberian Ginseng (circulation, hormonal/memory)	Bag 130gm	\$13.50	11//	pa
Korean Ginseng Granules Tea 50 sachets	Box 50	\$21.19		fre
Slippery Elm Powder (electrolyte balance)	Bag 130gm	\$13.50		ē
Spearmint Tea (digestive, enzyme aid)	Bag 130gm	\$13.50	W N	#
Stevia (naturally green) Sugar Substitute	Bag 130gm	\$13.50		8
Tonic Tea Combinations	Bag 130gm	\$13.50	2	ᇫ
Twitch/Couch Grass (urinary antibiotic)	Bag 130gm	\$13.50		
Yarrow Tea (colds, flu's, viruses)	Bag 130gm	\$13.50		
Vervain Root (relaxant, sleeping aid)	Bag 130gm	\$13.50		
Willow Bark Tea (pain relief)	Bag 130gm	\$13.50	1	
Wormwood Tea (parasite remover)	Bag 130gm	\$13.50	11/20	

LHFcc Products. All Prices Include GST.	Size	Retail P3		CE"
Merav's First Aid Wild Teas Refills				STEE B
Hormonal Tea Combinations	Bag 130gm	\$13.50		
Plus other Teas & Combination Teas	Bag 130gm	\$13.50		
High Energy Non Caffeine				
Tea/Coffee Substitutes				٦
Corn (Whole) Tea	500gm	\$14.79	A/	00
Barley Teabags	Pkt of 15	\$6.49	AN	Know the freedom to get well, look and stay well, with the safest life healing food brands at lifehealingfood.com
Bambu Organic Instant Coffee Substitute	200gm	\$42.98		gfo
			1	li.
Organic Roasted Malt Ground (Barley Coffee)				Jea
Malt Ground Organic Roasted	550gm	\$25.39	330	ife
Malt Organic Roasted Ground	225gm	\$11.49		a t
Malt Organic Roasted 100 Sachets	225gm	\$39.48		ds
Malt Organic Roasted 25 Sachets	100gm	\$11.29		g
Malt Organic Roasted 5 Sachets	20gm	\$4.15		ᅙ
Dandelion Organic Ground	500gm	\$87.29		8
Dandelion Organic 25 Sachets	80gm	\$18.69		g
Dandelion Organic 5 Sachets	16gm	\$5.19		릁
Dandelion Chai Organic 100 Sachets	550gm	\$72.50		þě
Dandelion Chai Organic 25 Sachets	80gm	\$19.49		<u>=</u>
Dandelion Chai Organic 5 Sachets	16gm	\$5.19		st
Comfrey /Dandelion Organic 25 Sachets	80gm	\$18.69		afe
Comfrey /Dandelion Organic	16gm	\$5.19		e Si
Yannoh Organic Roasted Granules	600gm	\$39.29		들
Yannoh Organic Roasted Granules	250gm	\$14.19		Į
Yannoh Organic Roasted 25 Sachets	100gm	\$12.59		<u> </u>
Yannoh Organic Roasted 5 Sachets	22gm	\$4.09		Me
Chickory Organic Roasted 25 Sachets	80gm	\$11.30		<u> </u>
Chickory Organic Roasted 5 Sachets	22gm	\$4.09		<u>st</u>
French Coffee Organic Low Caffeine 25 Sachets	100gm	\$13.19		<u> </u>
French Coffee Organic Low Caffeine Grounds	200gm	\$13.79		%
French Coffee Organic Low Caffeine 5 Sachets	20gm	\$4.09	WA A	<u>ŏ</u>
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Dried Beans for Filling Energy				≥
Dark Red Kidney Beans	500gm	\$8.19	NAME OF THE PERSON OF THE PERS	ge
Lima Baby White Beans	500gm	\$9.29		유
Mixed Bean Salad	500gm	\$6.59		E
Pinto Beans	500gm	\$5.89	11111	ed
				f.
Dutch Products				ے و
Potters (tin of minute liquorice to suck)	12.5gm	\$7.69	** ()	>
Blooker Cacao (Cocoa natural)	250gm	\$29.49		٥
Droste Cacao (Cocoa natural)	250gm	\$44.89		2
Liquorice Sticks	1 Stick	\$8.69		
Elderflower Natural Cordial				
Refreshing Elderflower Cordial	125ml	\$21.59		
			11/200	

Natural Compote Juice Bagdan Blackberry Compote 1 litre \$9.95 Bagdan Blackberry Compote 1 litre \$9.95 Bagdan Cornel Plum Compote 1 litre \$9.95 Bagdan Quince Compote 1 litre \$9.95 Bagdan Quince Compote 1 litre \$9.95 Bagdan Organic Pomegranate 100% 1 litre \$9.95 Soymilk Hings G.EFree Organic 2 litre \$7.95 Soymilk Hings G.EFree Organic 300gm \$6.49 Okara (Organic soyabean fiber, nutrients) 500gm \$5.49 Wheat Noodles Hings Natural 500gm \$5.49 Unprocessed Sea Salt (no plastic containers)	LHFcc Products. All Prices Include GST.	Size	Retail P4		CE"
Bagdan Blackberry Compote					COL B
Bagdan Blackthorn Compote 1 litre \$9.95 Bagdan Cornel Plum Compote 1 litre \$9.95 Bagdan Quince Compote 1 litre \$9.95 Bagdan Quince Compote 1 litre \$9.95 Bagdan Organic Pomegranate 100% 1 litre \$24.49 Hings Freshly made Organic Soya Products 1 litre \$24.49 Hings Freshly made Organic Soya Products 500milk Hings G.EFree Organic 1 litre \$7.15 Soymilk Hings G.EFree Organic 1 litre \$7.15 Soymilk Hings G.EFree Organic 300gm \$6.49 Okara (Organic soyabean fiber, nutrients) 500gm \$3.10 Wheat Noodles Hings Natural 500gm \$5.49 Unprocessed Sea Salt (no plastic containers)	-	1 litre	\$9.95		
Bagdan Cornel Plum Compote 1 litre \$9.95 Bagdan Quince Compote 1 litre \$9.95 Bagdan Quince Compote 1 litre \$9.95 Bagdan Organic Pomegranate 100% 1 litre \$24.49 Hings Freshly made Organic Soya Products 500mll Klings G.E. Free Organic 2 litre \$7.95 Soymilk Hings G.E. Free Organic 1 litre \$7.15 Tofu Plain Hings G.E. Free Organic 300gm \$6.49 Okara (Organic sovabean fiber, nutrients) 500gm \$3.10 Wheat Noodles Hings Natural 500gm \$5.49 Unprocessed Sea Salt (no plastic containers) With Minerals and Todine \$250gm \$4.20 Sea Salt Larger Packet 500gm \$8.20 Walth Minerals and Todine \$250gm \$4.20 Sea Salt Larger Packet 500gm \$6.59 Nori Roasted Seaweed Sheets Navy (SushiNori) 100gm \$16.98 Nori Roasted Seaweed Sheets Navy (SushiNori) 100's \$6.10 Nori Roasted Se		1 litre	1		,
Bagdan Quince Compote 1 litre \$9.95					
Bagdan Organic Pomegranate 100%	·				
Hings Freshly made Organic Soya Products Soymilk Hings G.EFree Organic 1 litre \$7.95 Soymilk Hings G.EFree Organic 1 litre \$7.15 Tofu Plain Hings G.EFree Organic 300gm \$6.49 Okara (Organic soyabean fiber, nutrients) 500gm \$3.10 Wheat Noodles Hings Natural 500gm \$3.10 Wheat Noodles Hings Natural 500gm \$3.10 Wheat Noodles Hings Natural 500gm \$4.20 Sea Salt Small Packet 250gm \$4.20 Sea Salt Larger Packet 500gm \$8.20 Healing Seaweeds and Gels	-				ر
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey					Con
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Hings Freshly made Organic Soya Products			7	od.(
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Soymilk Hings G.EFree Organic	2 litre	\$7.95		foc
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Soymilk Hings G.EFree Organic			1	ling
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey		300gm	\$6.49		eal
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Okara (Organic soyabean fiber, nutrients)	500gm	\$3.10		feh
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey			\$5.49		별
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey					ds a
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Unprocessed Sea Salt (no plastic containers)				anc
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	with Minerals and Iodine				br
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Sea Salt Small Packet	250gm	\$4.20		D _O
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Sea Salt Larger Packet	500gm	\$8.20		g fc
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey					اقِيا
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Healing Seaweeds and Gels			1	Jea
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Nori Flakes Fine (Porphyra Yezoensis)	23gm	\$6.59	140	e l
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Nori Flakes Fine (AoNori)	100gm	\$16.98		# H
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Nori Roasted Seaweed Sheets Navy (SushiNori)	100's	\$25.90		les
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Nori Roasted Seaweed Sheets Green (YakiNori)	10's	\$6.10		SS
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Wakame Dried Chopped Kelp for Soups	10gm	\$3.09		ま
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Agar, Agar Jelly	42gm	\$8.89		ļ i
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Lychee Jelles 8 per pkt	300gm	\$6.29		3
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Basil Seeds (forms healing Jel)	100gm	\$5.49		vel
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Chia Seed Black (forms healing Jel)	500gm	\$26.79		
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Chia Seed Black (forms healing Jel)	250gm	\$14.59		ste
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Chia Seed Black (forms healing Jel)	100gm	\$5.39		밀
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey				1/1/1	a ×
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Kelp Pepper (Macrocystis Pyrifera)				00
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Valere Fine Kelp Pepper Glass Shaker	25gm	\$28.19		=,
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Valere Fine Kelp Pepper Refill for Glass Shaker	25gm	\$16.29		Š
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Valere Fine Kelp Pepper	100gm	\$53.19		get
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Valere Fine Kelp Pepper	1Kg	\$132.19		t
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Wakeme Seaweed Strands For Soups	10gm	\$5.79		E
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey	Kelp Pepper (Macrocystis Pyrifera)	50gm	\$38.98		ede
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey				MILLA.	fre
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey					e e
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey					>
Tahini Hulled Achva Organic 500gm \$19.19 Sunflower Spread Toasted 180gm \$18.49 Healing Honey					و
Sunflower Spread Toasted 180gm \$18.49 Healing Honey		i	\$29.59		호
Healing Honey	Tahini Hulled Achva Organic	500gm	\$19.19		
	Sunflower Spread Toasted	180gm	\$18.49		
Beech Dew Honey Tutaki 500gm \$13.29					
	Beech Dew Honey Tutaki	500gm	\$13.29		

LHFcc Products. All Prices Include GST.	Size	Retail P5		
Healing Biscuits				600
Matzah Crackers (Safe Giant Water Crackers)	453gm	\$10.49		E Z
Healing Foods				
Buckwheat/Wheat Noodles Soba Organic	270gm	\$4.89		
Bee Pollen Mountain Valley	250gm	\$49.35		
Coconut Long Thread	250gm	\$8.79		om
Coconut Medium Thread	250gm	\$8.79	7	d.c
Coconut Fine Thread	250gm	\$8.79		00
Cocondit Tine Thread	230gm	\$0.79	1	ingf
Healing Grains			7	Know the freedom to get well, look and stay well, with the safest life healing food brands at lifehealingfood.com
Amaranth Whole Organic	500gm	\$7.89	-	fer
Amaranth Whole Organic	250gm	\$4.19		<u>=</u>
Barley Pearl Whole Organic	1Kg	\$7.49	1	ds
Barley Pearl Whole Organic	500gm	\$4.49		au
Buckwheat Whole Organic	1Kg	\$9.29		ļ
Buckwheat Whole Organic	500gm	\$7.79		000
Buckwheat Semolina Porridge	250gm	\$3.75		g fc
Durum Wheat (Old Grains) Semolina Porridge	250gm	\$2.71		틸
Konini Wheat Old Grain Purple/Red	1.5Kg	\$8.49		hea
Konini Wheat Old Grain Purple/Red	500gm	\$4.75		fe
Millet WholeGrains Organic	1Kg	\$12.29		<u>;;</u>
Millet Whole Grains Organic	500gm	\$6.49		Je
Millet Ground Organic	250gm	\$3.29		S
Millet Ground Organic	500gm	\$6.49		ફ
Oats Whole Hulled Biograins Organic	1Kg	\$12.19		불
Oats Rolled Biograins Organic	1Kg	\$12.19		,
Quinoa Red Organic	500gm	\$19.89		Ne
Quinoa Red Organic	250gm	\$9.79		
Rice Red (Wild Glutinous)	1Kg	\$12.95		sta
Rice Fragrant Organic	500gm	\$3.75		D L
Rice Black Wild	400gm	\$9.79		
Rice Wild	100gm	\$9.75		00
Rye Kibbled Organic	500gm	\$4.79		
Wheat Bulgur (Kibbled)	500gm	\$5.79	MAL	Š
Wheat Bulgur (Kibbled)	250gm	\$3.15		get
D) to
Peas	E00am	#2.0F		op
Lentils Green-Brown	500gm	\$3.95	W//A	Ge
Lentils Green-Brown Organic NZ	500gm	\$9.79		=
Lentils Split Red	250gm	\$3.29		the
Dahl Chana (Big Yellow)	500gm	\$3.69		3
Dahl Masser (Light Orange)	500gm	\$5.19	3 24	l ou
Dahl Masoor (Light Orange)	500mg	\$8.29		*
Peas Yellow Split	1Kg	\$4.79		
Chickpeas	100gm	\$3.49		
Chickpeas Savoury Snack				
Leblebi Roasted Salted Chickpeas	100gm	\$4.19	Maria	

LHFcc Products. All Prices Include GST.	Size	Retail P6	CE'
Flours			ATT S
Flour White Kialla Organic	1Kg	\$6.95	E Z
Flour Wholemeal Stoneground Organic	1Kg	\$6.09	
Flour Wholemeal Terr Farm Organic	1Kg	\$6.09	
Flour Konini/Spelt Red Wheat Terr Farm Organic	1Kg	\$6.09	100
Flour White Biograins Organic NZ	5kg	\$46.87	E
Flour Wholemeal Biograins Organic NZ	5kg	\$41.69	9
Flour Potato	500gm	\$6.49	nd stay well, with the safest life healing food brands at lifehealingfood.com
Flour Tapicoca (Arrowroot)	500gm	\$3.49	ş,
Flour Barley Organic	1Kg	\$7.09	ii g
Flour Buckwheat Organic	1Kg	\$14.76	ea
Flour Chesnut	500gm	\$21.56	e fe
Yeast for Bread	100gm	\$5.25	
Seeds			au Cal
Aniseed Seeds	50gm	\$6.19	
Basil Seeds (forms healing gel)	100gm	\$5.49	
Caraway Seeds	50gm	\$5.49	9 c
Chia Seed Black (forms healing gel)	500gm	\$27.45	<u>=</u>
Chia Seed Black (forms healing gel)	250gm	\$13.49	Se le
Chia Seed Black (forms healing gel)	100gm	\$5.39	<u>.</u>
Cumin Seed Nigella	100gm	\$3.95	# E
Fennel Seeds	50gm	\$5.49	es es
Poppy Seeds	100gm	\$3.59	S
Pumpkin Seeds	250gm	\$8.75	ᆴ
Pumpkin Seeds	100gm	\$4.79	듩
Sesame Seeds Toasted	250gm	\$5.19	>
Sesame Seeds White	250gm	\$4.69	<u>ē</u>
Sesame Seeds Black	250gm	\$3.75	X
Sesame Seeds Black	100gm	\$2.49	sta
Sunflower Seeds	500gm	\$9.79	<u> </u>
Sunflower Seeds	250gm	\$5.59	
		M. Le	8
Safe Nuts (No sulphites)			Know the freedom to get well, look a
Almonds Raw Whole	250gm	\$13.89	We
Almonds Raw Whole	100gm	\$6.19	Me to
Brazil Raw Whole	250gm	\$13.49	9
Brazil Raw Whole	100gm	\$6.45	Ē
Cashews Raw Whole	250gm	\$11.63	8
Cashews Raw Whole	100gm	\$4.75	N E
Cashews Roasted Whole	100gm	\$6.09	O T
Macadamias Raw Whole	100gm	\$9.29	A =
Safe Nuts (No sulphites)		2/8/	Ϋ́
Nuts Raisins and Cashews	250gm	\$6.09	
Nuts Raisins and Cashews	100gm	\$2.69	
Pistachio Nuts in Shell	100gm	\$6.09	
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LHFcc Products. All Prices Include GST.	Size	Retail P7		(F)
Safe Dried Fruit		1000117		Co B
Apricots Brown Turkey	250gm	\$9.39		
Bing Cherries	100gm	\$6.89		No.
Currants Greek	100gm	\$2.49		
Dates Pitted	250gm	\$3.49		
Figs Organic Turkish	250gm	\$6.59		E
Ginger (Crystallized)	100gm	\$3.98	W/	J.co
Ginger (Fresh Glazed)	100gm	\$5.29		000
Glace Cherries	250gm	\$9.29		1gfe
Mango Slices	100gm	\$4.31	1	ali
Nectarines	250gm	\$8.49		she
Papaya - Mango Slice	250gm	\$5.19	-	ij
Plum Halves (Angelina)	250gm	\$6.79		at
Pineapple Tidbits	100gm	\$4.31		ğ
Prunes (Ashlock Pitted)	250gm	\$6.79		ora
Sour Cherries	250gm	\$7.69		and stay well, with the safest life healing food brands at lifehealingfood.com
Strawberries	250gm	\$14.39		foc
Strawberries	100gm	\$5.29		ing
Sultanas Large Turkish	500gm	\$6.09		eali
Safe Dried Carob Fruit Treats				d e
Carob Ginger Dips	100gm	\$6.39		<u> </u>
Carob Prune Dips	100gm	\$5.29		est
Carob Strawberries Dips	100gm	\$6.12		saf
Carob Almonds with lactose	100gm	\$5.19		he
Carob Raisins with lactose	100gm	\$4.39		ih t
Yoghurt Raisins	100gm	\$3.75		, ši
				=
Safe Spices/Natural flavourings				Š
Asafoetida	50gm	\$3.49		tay
Basil leaves	20gm	\$2.45		s p
Cassia Bark	50gm	\$1.78		
Cardamom Powder	50gm	\$7.79		V voc
Cardamom Seeds	50gm	\$9.29		<u> </u>
Cinnamon Powder	100gm	\$9.75	MIL	<mark>∧e</mark>
Cinnamon Powder	50gm	\$5.19		et
Coriander Powder	50gm	\$5.39		0 8
Coriander Seeds Whole	50gm	\$2.69		m t
Cumin Powder	50gm	\$5.89		9
Dill Leaves	20gm	\$3.67) e
Fenugreek Powder	50gm	\$2.69		- -
Fenugreek Whole Organic	100gm	\$3.28	44	‡
Fish Sauce	200ml	\$4.49		Ž
Ginger Powder Organic	100gm	\$3.98		Know the freedom to get well, look
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)	55gm	\$8.78	1	
Wasabi Original (uncoloured)	170gm	\$8.78		

LHFcc Products. All Prices Include GST.	Size	Retail P8		(S
Spices/Natural flavourings				STEE S
Sage Rubbed	20gm	\$1.69		
Thyme Rubbed	20gm	\$3.19		
Turmeric Powder	100gm	\$5.89		
				ᆮ
Green Herb Spread (Tasty)				Cor
Waikeke Herb Spread (Glass Jar)	60gm	\$9.18		od.
Waiheke Herb Spread (Glass Jar)	200gm	\$17.79	4	sfo
				Know the freedom to get well, look and stay well, with the safest life healing food brands at lifehealingfood.com
Merav's Green Prescription Recipes			1	леа
A. Homemade Healthy Bread	1	\$3.50		ifel
B. Homemade Healthy Muesli	1	\$3.50		atl
C. Homemade Healthy Dakar	1	\$3.50		ds
D. Homemade Healthy Savoury Stock	1	\$3.50	1	an
E. Homemade Healthy Tahini Sauce (Sesame)	1	\$3.50		Q F
G. Homemade Healthy Lentil & Pumpkin Soup	1	\$3.50		00
H. Homemade Healthy Sunflower Spread	1	\$3.50		g f
I. Cod Liver Oil with Orange Juice Directions	1	\$3.50		i i
J. Healthy Food Ideas & Food Plans	1	\$3.50		he
K. Slippery Elm Pure Powder Directions	1	\$3.50		<u>i</u> e
L. Healthy Barley water/grains/rice/ tea/coffee	1	\$3.50		st l
M. Homemade Healthy Red Sweet Salad	1	\$3.50		afe
N. Homemade Healthy Carrot Cake	1	\$3.50		e Š
O. Homemade Healthy Vegetable Grain Soup (C)	1	\$3.50		ļ ţ
P. Homemade Healthy Muesli Bar	1	\$3.50		ļ ţ
Q. Homemade Healthy Tabouli Salad	1	\$3.50		, ,
R. Healthy Soymilk Directions	1	\$3.50		Ne
S. Homemade Healthy Fruit Cake	1	\$3.50		a ×
T. Homemade Healthy Sushi	1	\$3.50		Sta
U. Homemade Healthy Kimchi Winter Salad	1	\$3.50		auc
V. Homemade Healthy Hummus	1	\$3.50		<mark>%</mark>
W.Homemade Healthy Gluten-Free Bread	1	\$3.50		Ŏ
X. Homemade Healthy Gluten-Free Date-Slice	1	\$3.50		e ,
			A L	t (
External Healing Products				ge
Ionised Toothbrushes/Toothpaste				to
Natural fiber - Cleaning Plague -Toothbrush	1	\$22.98		οŭ
Miessence Mint Toothpaste	1	\$29.79		ed
			MA.	f e
Poultices				he
Bentonite Clay Poultice	100gm	\$8.00	THE N	×
Slippery Elm Powder	25gm	\$13.50		l ou
				-
External Healing Organic Hair Products	F00 '	+ 40. 55		
Viola Organics Shampoo	500ml	\$49.69		
Aubrey Organics Conditioner	325ml	\$69.89		

LHFcc Products. All Prices Include GST.	Size	Retail P9		
Logona Hair Products: Organic Plant Oils	J			TO B
Honey Beer Shampoo for Volume and Fragile Hair	250ml	\$38.98		
Nettles Essential Family Hair Care Shampoo	250ml	\$38.98		
Ginkgo Repair Shampoo for Dry and Brittle Hair	250ml	\$38.98		
Lemonbalm Balanced Shampoo for Oily Hair	250ml	\$38.98		
Jojoba Treatment: Dry & Damaged Hair Repair	150ml	\$31.89		
,		1	A/	nd stay well, with the safest life healing food brands at lifehealingfood.com
Country Creams			4	d.c
Aegon Oil	10ml	\$63.39		foo
Lemon Calendula Cleansing Cream	100gm	\$79.89	1	ing
Cream of Roses Moisturizer	100gm	\$79.89		eal
Cream of Jasmin Moisturizer	100gm	\$79.89		eh
Calendula & Manuka Honey Moisturizer:J,Y,R	100gm	\$79.89		t lii
Body Butter with Shea Cream, Roses	100gm	\$89.79		s a
Body Butter with Shea Cream, Jasmin	100gm	\$89.79	1	ne.
Body Butter with Shea Cream, Ylang Ylang	100gm	\$89.79		bra
Arnica & Calendula Massage Oil/Wax: L,R, J	100gm	\$64.49		oq
Cream Perfumes: Jasmin, Lavender, Rose (pkt 3)	10gm	\$36.89		g fo
Lip Balm: Lavender, Rose, Vanilla [pkt 3)	5gm	\$18.39		ling
Lavender Natural Soap Blocks: Olive oil, Coconut	Bar	\$7.89		ıea
Lavender Oil	10ml	\$59.39		fe F
Deodorant Cream: Lavender, Rose	100gm	\$79.89		t III
Foot Cream Relief & Deodorant: Lavender	50gm	\$46.09		fes
Foot Cream Relief & Deodorant: Lavender	100gm	\$79.89		Sa
				the
External Healing Creams, Salves, Tinctures				ith
Cocsulphprop Cream	50gm	\$34.95		Α,
Clovslipp & Cocsulphprop Cream	50gm	\$34.95		l lell
E Balm Muscle and Joint Relief	500gm	\$157.69		×
E Balm Muscle and Joint Relief	100gm	\$56.68		sta
E Balm Muscle and Joint Relief	50gm	\$32.09	100	nd
Epropbalm	50gm	\$34.95		k a
Epsom Salts Crystals	350gm	\$2.94		00
Eucalyptus Oil	25ml	\$13.19	Male	=
Friar's Balsam	50ml	\$15.08		We
Iodine Tincture	25ml	\$15.08		get
Magnesium Sulphate Paste	80gm	\$14.79		to
Petrozincsulprop Ointment	50gm	\$34.95		E
Propolis Extract Comvita	25ml	\$55.89		edc
Propolis Tincture Comvita	25ml	\$41.39		fre
Propolis Oral Spray Comvita	20ml	\$55.89	All A	<u>e</u>
Rawleighs Antiseptic Salve	140gm	\$48.97	1 1	Know the freedom to get well, look a
Rawleighs Medicated Ointment	140gm	\$48.97	2	10
Rawleighs Headclear (Was Ready Relief)	30ml	\$39.77		Ā
Tea Tree Oil 100%	25ml	\$14.79		
Witchhazel	100ml	\$8.59		
			9/20-	
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LHFcc Products. All Prices Include GST.	Size	Retail P10		~
Waiheke Herbs Island Essence Range		11010111110		C. B
Lip balms: Mint. Berry. Orange. Liquorice.	10gm	\$6.59		
Cremes: Rose	50gm	\$27.89		ES .
Cremes: Spring. Summer. Autumn.	50gm	\$24.19		
Balm: Winter	50gm	\$19.58		
Spray: Lavender Moisture Mist Spray	125ml	\$21.19		_
		Ţ		con
Safe Living Products			7 V	nd stay well, with the safest life healing food brands at lifehealingfood.com
Rotokohu Blue				gfo
Therapeutic Eye Pillow	1	\$36.79	1	ling
Lavender Oil	12ml	\$29.89		lea
Lavender Wheat Bags	1	\$36.79	-	ifel
Lavender Perfume Sleep Bags Sachets	1	\$15.75		ıt li
Lavender Perfume Cocoa Butter Soap	1	\$13.79		ds a
Als Repel Natural Insect Repellant	60ml	\$18.39		anc
Soap Blocks:Lavender	1	\$13.89		br
				bod
Tea Infusers				g fc
Stainless Steel Tea Cup Infusers	Each	\$8.95		ا ا
House Shaped Steel Tea Infusers	Each	\$14.97		Jea
Large Stainless Steel Tea Cup Infusers	Each	\$21.14		le l
Mesh Teaball Stainless Steel Tea Infuser	Each	\$14.97		st li
				afe
Stainless Steel Water Bottles				e Si
Ecotanka Supa Tanka	1.2 litre	\$43.79		ţ
Ecotanka Sports Tanka	800ml	\$39.09		ith
Ecotanka Mini Tanka	600ml	\$27.89		3
Ecotanka Teeny Tanka	350ml	\$25.39		Vell
				ay v
Water Purifier Units Plus Cartridge Disc/App				st
Travel Microlene Water Filter Purifier EWMTF1	60-120 days	\$119.00		and
Travel Microlene Water Filter Purifier EWMTUB1	2-3 yr life	\$379.00		ok 8
Descum Marine Socks				l, lo
Possum Merino Socks	3/4 Height	\$44.50	MI	vel
Possum Merino Fine Socks knee, S, M, L	<u> </u>	·		et v
Possum Merino Rib Socks, S, M, L	Ankle Height	\$43.69		o ge
Sachets (Keeps veges fresh in fridge)				m t
Extra Fresh (Keep veges fresh in fridge 60 days)	1	\$5.98	111/A	opa
				fre
Sushi Mats Small & Large			W/	Je l
Sushi Bamboo Mats Large	27 x 27 cm	\$6.97	1	۱ 🖈 ا
Sushi Bamboo Mats Small	24 x 21 cm	\$4.95	20.	Know the freedom to get well, look a
Massage Brushes for Lymph Cleansing				Y
Loofah Back Massage Brush (light wooden stick)	1	\$19.95		
Loordin back massage brush (light wooden stick)	1	φ13.33	1	
			All	
	<u> </u>			

LHFcc Products. All Prices Include GST.	Size	Retail P11		(F)
Sante Organic Cosmetics Germany				COS P
Coversticks, Concealer Pencils				
Sante Coverstick Light 01	1	\$37.89		,
Sante Coverstick Medium 02	1	\$37.89		
Soft Cream Foundation				_
Sante Soft Cream Foundation Porcellan 01	30ml	\$61.69		COU
Sante Soft Cream Foundation Light Beige 02	30ml	\$61.69	4	od.
Sante Soft Cream Foundation Sunny Beige 03	30ml	\$61.69		şfo.
			1	nd stay well, with the safest life healing food brands at lifehealingfood.com
Sante Organic Cosmetics Germany				lea
Pressed Powder				fer
Sante Pressed Powder Porcelain 01	9gm	\$61.69		at I
Sante Pressed Powder Light Sand 02	9gm	\$61.69		ds
Sante Pressed Powder Golden Beige 03	9gm	\$61.69		a l
				l q
Blusher/Rouge				00
Sante Rouge Silky Terrra 01	6.5gm	\$49.59		g fe
Sante Rouge Silky Mallow 02	6.5gm	\$49.59	1	<u>=</u>
Sante Rouge Silky Magnolia 03	6.5gm	\$49.59	1201	he
				ife
Eye Shadow Base				st
Sante Eyeshadow Base Loose Powder	1gm	\$25.16		afe
				e Si
Eye Shadow Trio				井
Sante Eye Shadow Trio Rose 01	4.5gm	\$49.59		ţţ
Sante Eye Shadow Trio Aubergine 02	4.5gm	\$49.59		<u>-</u> ,
Sante Eye Shadow Trio Rose Wood 03	4.5gm	\$49.59		We
Sante Eye Shadow Trio Natural Green 04	4.5gm	\$49.59		a A
Sante Eye Shadow Ocean Blue 05	4.5gm	\$49.59		d st
Sante Eye Shadow Trio Natural Smokey Eyes 06	4.5gm	\$49.59		auc
Eyeshadow Sticks Wood		107.00		Know the freedom to get well, look a
Sante Eyeshadow Stick Sliver 02	1	\$37.89		9
Sante Eyeshadow Stick Blue 03	1	\$37.89	MIL	ell
Sante Eyeshadow Stick Olive 05	1	\$37.89		ļ ķ
Sante Eyeshadow Stick Coffee 08	1	\$37.89		ge
V - 1 = -P				할
Kajal Eyeliners		#27.00		<u> 0</u>
Sante Kajal Eyeliner White 00	1	\$37.89		l eed
Sante Kajal Eyeliner Night Blue 04	1	\$37.89		¥
Sante Kajal Eyeliner Deep Brown 06	1	\$37.89		ihe
Sante Kajal Eyeliner Anthracite 07	1	\$37.89		
Sante Kajal Eyeliner Deep Black 08	1	\$37.89		l ou
Sante Kajal Eyeliner Petrol 10	1	\$37.89		
Diplinare Liquid Evalinare	+	_		
Dipliners, Liquid Eyeliners Santo Dipliners Sparkling Brown 01	1	¢44.10		
Sante Dipliners Sparkling Brown 01	1	\$44.19		
Sante Dipliners Sparkling Silver 02	1	\$44.19		
Sante Dipliners Black Glamour 03	1	\$44.19		

LHFcc Products. All Prices Include GST.	Size	Retail P12		(F)
Mascara				Care 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 Brown 04	7ml	\$39.59		
Sante Mascara Perfect Definition Brown 05	7ml	\$39.59		
		7-0-1-0-1		om
Sante Organic Cosmetics Germany				nd stay well, with the safest life healing food brands at lifehealingfood.com
Lashes			4	foc
Sante Lash Balm	1	\$37.89		ing
Sante Hypnotic Lashes	4ml	\$75.98	1	eal
				feh
Eyebrow Pencils Wood			-	t II
Sante Eyebrow Pencil Blonde 01	1	\$37.89		ls a
Sante Eyebrow Pencil Brown 02	1	\$37.89	1	anc
				bra
Lip Duo Contour & Gloss				od
Sante Lip Duo Contour & Gloss Nude Look 01	1	\$44.19	Mark.	g fo
Sante Lip Duo Contour & Gloss Natural Look 02	1	\$44.19		ling
Sante Lip Duo Contour & Gloss Glamorous Look 03	1	\$44.19		lea
				fe F
Lipsticks				; t
Sante Lipsticks Light Pink 01	1	\$46.89		fes
Sante Lipsticks Pink Rose 02	1	\$46.89		Sa
Sante Lipsticks Pink Clover 04	1	\$46.89		the
Sante Lipsticks Pink Tulip 05	1	\$46.89		ith
Sante Lipsticks Brown Red 10	1	\$46.89		×,
Sante Lipsticks Nude Beige 11	1	\$46.89		le]
Sante Lipsticks Nude Mellow 13	1	\$46.89		×
Sante Lipsticks Nude Cacao 14	1	\$46.89		sta
Sante Lipsticks Coral Pink 21	1	\$46.90		nd
Sante Lipsticks Soft Red 22	1	\$46.89		k a
Sante Lipsticks Poppy Red 23	1	\$46.89		00
Sante Lipsticks Raspberry Red 24	1	\$46.89		
				N N
Lip Glosses				get
Sante Lipgloss Nude Rose 01	8ml	\$41.79		to
Sante Lipgloss Nude Silk 02	8ml	\$41.79		E
Sante Lipgloss Peach Pink 03	8ml	\$41.79		edc
Sante Lipgloss Red Pink 04	8ml	\$41.79		fre
				je i
Nail Polish Remover				
Sante Nail Polish Remover	100ml	\$25.19		Know the freedom to get well, look a
				호
Eye Make Up Remover			W N	
Sante Eye Make Up Remover	100ml	\$25.19	1 1	
			7 34	
Hand Cream				
Sante Hand Cream Organic Goji & Olive	30gm	\$23.58	The Name	

LHFcc Products. All Prices Include GST.	Size	Retail P13	
Sante Organic Cosmetics Germany			
Accessories			
Sante Accessorie Powder Brush, Large	1	\$44.19	
Sante Accessorie Travel Powder Brush	1	\$44.19	
Sante Accessorie Sharpener	1	\$12.39	
		A.	
Facial and Body Care			1
Crystal Roll-on Deodorant - Pure Spirit	50ml	\$25.19	1
Crystal Roll-on Stick - Pure Spirit	100gm	\$41.58	
		1	k
Nail Polish			
Sante Nail Polish French Clear 01	7ml	\$46.79	
Sante Nail Polish French White 02	7ml	\$46.79	
Sante Nail Polish French Pearl 03	7ml	\$46.79	
Sante Nail Polish French Rose 03	7ml	\$46.79	
Sante Nail Polish Metallic Lavendar 03	7ml	\$46.79	
Sante Nail Polish Shiny Pink 03	7ml	\$46.79	
Sante Nail Polish Shiny Magenta 03	7ml	\$46.79	
Sante Nail Polish Warm Red 03	7ml	\$46.79	
Sante Nail Polish Passion Red 03	7ml	\$46.90	
Sante Nail Polish Aurbergine Red 03	7ml	\$46.79	1
Sante Nail Polish Coral Pink 03	7ml	\$46.79	
Sante Nail Polish Poppy Red 03	7ml	\$46.79	
Sante Base Coat Protective 200	7ml	\$46.79	
Sante Top Coat Untouchable 201	7ml	\$46.79	
			A
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