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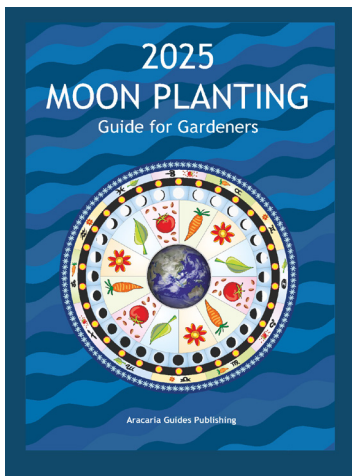
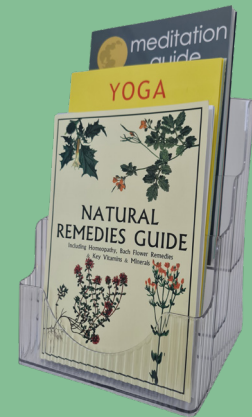
# 2025 HEALTH CATALOGUE



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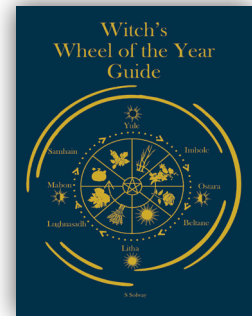
### 2025 MOON PLANTING GUIDE FOR GARDENERS

• RRP \$12.00 • 15/09/2024



Put the Moon to work in your garden. Growing by the lunar rhythms' dates back to many ancient civilisations and is increasingly popular with gardeners today. The Moon has been part of the planting and growing process of most early cultures throughout the world.

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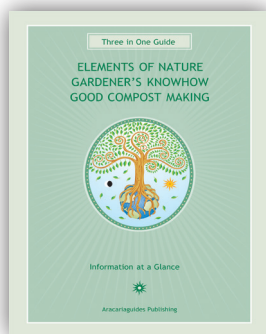


### WITCH'S WHEEL OF THE YEAR GUIDE

**ARACARIA**

Discover the Witch's Wheel in this concise guide by a seasoned Queensland-based Witch. Delve into the 8 festivals cherished by Pagans and Wiccans worldwide, exploring the Wheel's history, the Sabbats, their elements, and beginnerfriendly spellworking tips.

• RRP \$12.00 • 1/03/2024

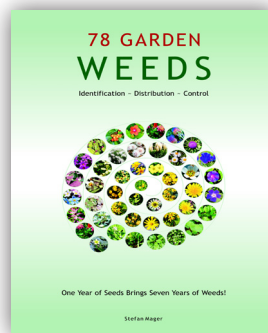


### 3 IN 1 ELEMENTS OF NATURE GDE: COMPOST (ARACARIA)

**ARACARIA**

A concise and informative overview of three fascinating subjects, presented in one eight page fold out chart with many colourful illustrations.

• RRP \$12.00 • 11/06/2010

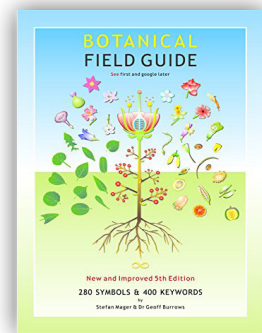


### 78 GARDEN WEEDS (ARACARIA)

**ARACARIA**

The first priority of weed management is preventing the introduction of weeds. This requires vigilance on the part of the gardener.

• RRP \$12.00 • 2/05/2012



### BOTANICAL FIELD GUIDE (ARACARIA)

**ARACARIA**

This Guide offers, in symbol and keyword format, a substantial overview of the plant world.

• RRP \$12.00 • 1/07/2007

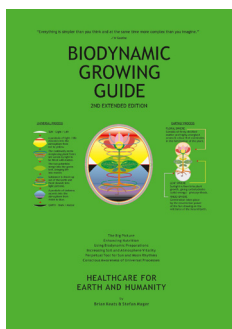


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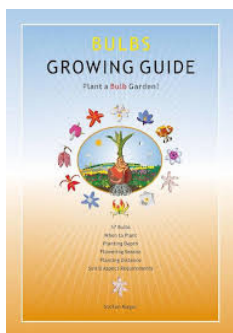


### BIODYNAMIC GROWING GUIDE CHART (ARACARIA)

ARACARIA

Biodynamics is enjoying worldwide growth. There is an increasing awareness in the community of food quality and production methods. Those who have heard of biodynamics associate it correctly with high quality, non-chemical, organically grown and flavoursome top-of-the-range produce.

• RRP \$12.00 • 1/03/2006

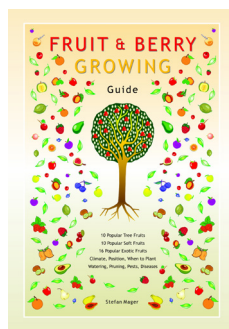


### FLOWERING BULBS GROWING GUIDE (ARACARIA)

ARACARIA

The Bulbs Growing Guide introduces 57 flowering bulbs. Most of them can be grown in the home garden. Knowing what to grow, where and when will make the garden more beautiful and enjoyable.

• RRP \$12.00 • 1/04/2009

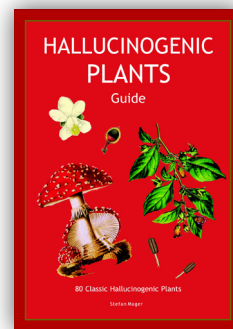


### FRUIT AND BERRY GROWING GUIDE (ARACARIA)

ARACARIA

Our Fruit and berry Growing Guide helps gardeners by providing all the important information needed to grow these plants. Ten tree fruits and ten soft fruits are discussed; details include climate, position, when to plant, how to plant, watering, pruning, pests and diseases.

• RRP \$12.00 • 4/11/2010

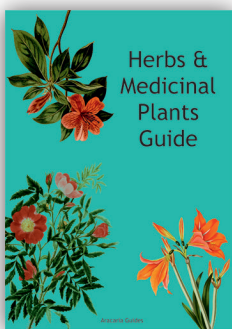


### HALLUCINOGENIC PLANTS GUIDE (ARACARIA)

ARACARIA

This Guide introduces 80 hallucinogenic plants from all over the world. Many common garden shrubs have known mind altering effects. Each plant is described and pictured.

• RRP \$12.00 • 1/09/2013

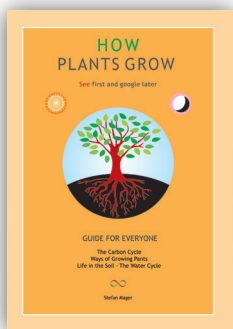


### HERB & MEDICINAL PLANTS GUIDE (ARACARIA)

ARACARIA

72 popular herbs and plants are profiled in this guide. Almost all of them can be grown in your own home garden. This guide provides easy to reference information about how to go about doing this at home (including what to grow, where and when).

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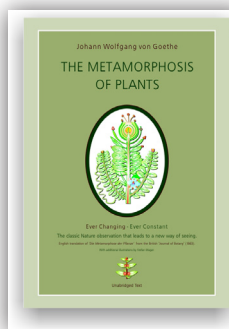


### HOW PLANTS GROW (ARACARIA)

ARACARIA

This guide offers a spectacular overview of nature's growing process. Richly illustrated and profoundly illuminating. Subjects include: The Big Picture Water Cycle Photosynthesis Carbon Cycle Silica Lime Polarity Chemical Growing Carbon Dioxide Cycle and more!

• RRP \$12.00 • 1/08/2008

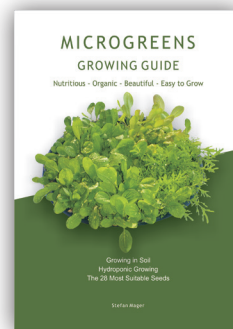


### METAMORPHOSIS OF PLANTS (ARACARIA)

ARACARIA

Goethe acquaints the reader with the organs of the plant, with their physiological functions and the roles that they must play in the plant economy. He observes the course of development, the metamorphoses to which the individual parts must adapt.

• RRP \$7.50 • 27/02/2008



### MICROGREENS GROWING GUIDE (ARACARIA)

ARACARIA

This Guide provides all the information on growing your own mess-free microgreens in your own kitchen. Within weeks you will benefit from this great gift of nature.

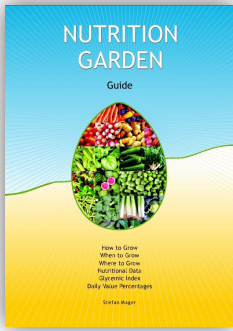
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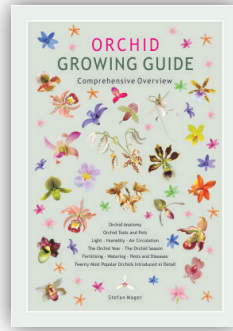


### NUTRITION GARDEN GUIDE (ARACARIA)

ARACARIA

Growing your own Superfood Garden has many benefits, both for your health and finances. Each of the 24 vegetables presented in this Guide is easy to grow in all climate zones. Many can be grown in containers and on balconies.

• RRP \$12.00 • 1/04/2013

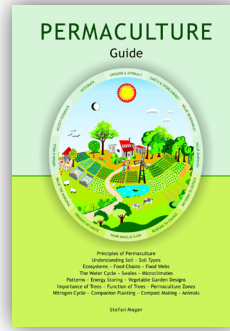


### ORCHID GROWING GUIDE (ARACARIA)

ARACARIA

With an estimated 25,000 different types existing naturally, the orchid family is not only the largest but also one of the most diverse plant flowering families in the world. Since ancient time orchids have been associated with love, luxury and beauty.

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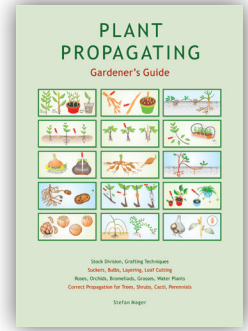


### PERMACULTURE GUIDE (ARACARIA)

ARACARIA

Permaculture seeks to mimic natural ecosystems by creating designs based on a philosophy of working with nature. This Guide provides a broad overview of the subject, enabling you to introduce permaculture concepts without delay.

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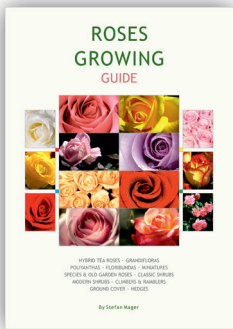


### PLANT PROPAGATING GARDENER'S GUIDE (ARACARIA)

ARACARIA

This useful Guide discusses stock division, grafting techniques, suckers, bulbs, layering, leaf cutting, roses, orchids, bromeliads, grasses, water plants and correct Propagation for Trees, Shrubs, Cacti, Perennials.

• RRP \$12.00 • 5/05/2011



### ROSE GROWING GUIDE (ARACARIA)

ARACARIA

Growing roses is one of the great pleasures of gardening. This Guide provides a comprehensive and colourful overview of the rose world. The popular rose varieties are introduced, there is a rose glossary and a rose grower's activities year.

• RRP \$12.00 • 20/05/2015

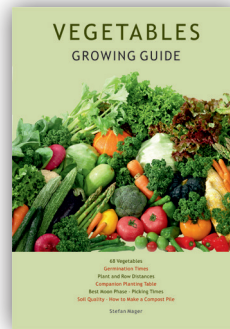


### SEED COLLECTING GUIDE (ARACARIA)

ARACARIA

Seeds from your own crops are accustomed to your climate and soil and likely to be more resilient to pests in your areas. Collecting and saving your own seed is easy with this A4, fold-out, full-colour, laminated chart. Australian.

• RRP \$12.00 • 1/11/2009

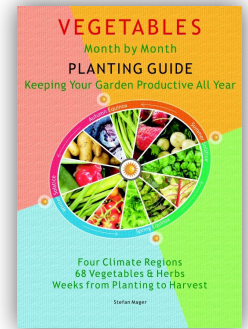


### VEGETABLES GROWING GUIDE (ARACARIA)

ARACARIA

An introduction to 68 delicious vegetables that can easily be grown to provide fresh and nutritious food from your home garden.

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### VEGETABLES MONTH BY MONTH PLANTING GUIDE (ARACARIA)

ARACARIA

This Guide will help substantially. Specific vegetables are suggested for planting every month in each of the four climate zones. Planting to harvesting cycles are given, allowing the gardener to achieve seamless planting and harvesting all year round.

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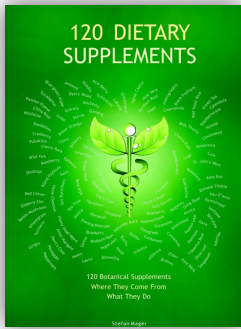
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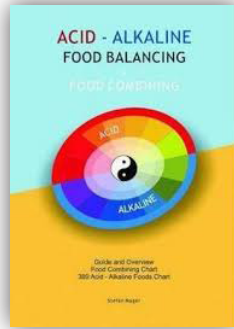


### 120 DIETARY SUPPLEMENTS (ARACARIA)

ARACARIA

This chart is a comprehensive guide to dietary supplements and botanical dietary supplements and illustrates why vitamins, minerals, herbs, amino acids, and botanicals are valued for their medicinal and therapeutic properties.

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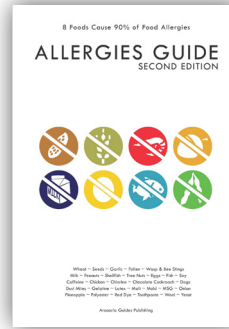


### ACID-ALKALINE FOOD BALANCING GUIDE (ARACARIA)

ARACARIA

This Guide lists 389 foods according to their acid or alkaline forming potential as well as providing an easy to follow overview to food combining.

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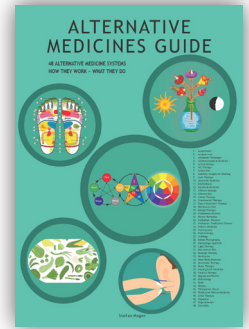


### ALLERGIES GUIDE, 2ND EDITION (ARACARIA)

ARACARIA

The Allergies Guide, 2nd Edition, provides an important revised and updated overview of the allergy subject. Allergies of some kind affect up to 30% of adults and 40% of children worldwide. In this updated edition, 8 of the most common allergies, their symptoms and foods to avoid are summarized.

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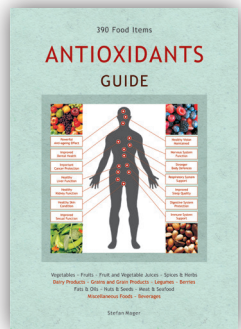


### ALTERNATIVE MEDICINES GUIDE (ARACARIA)

ARACARIA

This guide outlines how many traditional healing systems and alternative medicines attempt to heal the body as a whole rather than exclusively focus and treat the symptoms of a disease.

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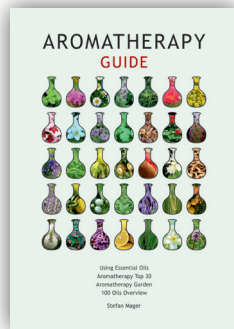


### ANTIOXIDANTS GUIDE (ARACARIA)

ARACARIA

Antioxidants are chemicals that oppose or neutralise oxidation in cells. This is important because oxidation reactions can produce free radicals and research indicates that free radicals can cause damage to nerve cells in the brain, arthritis, damage to eyesight, premature ageing, increased risk of heart attack and certain cancers.

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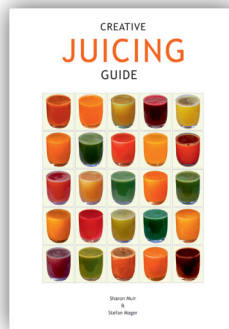


### AROMATHERAPY GUIDE (ARACARIA)

ARACARIA

A concise and informative overview of essential oils, the aromatherapy top 30 oils and extraction methods, and aromatherapy garden, presented in one eight page fold out chart with many colourful illustrations.

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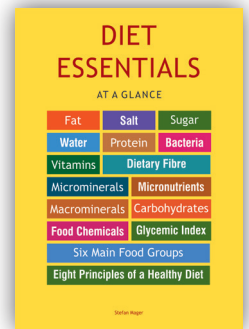


### CREATIVE JUICING (ARACARIA)

ARACARIA

Juicing is the process of extracting juice from fruit or vegetables. Juicing has become a popular way of supplying excellent nutrition to the body. This guide provides 27 recipes for a wide spectrum of delicious and healthy juices.

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### DIET ESSENTIALS: LET FOOD BE YOUR MED (ARACARIA)

ARACARIA

Good Nutrition is about finding the right balance between carbohydrates, protein, fat, fibre and micronutrients. Good nutrition reflects in the body's functions and also in its appearance. Eyes, skin, hair and teeth are indicators of how well the body is nourished.

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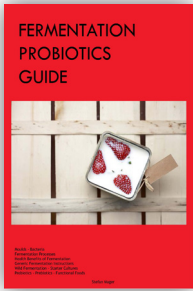


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### FERMENTATION PROBIOTICS GUIDE (ARACARIA)

Fermentation refers to the transformative action of microorganisms. This Guide offers an overview of food fermentation and opens the door for further research as well as practical experimentation.

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### FOOD ADDITIVES GUIDE (ARACARIA)

Food additives are substances added to food to enhance taste and appearance, improve shelflife and assist in the manufacturing processes. Many people wish to know what these food additive codes stand for.

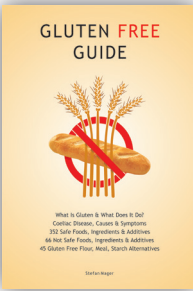
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### GLUTEN FREE GUIDE 2ND ED (ARACARIA)

The second edition of the popular Gluten Free Guide offers an updated and accessible overview of gluten and its effects on the digestive systems of individuals who may be intolerant or allergic to it.

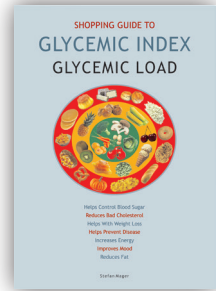
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### GLUTEN FREE GUIDE (ARACARIA)

An A4-size, 8-page, laminated, fold-out, full-colour chart including the following information: - What Is Gluten & What Does It Do? - Coeliac Disease, Causes & Symptoms, 352 Safe Foods, Ingredients & Additives, 66 Not Safe Foods, Ingredients & Additives, 45 Gluten Free Flours, Meats, Starch Alternatives.

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### GLYCEMIC INDEX (ARACARIA)

The Glycemic Index measures the impact of carbohydrate containing foods on blood sugar levels. Foods with higher index values raise blood sugar more rapidly than foods with lower glycemic index values do.

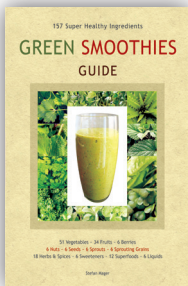
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### RAW FOOD GUIDE, THE (ARACARIA)

Understanding the principles of raw food and incorporating them, at least to some extent, into the daily diet routine, will bring immediate health benefits, add life-energy and a provide a feeling of vitality and wellbeing.

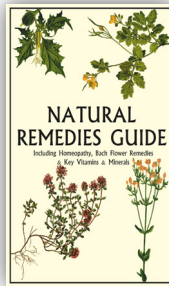
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### GREEN SMOOTHIES GUIDE (ARACARIA)

Green Smoothies can be made from a huge variety of whole, raw vegetables, fruit and other nourishing ingredients. The Green Smoothies Guide introduces 157 popular smoothie ingredients and provides a nutritional overview of each.

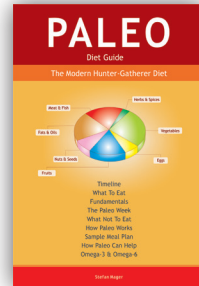
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### NATURAL REMEDIES GUIDE (ARACARIA)

Natural remedies often involve the use of plants, minerals and other naturally occurring substances to assist in helping to balance the body's health and well being. This Guide provides a simply, easy-to-understand overview.

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### PALEO DIET (ARACARIA)

Paleo adherents know that the diet of the paleolithic people cannot be simply duplicated. This Guide provides an overview to this increasingly popular way of organising food groups, rejecting some and embracing others.

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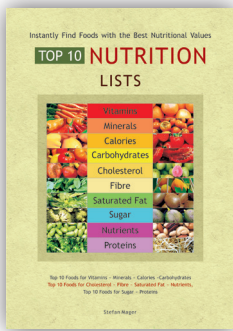


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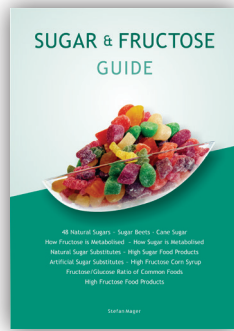


### TOP 10 NUTRITION LISTS (ARACARIA)

#### ARACARIA

The Top 10 Nutrition Lists can save a lot of research time. This guide provides 41 Top 10 Lists of a wide variety of nutrients including vitamins, minerals, calories, carbs, cholesterol, fibre, sugar, nutrients and proteins.

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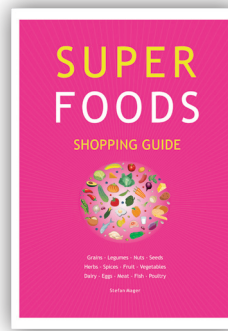


### SUGAR & FRUCTOSE GUIDE (ARACARIA)

#### ARACARIA

For the aware person it is sensible to have some knowledge of what sugar is, how the body metabolises it, what the risks are and what alternatives are available. The importance of these health choices cannot be overestimated.

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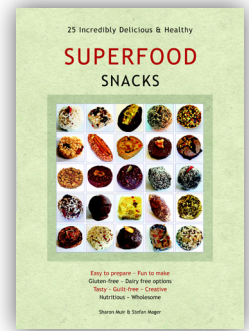


### SUPER FOODS SHOPPING GUIDE (ARACARIA)

#### ARACARIA

This Guide will help to make shopping easier. A quick glance enables you to make the best nutritional choices when buying food. Includes, fruits, vegetables, nuts & seeds, herbs & spices, meat & fish.

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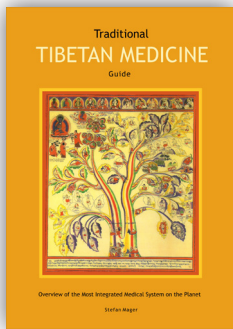


### SUPERFOOD SNACKS (ARACARIA)

#### ARACARIA

Superfood Snacks are extremely healthy. The 25 recipes presented in this Guide introduce a range of snacks that are delicious, full of goodness, easy to prepare and satisfying to eat. The ingredients are readily available. All you need is a food processor and the fun can start.

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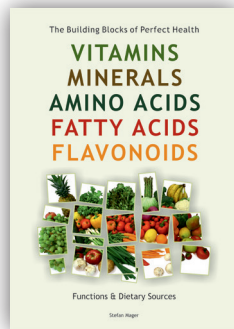


### TRADITIONAL TIBETAN MEDICINE GUIDE (ARACARIA)

#### ARACARIA

The three great ancient medical systems in Asia are Indian Ayurveda, Traditional Chinese Medicine and Tibetan Medicine. These healing systems have been practiced for thousands of years and together contain a vast knowledge of practical methods to achieve and maintain good health and well being.

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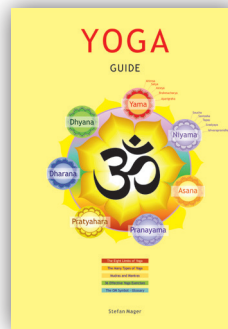


### VITAMINS, MINERALS, AMINO ACIDS, FATTY ACIDS... (ARACARIA)

#### ARACARIA

This Guide provides a detailed list of the 19 vitamins, the 7 important macro minerals, 11 essential trace minerals, 8 flavonoids, the 4 fatty acids and 22 important amino acids. The information is arranged in easy to follow, colour-coded charts.

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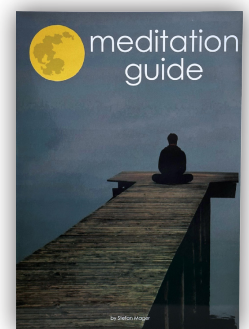


### YOGA GUIDE (ARACARIA)

#### ARACARIA

The practice of Yoga is ancient and it is believed that Shiva handed down the knowledge to his divine consort Parvati. To benefit from Yoga one does not necessarily have to embrace any philosophical or religious concepts.

• RRP \$12.00 • 1/08/2016



### MEDITATION GUIDE (ARACARIA)

#### ARACARIA

Mediation is a valuable tool, used for thousands of years to calm the mind and promote emotional and physical wellbeing. It is designed to focus attention on the present moment. It is also an effective way to reduce stress.

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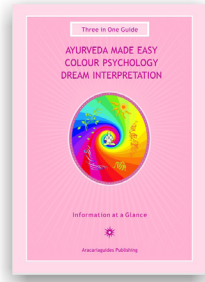
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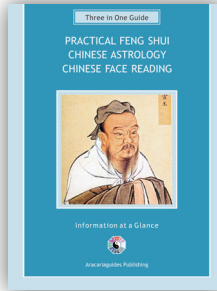




### 3 IN 1 GDE: AYURVEDA COLOUR DREAM (ARACARIA)

A concise and informative overview of colour, psychology and dream interpretation, present-ed in one eight page fold out chart with many colourful illustrations.

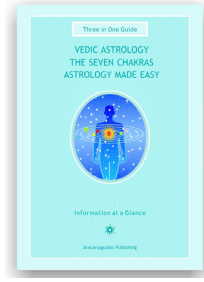
• RRP \$12.00 • 11/06/2010



### 3 IN 1 GDE: FENG SHUI CHINESE ASTROLOGY (ARACARIA)

You will have a lot of fun with this colourful production! Practical Feng Shui: Feng shui, is the Chinese art of arranging buildings, objects, and space in the environment

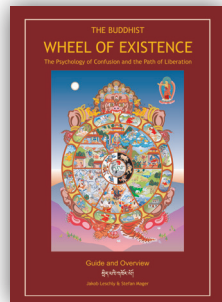
• RRP \$12.00 • 1/11/2009



### 3 IN 1 GUIDE: VEDIC ASTROLOGY SEVEN CHAKRA (ARACARIA)

A concise and informative overview of vedic astrology, the seven chakras, and astrology made easy, presented in one eight page fold out chart with many colourful illustrations.

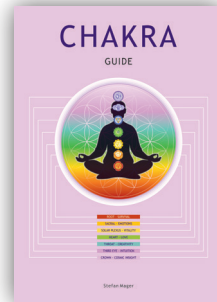
• RRP \$12.00 • 11/06/2010



### BUDDHIST WHEEL OF EXISTENCE (ARACARIA)

This richly illustrated guide takes you through detailed explanations of the six realms and 12 conditions of the ancient Buddhist teaching device the Wheel of Existence.

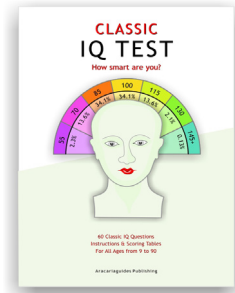
• RRP \$12.00 • 1/08/2008



### CHAKRA GUIDE (ARACARIA)

The concept of chakras can be found in many cultures including Indian, Tibetan and Chinese. Chakras relate to the 'subtle body' which corresponds to a 'subtle plane' of existence.

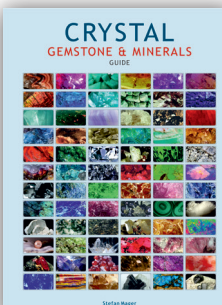
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### CLASSIC IQ TEST (ARACARIA)

This publication presents a sixty-part test based on classic IQ test variations which include mathematical, logical, verbal and conceptual tasks.

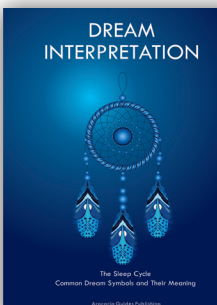
• RRP \$12.00 • 1/10/2012



### CRYSTAL & GEMSTONE GUIDE (ARACARIA)

Pieces of minerals that divide into precious and semi-precious stones. Broadly speaking, diamond, ruby, sapphire and emerald are considered 'precious' while all others are semi.

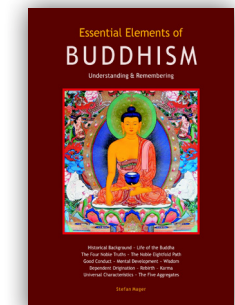
• RRP \$12.00 • 15/10/2015



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It provides an overview of the tools which can be applied to better remember and interpret dreams. In addition, it contains a straightforward, summarized.

• RRP \$12.00 • 1/11/2017



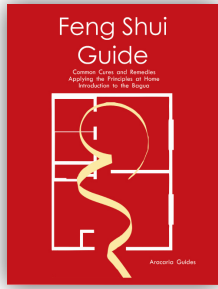
### ESSENTIAL ELEMENTS OF BUDDHISM (ARACARIA)

This Guide presents the foundations of Buddhist thinking in clear terms with some simple diagrammatic illustrations.

• RRP \$12.00 • 5/05/2011



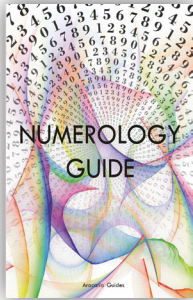




### FENG SHUI GUIDE (ARACARIA)

Feng Shui is the ancient Chinese art of arranging buildings, objects and spaces in the environment in order to achieve favourable energy flow, harmony, and balance.

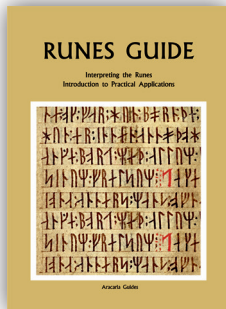
• RRP \$12.00 • 1/01/2023



### NUMEROLOGY GUIDE (ARACARIA)

Numbers are an integral part of everyday life. They appear in things all around us. Numerology is the study of the relationship between numbers and people, events and more

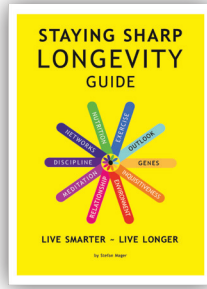
• RRP \$12.00 • 1/07/2019



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Runes have a long history dating back to over 2000 years. This ancient system of symbols have for centuries been used as tools in divination.

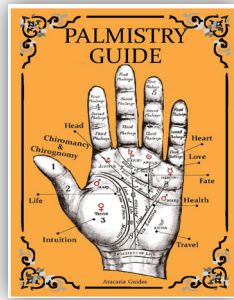
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### LONGEVITY GUIDE (ARACARIA)

This Guide provides an overview of the many factors that contribute to a longer and happier life.

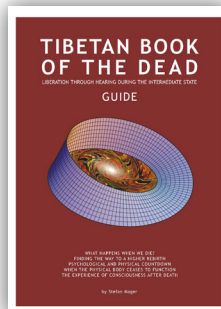
• RRP \$12.00 • 1/08/2018



### PALMISTRY GUIDE (ARACARIA)

Palmistry is the art or science of working out personal, character or destiny information by observing the lines upon, and the shape of the hand. It's origins go back to antiquity.

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### TIBETAN BOOK OF THE DEAD GUIDE (ARACARIA)

This Guide provides an accessible explanation and overview of one of the most famous and influential Buddhist texts of all time.

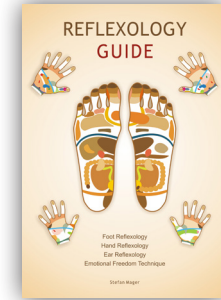
• RRP \$12.00 • 1/08/2018



### TAROT GUIDE (ARACARIA)

The Tarot Guide seeks to provide an overview of the subject for both novice and expert and enable quick interpretations.

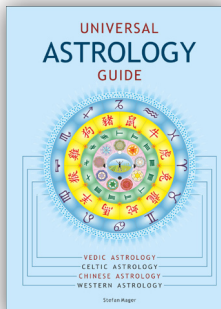
• RRP \$12.00 • 1/10/2016



### REFLEXOLOGY GUIDE (ARACARIA)

This guide includes an explanation of the Emotional Freedom Technique, an alternative psychotherapy which manipulates the body's energy fields by tapping on acupuncture points

• RRP \$12.00 • 1/11/2009



### UNIVERSAL ASTROLOGY GUIDE (ARACARIA)

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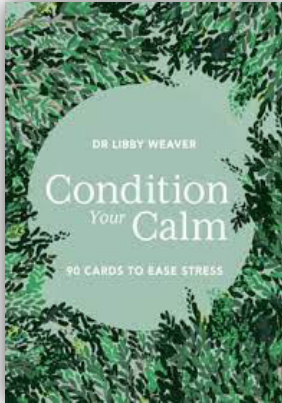
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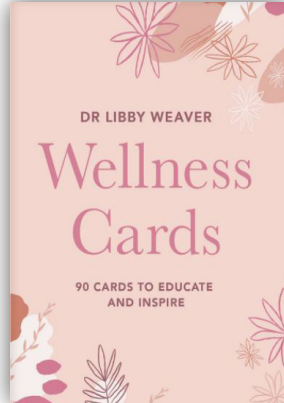
Nutritional biochemist, Dr Libby Weaver (PhD), is a thirteen-times bestselling author, speaker and founder of the food-based supplement range, Bio Blends. Armed with an abundance of knowledge, scientific research and a true desire to help people regain their energy and vitality, Dr Libby empowers and inspires people to take charge of their health and happiness through her books, live events and online courses. A respected international speaker, Dr Libby's expertise in nutritional biochemistry has led her to share the stage with Marianne Williamson, Sir Richard Branson, Tony Robbins, Erin Brockovich, and other world-renowned thought-leaders.



### IC: CONDITION YOUR CALM CARDS

This deck of 90 cards has been created to help educate and inspire you to take steps to transform your experience of stress and cultivate more calm in your life.

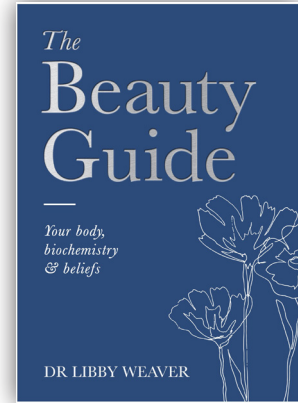
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### IC: WELLNESS CARDS

Using Dr Libby's three pillar approach of looking at health and wellness, this set of 90 cards contains brand new information designed to educate and inspire you daily.

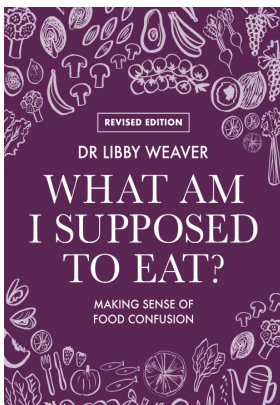
• RRP \$39.95 • 2/10/2020



### BEAUTY GUIDE, THE

The Beauty Guide shines a spotlight on what it means to be beautiful and acts as a guide to help the reader feel and look their best at any age.

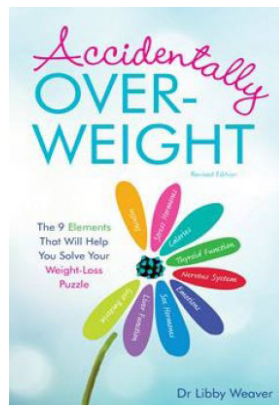
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### WHAT AM I SUPPOSED TO EAT? - REVISED EDITION

The latest book by ten times number one bestselling author Dr Libby Weaver, What am I Supposed to Eat?, puts the reader back in control of their food choices.

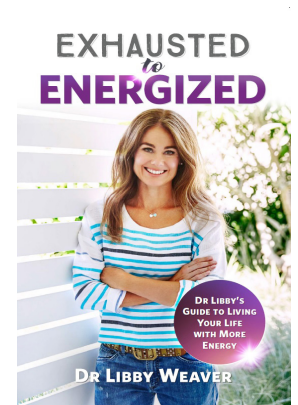
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### ACCIDENTALLY OVER-WEIGHT - REVISED EDITION

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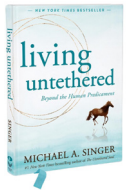
### EXHAUSTED TO ENERGIZED

Dr Libby explores the concept that energy is the most important currency of our health and a far more accurate indicator of health status than weight.

• RRP \$24.95 • 15/09/2015



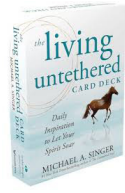
LIVING UNTETHERED (HB)



RRP: \$44.99  
SINGER, MICHAEL A.  
HARDBACK



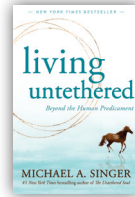
IC: LIVING UNTETHERED 52 - CARD DECK, THE



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SINGER, MICHAEL A.  
CARDS



LIVING UNTETHERED (PB)



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PAPERBACK



UNTETHERED SOUL GUIDED JOURNAL, THE



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PAPERBACK



IC: UNTETHERED SOUL 52-CARD DECK, THE



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CARDS



UNTETHERED SOUL, THE (HB)



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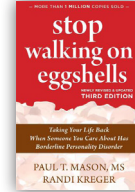
UNTETHERED SOUL, THE (PB)



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SINGER, MICHAEL A.  
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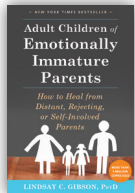
STOP WALKING ON EGG SHELLS



RRP: \$42.99  
MASON, PAUL T. T. & KREGER, RANDI  
PAPERBACK



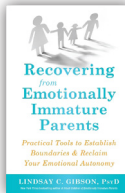
ADULT CHILDREN OF EMOTIONALLY IMMATURE PARENTS



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GIBSON, LINDSAY C.  
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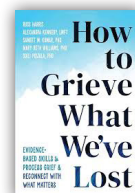
RECOVERING FROM EMOTIONALLY IMMATURE PARENTS



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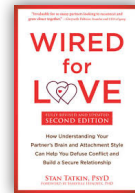
HOW TO GRIEVE WHAT WE'VE LOST



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HARRIS, RUSS & KENNEDY, ALEXANDRA & KUMAR, SAMEET  
PAPERBACK



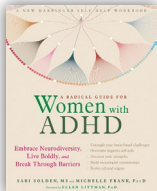
WIRED FOR LOVE



RRP: \$42.99  
TATKIN, STAN & HENDRIX, HARVILLE  
PAPERBACK



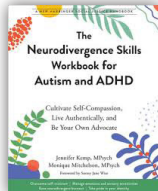
RADICAL GUIDE FOR WOMEN WITH ADHD, A



RRP: \$44.99  
SOLDEN, SARI & FRANK, MICHELLE  
PAPERBACK



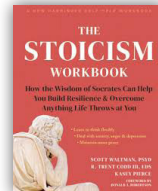
NEURODIVERGENCE SKILLS WORKBOOK FOR AUTISM AND ADHD



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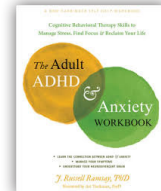
STOICISM WORKBOOK, THE



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WALTMAN, SCOTT & CODD, R. TRENT, III & PIERCE, KAS  
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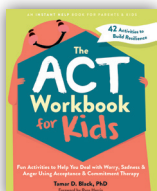
ADULT ADHD AND ANXIETY WORKBOOK, THE



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RAMSAY, J. RUSSELL & TUCKMAN, ARI  
PAPERBACK



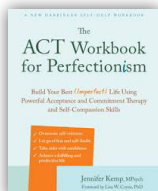
ACT WORKBOOK FOR KIDS



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BLACK, TAMAR PHD  
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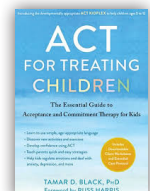
ACT WORKBOOK FOR PERFECTIONISM



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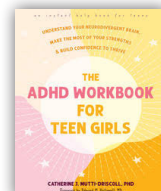
ACT FOR TREATING CHILDREN



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ADHD WORKBOOK FOR TEEN GIRLS, THE

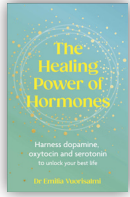


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### HEALING POWER OF HORMONES, THE



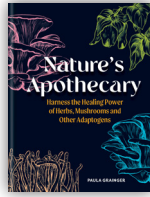
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### NATURE'S APOTHECARY



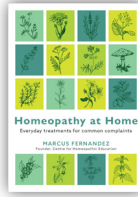
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GRAINGER, PAULA

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### HOMEOPATHY AT HOME



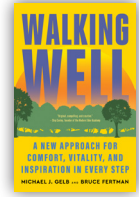
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FERNANDEZ, MARCUS

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### WALKING WELL



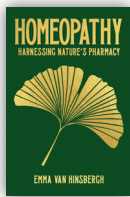
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GELB, MICHAEL J & FERTMAN, BRUCE

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VAN HINSBERGH, EMMA

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KERMOTT, CINDY A. & BORIEL GAIL M.

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### JUDE'S SEASONAL HERBAL REMEDIES



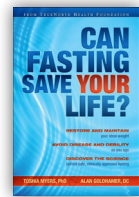
RRP: \$36.99

TODD, JUDE & WALL, CARLY

PAPERBACK



### CAN FASTING SAVE YOUR LIFE?



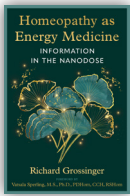
RRP: \$62.99

MYERS, TOSHIA

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### HOMEOPATHY AS ENERGY MEDICINE



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### NATURE'S WAY TO HEALING



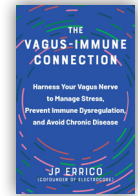
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HOLMES, LEE

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### VAGUS-IMMUNE CONNECTION, THE



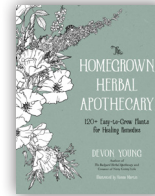
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### HOMEGROWN HERBAL APOTHECARY, THE



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### BREATHE HOW YOU WANT TO FEEL



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MERCREE, AMY LEIGH

CARDS



### COMPLETE GUIDE TO NATURAL HOME REMEDIES



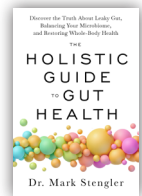
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CORKHILL, MELISSA

PAPERBACK



### HOLISTIC GUIDE TO GUT HEALTH, THE



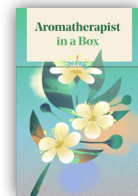
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STENGLER, DR MARK

PAPERBACK



### IC: AROMATHERAPIST IN A BOX



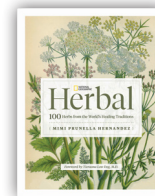
RRP: \$34.99

KELLETT, JO

CARDS



### NATIONAL GEOGRAPHIC HERBAL



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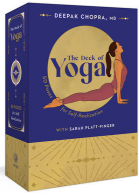
HERNANDEZ, MIMI PRUNELLA

HARDBACK





DECK OF YOGA, THE: 50 POSES FOR SELF-REALIZATION



CHOPRA, DEEPAK



RRP: \$37.99 CARDS

IC: YOGA TEACHER IN A BOX

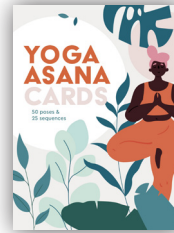


TAYLOR, LEONIE



RRP: \$34.99 CARDS

YOGA ASANA CARDS

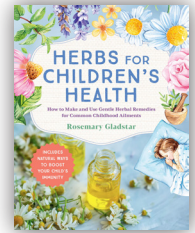


HEATH, NATALIE



RRP: \$32.99 CARDS

HERBS FOR CHILDREN'S HEALTH

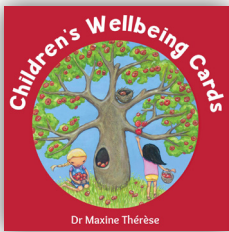


GLADSTAR, ROSEMARY



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IC: CHILDREN'S WELLBEING CARDS



THERESE, DR MAXINE



RRP: \$24.99 CARDS

CALM - MINDFULNESS FLASH CARDS FOR KIDS

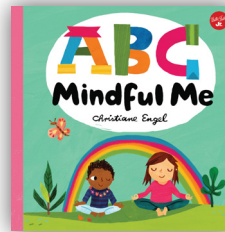


KINDER, WYNNE



RRP: \$22.99 CARDS

ABC MINDFUL ME (ABC FOR ME)

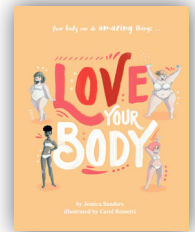


ENGEL, CHRISTIANE



RRP: \$24.99 BOARD BOOK

LOVE YOUR BODY

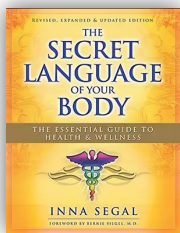


SANDERS, JESSICA



RRP: \$24.99 HARDBACK

SECRET LANGUAGE OF YOUR BODY

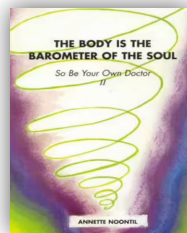


SEGAL, INNA



RRP: \$32.95 PAPERBACK

BODY IS THE BAROMETER OF THE SOUL

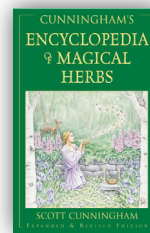


NOONTIL, ANNETTE



RRP: \$25.00 PAPERBACK

CUNNINGHAM'S ENCYCLOPEDIA OF MAGICAL HERBS

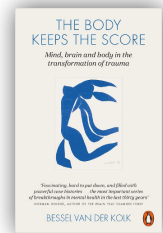


CUNNINGHAM, SCOTT



RRP: \$37.99 PAPERBACK

BODY KEEPS THE SCORE: MIND, BRAIN AND BODY IN THE TRANSFORMATION



VAN DER KOLK, BESSEL



RRP: \$24.99 PAPERBACK

FROM EARTH

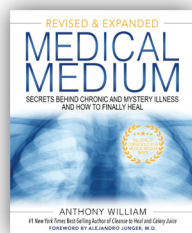


RASMUSSEN, CHARLOTTE



RRP: \$32.99 HARDBACK

MEDICAL MEDIUM: SECRETS BEHIND CHRONIC AND MYSTERY ILLNESS.

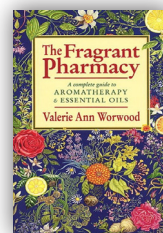


WILLIAM, ANTHONY



RRP: \$49.99 HARDBACK

FRAGRANT PHARMACY P/B

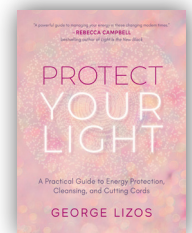


WORWOOD, VALERIE ANN



RRP: \$24.99 PAPERBACK

PROTECT YOUR LIGHT

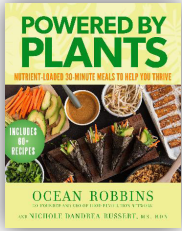


LIZOS, GEORGE



RRP: \$32.99 PAPERBACK

POWERED BY PLANTS



ROBBINS, OCEAN & DANDREA-RUSSERT, NICHOLE



RRP: \$42.99 HARDBACK

SACRED COOKBOOK, THE

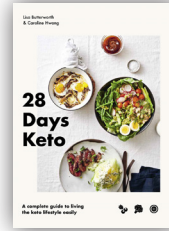


POLIZZI, NICK & POLIZZI, MICHELLE



RRP: \$34.99 PAPERBACK

28 DAYS KETO

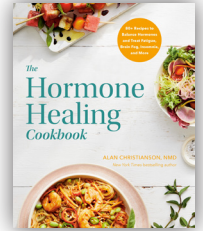


BUTTERWORTH, LISA & HWANG, CAROLINE



RRP: \$32.99 HARDBACK

HORMONE HEALING COOKBOOK, THE



CHRISTIANSON, DR ALAN



RRP: \$44.99 PAPERBACK

LIFE IN BALANCE

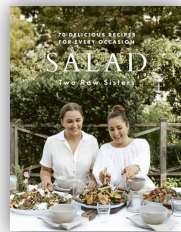


HAY, DONNA



RRP: \$45.00 PAPERBACK

SALAD (TWO RAW SISTERS)

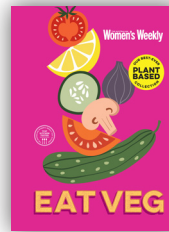


FLANAGAN, MARGO AND ROSA



RRP: \$45.00 FLEXI-BIND

EAT VEG



AUSTRALIAN WOMEN'S WEEKLY



RRP: \$45.00 HARDBACK

FIRST FORTY DAYS

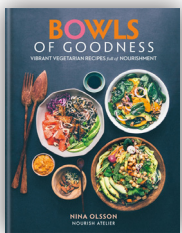


OU, HENG & GREEVEN, AMELY & BELGER, MARISA



RRP: \$49.99 HARDBACK

BOWLS OF GOODNESS

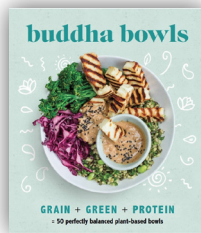


OLSSON, NINA



RRP: \$45.00 HARDBACK

BUDDHA BOWLS



PEMBERTON, HANNAH



RRP: \$32.99 HARDBACK

USE IT ALL



ELLIOTT-HOWERY, ALEX AND EDWARDS, JAIMEE



RRP: \$39.99 PAPERBACK

VERY HUNGRY COELIAC



PERSSON, MELANIE



RRP: \$44.99 HARDBACK

TOO GOOD TO WASTE

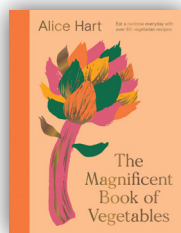


AUSTRALIAN WOMEN'S WEEKLY



RRP: \$29.99 PAPERBACK

MAGNIFICENT BOOK OF VEGETABLES, THE



HART, ALICE



RRP: \$59.99 HARDBACK

MORE FISH, MORE VEG

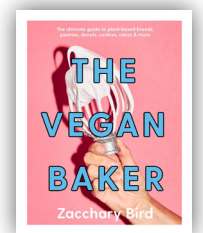


WALTON, TOM



RRP: \$45.00 PAPERBACK

VEGAN BAKER, THE



BIRD, ZACCHARY



RRP: \$49.99 HARDBACK

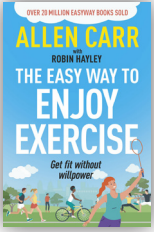


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# EXCLUSIVE - ALLEN CARR RANGE

## STOCK UP ON THE EASYWAY RANGE FOR THE NEW YEAR!

ALLEN CARR WITH ROBIN HAYLEY - THE EASY WAY TO ENJOY EXERCISE

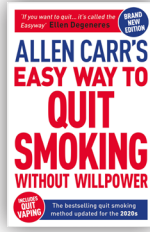


CARR, ALLEN & HAYLEY, ROBIN



RRP: \$34.99 PAPERBACK

ALLEN CARR'S EASY WAY TO QUIT SMOKING WITHOUT WILLPOWER

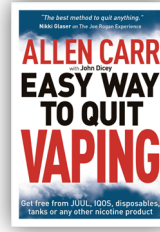


CARR, ALLEN & DICEY, JOHN



RRP: \$22.99 PAPERBACK

ALLEN CARR WITH JOHN DICEY - EASY WAY TO QUIT VAPING

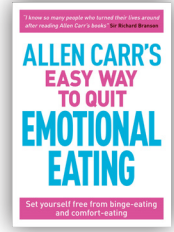


CARR, ALLEN & DICEY, JOHN



RRP: \$17.99 PAPERBACK

ALLEN CARR'S EASY WAY TO QUIT EMOTIONAL EATING

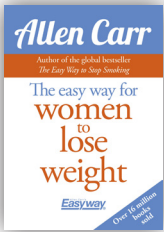


CARR, ALLEN & DICEY, JOHN



RRP: \$22.99 PAPERBACK

ALLEN CARR - THE EASY WAY FOR WOMEN TO LOSE WEIGHT



CARR, ALLEN



RRP: \$19.99 PAPERBACK

ALLEN CARR - GOOD SUGAR BAD SUGAR

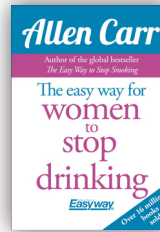


CARR, ALLEN & DICEY, JOHN



RRP: \$19.99 PAPERBACK

ALLEN CARR - THE EASY WAY FOR WOMEN TO STOP DRINKING

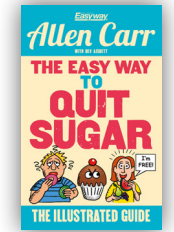


CARR, ALLEN



RRP: \$22.99 PAPERBACK

ALLEN CARR - THE EASY WAY TO QUIT SUGAR

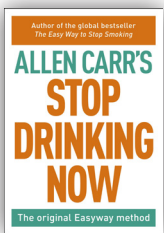


CARR, ALLEN & DICEY, JOHN



RRP: \$11.99 PAPERBACK

ALLEN CARR'S STOP DRINKING NOW

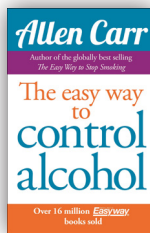


CARR, ALLEN



RRP: \$22.99 PAPERBACK

ALLEN CARR - THE EASY WAY TO CONTROL ALCOHOL

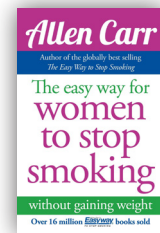


CARR, ALLEN



RRP: \$17.99 PAPERBACK

ALLEN CARR - THE EASY WAY FOR WOMEN TO STOP SMOKING

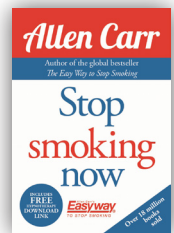


CARR, ALLEN



RRP: \$17.99 PAPERBACK

ALLEN CAR - STOP SMOKING NOW

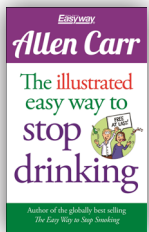


CARR, ALLEN



RRP: \$22.99 PAPERBACK

ALLEN CARR - THE ILLUSTRATED EASY WAY TO STOP DRINKING

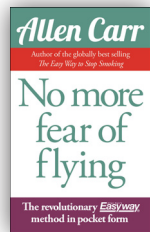


CARR, ALLEN



RRP: \$11.99 PAPERBACK

ALLEN CARR - NO MORE FEAR OF FLYING

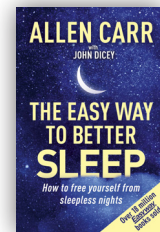


CARR, ALLEN



RRP: \$12.99 PAPERBACK

ALLEN CARR WITH JOHN DICEY - THE EASY WAY TO BETTER SLEEP

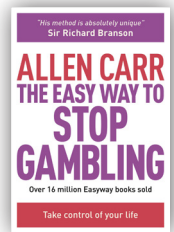


CARR, ALLEN & DICEY, JOHN



RRP: \$22.99 PAPERBACK

ALLEN CARR - THE EASY WAY TO STOP GAMBLING



CARR, ALLEN



RRP: \$22.99 PAPERBACK



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