

Need to relax?

When the frantic pace of life continues for too long, the cracks can begin to show: flying off the handle, feeling tired, difficulty concentrating, sleeping problems. Nervatona Calm* is a fast-acting natural homeopathic medicine that's formulated to relax your mind and body so you can cope with the effects of stress. Non habit-forming Nervatona Calm* helps bring your body back into balance, restoring a sense of calm.

Available from leading pharmacies and healthfood stores.
www.brauer.com.au

*Always read the label and use only as directed. If symptoms persist, see your health care practitioner.
 CHC - 35885-07/06



Dandruff Defence

Dandruff is commonly caused by a fungal infection, so a serum strength anti-fungal ingredient (such as zinc pyrithione – naturally derived pure mineral zinc) is needed to help regulate sebum production, which then helps prevent the scalp being prone to infection when an imbalance flares up.

Dandruff Defence leaves your hair and scalp hydrated, silky soft and smelling beautiful

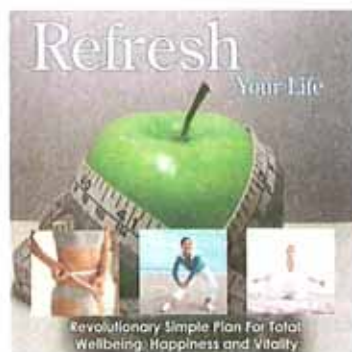
For further information visit www.thenaturalsource.com or phone stockists: 03 9551 5544



Refresh Your Life

Refresh Your Life, by Liz O'Halloran (\$39.95) is a revolutionary plan designed by a Miss Fitness International competitor with a professional background in psychology. A new approach to shaping up and living a healthy/ happy lifestyle, that incorporates four secret ingredients into a healthy living plan. It's designed over four weeks and acts as a personal coach to help make shaping up EASY, fun and sustainable. It's like having a personal trainer, life coach and dietitian – in one. As a bonus, the nutritional meal plan includes over 25 low-fat, delicious recipes and the first issue even comes with a FREE guided relaxation CD valued at \$29.95.

To order phone 1800 602 110



Liz O'Halloran, BSc, MEd, PhD

Calorie Burn

Are you struggling to lose weight? A sluggish metabolism could be stopping you from achieving your perfect figure, even if you're exercising regularly and eating well. That's where Six Star Calorie Burn steps in. It's a superior formula that elevates the body's natural metabolic rate when combined with an exercise plan and a healthy diet. In doing so, Calorie Burn helps your body burn more calories, which means you can take your fitness to the next level and reach your performance goals. So while your metabolism is getting a kick-start, your body is getting an energy boost so you can exercise harder for even longer and see results faster! Try this amazing weight loss supplement today and get the body you deserve.

Available from leading health food stores and fitness centres everywhere. For more information call 1300 883 523

