

## **CREAMS, LOTIONS, & OINTMENTS / HEALTH**

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### **HEALTH INTRODUCTION**

#### **YOU ARE MOST LIKELY POISONING YOURSELF EVERY DAY!**

Would you put a bottle of anti-freeze in your medicine cabinet with your bath soap, shampoos, deodorants, cosmetics, lotions and toothpastes? Would you wash your floors with it? You say, "Of course not!"

Did you know that Propylene Glycol (PG), Polyethylene Glycol (PEG), Butylene Glycol (BG) and Ethylene Glycol (EG) are all petroleum derivatives that act as solvents, surfactants, and wetting agents? These glycols easily penetrate the skin, weakening protein and cellular structure as they do! Did you know factory workers who work with these glycols are warned to avoid skin contact to prevent brain, liver, and kidney abnormalities? PG is present in many stick deodorants, often in heavier concentration than in most industrial applications. (Nyack, Dr. Vin, Ph.D., Biochemist). Propylene Glycol is used to carry the "active" ingredients in transdermal patches INTO YOUR BODY. These glycols are present in MOST toiletries (even health store products) and is often a main ingredient! Shocked? You should be!

Ask yourself .... What's Anti-Freeze doing IN my soap, shampoos, deodorants, cosmetics, lotions, and toothpaste?

And we haven't even talked about the other known poisons in the products you put onto and into your body such as (to name only a few): sodium lauryl sulfate (SLS), sodium laureth sulfate, formaldehyde, cocamide DEA, titanium dioxide, saccharin, and FD&C Blue#1 – all known carcinogens – meaning cancer causing! Or how about aspartame - a known excitotoxin? Did you know that MSG is found in many of your toiletries and supplements, giving the same side effects but masquerading under the names of hydrolysed protein, calcium caseinate, autolyzed yeast, disodium inosinate, yeast extract, and a host of

other cloaks? Even most mineral and vitamin formulations/supplements are made with carcinogens and rancid oils!

Long before you get the cancer, your body just gets plain sick, the brain can get foggy, children can be labelled with "learning disabilities," and older folks suffer forgetfulness and clumsiness that may be no more than the manifestation of "intolerance to all the chemicals being slathered on and poured onto and into their bodies!"

#### **Our promise to you:**

1. ALL the healthy products sold in our catalogue have been carefully and extensively researched and personally used by us before we offer them to you.
2. We have been careful to find products that contain non-carcinogenic ingredients, are often certified organic, and are always free of pesticides, herbicides and harmful chemicals.
3. These products work towards promoting not only a healthy physical body, but also create the foundations for improving your emotional and mental health. When your physical body is strong and healthy, the emotional and mental health can follow.
4. Most of these products will simplify your life and, because they are concentrated, are less costly. Especially when you consider that you will pay less in the future for health care!

## **CREAMS, LOTIONS, OINTMENTS**

### **FLOWERS AND LEAVES OINTMENT**

#### **Flowers & Leaves Ointment - Unscented**

ES1001S (small - 15ml). . . . . \$4.97\*  
ES1001M (medium -100ml). . . . . \$8.97\*

Suitable for everyone for helping with dry, cracked or itchy skin, including eczema, cold sores and rashes. Prevents and treats existing diaper rash for babies. Apply to dry, cracked, or itchy skin 3-4 times a day. May be used as a lip balm. Can be used daily and even as a face moisturizer.

Ingredients: Calendula flowers, chamomile flowers, nettle leaves and comfrey in a base of olive oil and beeswax. Scented versions contain high quality essential oils.

Also available with essential oils:

- #ES1002 **Mint** - gives a cooling effect
- #ES1003 **Tea Tree** - has natural antibiotic properties
- #ES1004 **Lavender** - great for dry hands but not suitable for sensitive skin

**Why not purchase one of each?!**

## HEALTH / SKIN CARE PRODUCTS

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### **TROPICAL TRADITIONS SKIN CARE PRODUCTS**

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Here it is! A line of skin care products free of carcinogens and any ingredients you would not want to put into your body!

Filipinos are well known for their youthful appearance and soft skin, even though they live in a climate that exposes them to the sun's rays year round. Coconut oil is their main dietary oil, and is also the main ingredient in their skin care products.

**Only the finest, highest quality, organic products used!** All of the skin care products that Tropical Traditions offers are made with organic Virgin Coconut Oil and Virgin Palm Oil. No other products on the market are made with finer oils as their base. Tropical Traditions Virgin Coconut Oil is traditionally made from fresh organic coconuts, and independent laboratory tests show that it has a higher level of antioxidants than other coconut oils. These oils are food grade, not the lower grade, lower quality coconut oils often found in other lines of skin care products.

Virgin Palm Oil contains high concentrations of a powerful form of Vitamin E called "tocotrienols" which published research has shown is 40-60 times more potent than alpha-tocopherol (the most common form of Vitamin E found as an additive in most skin care products.) In addition to these powerful Vitamin E tocotrienols, Virgin Palm Oil is also rich in natural carotenes. It is one of the richest natural plant sources of carotenes with concentrations of 500-700 ppm. It is 15 times more retinol-equivalent than carrots and 300 times more than tomatoes, for example.

In addition to using only the best oils available for the skin, all other ingredients used in Tropical Traditions Skin Care Products are 100% natural. Their hand-made creams, lotions and lip balms **contain no alcohols, no artificial fragrances, and no petroleum** products. Since many people have sensitivities to fragrances, each product has an unscented version. For those products that are scented, only high quality organic essential oils which are distilled with low temperature and low pressure over an extended period of time are used. Low temperature and lower pressure have proven to be the most effective method of obtaining all of the essential constituents from the plant, and provide these products with the very best quality fragrances available.

**Tropical Traditions Moisturizing Cream**  
Usable for all skin types, these 100% pure moisturizing creams are **especially useful for very dry skin**. Highly concentrated, they work well for overnight use, and are great for massaging into the skin. A little goes a long way. Comes in a **4oz. jar**.

Ingredients: purified water, organic Virgin Coconut Oil, plant based emulsifying wax, palm stearic, grapefruit seed extract, beeswax and Virgin Palm Oil.

#### **Moisturizing Cream - Unscented**

#TT5121 - \$13.97\*

Contains no essential oils for people with allergies or sensitivities to scents. 4 oz./ 118 ml Jar

#### **Moisturizing Cream - Baby Silk**

#TT5122 - \$14.97\*

Contains a blend of organic essential oils (rosewood, ylang ylang, roman chamomile, geranium, lavender, rose) that promotes the appearance of new skin. Beneficial overnight cream with a subtle, pleasing fragrance. 4 oz./ 118 ml Jar

#### **Tropical Traditions Moisturizing Lotion**

These 100% pure moisturizing lotions are especially useful for quick absorption into dry skin.

Ingredients: purified water, organic Virgin Coconut Oil, emulsifying wax (plant based), palm stearic, grapefruit seed extract, Virgin Palm Oil

#### **Moisturizing Lotion - Unscented** (8 oz, 235ml)

#TT5132 - \$14.97\*

Contains no essential oils for people with allergies or sensitivities to scents.

#### **Moisturizing Lotion - Baby Silk** (8 oz, 235ml)

#TT5133 - \$15.97\*

Contains a blend of organic essential oils (rosewood, ylang ylang, roman chamomile, geranium, lavender, rose) that promotes the appearance of new skin. Beneficial for day or overnight use. Gentle fragrance.

#### **Tropical Traditions Skin Exfoliator**

Exfoliating smooths the skin, unclogs pores, and reduces the appearance of wrinkles.

#### **Skin Exfoliator - unscented** #TT5141 - \$14.97\*

Ingredients: Sea Salt, organic Virgin Coconut Oil, organic jojoba, Virgin Palm Oil  
Created for those with allergies or who are sensitive to fragrances. 4 oz./ 118 ml Jar

**DEODORANTS**

Antiperspirant prevents perspiration, without which the body cannot purge toxins from below the armpits. Those toxins are then trapped and the body deposits them in the lymph nodes below the arms. A high concentration of toxins build up, which can lead to cell mutation – cancer! Nearly ALL breast cancer tumours occur in the upper outside quadrant of the breast area where the lymph nodes are located.

Do you know that aluminum used as an ingredient in many deodorants is suspected of being linked with Alzheimer's and other health problems?

Solution: **"THE CRYSTAL DEODORANT STONE...is the MOST EFFECTIVE** body deodorant known to man."

- It is 100% pure and all natural,
- contains NO harsh chemicals, perfumes, oils, emulsifiers, alcohol or propellants.
- contains no aluminum chlorohydrate.
- is hypo-allergenic
- gives long lasting protection
- is environmentally safe
- is fragrance free
- effective and safe for children, teens, adults

Ingredients: purified water, mineral salts

**Pure & Natural Crystal Deodorant Stone**  
(120 gr.) #NTW71193 - \$5.97\*  
One Crystal Deodorant Stone is equivalent to about 12 cans of deodorant sprays and lasts 9-12 months with normal use. Simply moisten and apply to under-arm.

**Pure & Natural Crystal Deodorant Roll-On**  
(90ml) #NTW71142 - \$6.47\*  
The same effective crystal formula as the stick in a handy to use roll-on. Contains no chemical preservatives or thickening agents.

**★ INSECT REPELLENT**

**★ Tropical Traditions Insect Repellent & Moisturizer** #TT5161 - \$10.47\*  
All natural, chemical free insect repellent that really works! Moisturizes the skin while preventing mosquitoes and other insects from biting. It is completely safe for children, adults, and pets as it contains no harmful chemicals or artificial fragrances. It can be applied to the entire body including the face. Contains catnip oil, recently shown to be twice as effective as DEET.

**Ingredients:** purified water, organic virgin coconut oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, virgin palm oil, and organic essential oils of citronella, catnip, lemongrass, peppermint, and tansy.

**★TROPICAL TRADITIONS SOAP**

- ★ **Tropical Traditions Hand Soap - Unscented**
- #TT5151 - 240 ml Pump ..... \$7.47\*
- #TT5152 - 950 ml Bottle ..... \$20.97\*

The key to any healthy, natural soap is the oil that is used as the base. Tropical Traditions soaps are made with 100% Organic Virgin Coconut Oil that is made in the traditional fashion from fresh organic coconuts. Independent laboratory tests show that it has a higher level of antioxidants than other coconut oils.

This soap is packaged in a special foam pump dispenser that adds air to the soap, causing a rich lather of foam to come out. It is a pure liquid soap with no added fillers or thickening agents. Because of these two factors you get more uses per container. Use our economical 32 oz./950ml refill sizes to refill your pump dispensers.

Ingredients: saponified organic virgin coconut oil.

**TEETH CLEANERS**

**TROPICAL TRADITIONS  
TEETH CLEANER**

People living in the tropics where coconuts grow have used coconut oil to clean their teeth long before modern toothpastes were developed. Tropical Traditions has developed a Teeth Cleaner based on their popular Organic Virgin Coconut Oil as the main ingredient. This 100% natural cleaner for your teeth contains no fluoride and no foaming agents such as SLS. This unique Teeth Cleaner will keep your mouth and breath feeling clean and fresh naturally, with only the finest ingredients available used. It does not foam up in your mouth, making it particularly ideal for use with young children. Invest in your teeth today. A little goes a long way. We have really enjoyed using both the Classic and the MintTeeth Cleaner.

**Ingredients:** Purified water, organic Virgin Coconut Oil, baking soda, xanthan gum, stevia, wildcrafted myrrh powder, organic essential oils (peppermint, spearmint, cinnamon, and clove).

**\$8.47\* each**

- #TT5111 **Classic Teeth Cleaner** (subtle taste)
- #TT5112 **Cinnamon Teeth Cleaner**
- #TT5113 **Mint Teeth Cleaner**

\* PST/HST charged on item

**PERFECT PRESCRIPTION TOOTH SOAP**

You can save thousands of dollars over your lifetime in dental bills.

On a search for a natural, fluoride free and fool-proof plan to take care of her family's teeth, one mother discovered the secrets of how every human can have strong, non-decaying teeth and healthy gums throughout their life. Over time she developed a simple 3-step dental hygiene plan that anyone can follow, young or old. This natural approach sure beats visits to the dentist's chair for expensive, painful, traditional dental procedures that may possibly cause as many problems as they solve.

**The Perfect Prescription For Your Teeth Book**  
#HL905 - \$15.77

Even though the list price of "The Perfect Prescription For Your Teeth" is \$29.95USD, copies have been selling like hot cakes because people compare that cost to a typical visit to the dentist and quickly realize they've just run into a real bargain. You will learn how to properly care for your teeth and gums, the one substance that no one talks about that prevents osteoporosis, taking supplements properly so your body will absorb the nutrients, building antibody structures that kill viruses and bacteria and much much more that you won't want to miss out on.

Together, "The Perfect Prescription For Your Teeth" book and the Perfect Prescription Tooth Soap™ are a winning combination!

For a lot less than a typical visit to the dentist, you will get an easy Three Step Plan for Dental Health for Life that will make your teeth stronger and decay resistant. Get started cleaning and nourishing your teeth the right way today!

**Perfect Prescription Tooth Soap**

**Ingredients:** Specially formulated soap made from saponified coconut, palm, olive oils and essential oil.  
**Does NOT Contain:** added glycerin, sweeteners, silicates (sand), fluoride, dyes, stabilizers or other materials that can damage teeth.

No animal testing. 100% Kid and Mom tested and approved by both. 1 jar provides at least 425 brushings.

**Liquid - \$26.27\* each**

**Liquid Soap**

- #HL901L - Peppermint      #HL902L - Spearmint
- #HL903L - Cinnamon      #HL906L - Ginger
- #HL907L - Citrus          #HL908L - ★ Grape

**Shreds - \$26.27\* each**

**Soap Shreds** (little slivers of soap)  
#HL901S - Peppermint      #HL902S - Spearmint  
#HL903S - Cinnamon

**Tooth Brightener**      #HL904 - \$18.97\*  
All natural and non toxic tooth brightening powder whisks away common everyday food stains. Contains only whole food calcium/magnesium and bicarb of soda. The 0.5 oz jar lasts three months. Use once a week to keep teeth their brightest!

**BATH SALT**

**Nature's Cargo Natural Bath Sea Salt**  
#salt1009 - 1 pound ..... \$5.47\*  
#salt1010 - 5 pound ..... \$21.47\*  
It has long been known that many physical weaknesses and diseases are directly related to not having enough magnesium in the body. Your skin is a large and very porous organ that soaks up what you put on it. Your body will literally soak up the magnesium and all of the other minerals present in the Natural Bath Sea Salt. It will also not generally dry the skin out because the minerals are balanced. Nature's Cargo Bath Salt helps to draw toxins from the body.

**Note:** Essential oils and the Nature's Cargo Bath Salt make great additions to bath tub fun and for relaxing healthful soaks.

**FIBER PRODUCTS**

Visit <http://www.hereforhealth.com/fiberrific/> for comprehensive information about Fiberrific.

**FIBERRIFIC™**  
#GL35S    250 gram jar ..... \$15.97  
#GL35L    500 gram jar ..... \$24.97

Fibre is important in helping with osteoporosis, diverticulitis, heart disease, diabetes, high cholesterol, obesity, acne, cancer, digestion and energy levels, control weight and blood pressure, and improving the immune system. Most powdered fibre supplements are unpleasant to take. But now, Fiberrific gives you the benefits you want from a fibre supplement without any of the drawbacks. Just mix in water, your favourite hot or cold drinks, or soft foods. You won't even know it's there! Now you can turn virtually any food or drink into a fibre rich super food, without any affect on taste, aroma or texture. Contains 100% natural chicory root.

Also Available: ..... \$20.47 each  
★#GL36 - **Fiberrific with Probiotics** (250 gr bottle)  
★#GL37 - **Fiberrific with Enzymes** (250 gr bottle)

## **CALCIUM / NOW SUPPLEMENTS / OREGANO / HEALTH**

### **CALCIUM SUPPLEMENT**

#### **EZorb Calcium**

EZorb Calcium is made of an **organic** compound different from any other calcium supplement you may be using or have used in the past. Inorganic calcium in the forms of sulphate, phosphate and carbonate actually work against your body. You assimilate no more than 2% to 25% of inorganic supplements - the rest gets flushed down the toilet or clogs up your body! EZorb's unprecedented 92% calcium absorption rate is up to 20 times higher than that of any other calcium supplement!

Calcium is important for children and adults for muscle contraction, blood vessel function, sending messages throughout your nervous system, and for hormone and enzyme secretion. It is needed to help combat osteoporosis, osteoarthritis, bone and joint spurs and disorders, fibromyalgia, muscle pain, juvenile RA, degenerative disc disease, calcified tendinitis, and more. It also helps with the pain from the above!

Ingredients: Calcium Aspartate Anhydrous (CaIAA).

Serving is based upon weight. Double servings are recommended for the first three months.

Contact us for • serving details • additional information, and • **quantity discount pricing**.

**EZorb Capsules** - 180 capsules

#AIM3002 - \$42.37

One bottle lasts 30-45 days for maintenance servings.

**EZorb Powder** - 100 grams

#AIM3001 - \$39.27

Virtually tasteless and can be added to water or other beverages. One bottle lasts 33-50 days for maintenance servings.

### **SUPPLEMENTS by NOW FOODS**

#### **NOW Super Enzymes**

(180 capsules) #NOW82964 - \$36.97  
NOW Super Enzyme Capsules are a comprehensive blend of enzymes that support healthy digestive functions. Bromelain, Ox Bile, Pancreatin and Papain have been formulated to optimize the breakdown of fats, carbohydrates and protein for maximum assimilation. Suggested use: take 1 to 2 capsules with meals. Free of: Sugar, salt, starch, yeast, wheat, gluten, corn, soy, wheat or milk, egg or preservatives.

**For more products, be sure to visit us at:**

<http://www.hereforhealth.com>

<http://www.hereforhealth.com/fiberrific>

#### **NOW Omega 3**

#NOW01652 - \$16.47\*

1000 mg of Fish Oil, 180 mg. EPA, 120 mg. DHA  
200 softgel capsules (2 softgels per day)

The Natural Fish Oil Concentrate used in this softgel is primarily derived from sardines, anchovies and mackerel, screened for the absence of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants).

Sufficient intake of Omega essential fatty acids is vital to strong brain function and in the development of healthy neural pathways. Supplementing essential oil intake for ADD, ADHD, and autistic children and adults often proves to be of benefit.

#### **NOW Thyroid Energy**

#NOW03368 - \$22.47\*

Unhealthy glandular function can lead to a host of problems including infection, poor metabolism, mood imbalances and more. NOW's blend of B Vitamins, trace minerals, zinc, selenium and herbal extracts that balance normal hormone functions, making this one of the smartest thyroid support supplements available. 90 capsules. Suggested serving: 2 caps. 2X per day

### **OREGANO PRODUCTS**

The McLellan family began using these Pure-Li Natural oregano products in the summer of 2001 and attest to the many benefits!

**Oregano** contains over 130 medicinally and nutritionally active compounds, including the phenols Carvacrol and Tynmol, exceptionally strong healing and health-promoting agents with proven ability to kill a wide range of bacteria. Various products can be used internally and/or externally for a wide range of health conditions. Pure-Li Natural Oregano products are: guaranteed potency (carvacrol) medicinal oregano, 100% natural, certified Kosher, Parve, and vegan.

**Oregano Oil** . . . . . #GL11 - \$16.97\*  
- 20% Carvacrol in traditional drops, 10 ml. Bottle

#### **Super Strength Oregano Oil**

15ml bottle . . . . . #GL12 - \$31.97\*  
- 40% Carvacrol (very potent), in traditional drops

#### **Oil of Oregano Super Strength Capsules**

#GL13 - \$31.97\*

15mg. Carvacrol / 60 capsules.

**OreganPlus Organicaps** . . . . . #GL14 - \$24.97\*

7.5mg Carvacrol / 60 capsules. Also contains mountain sumac, onion, and garlic

## HEALTH / COCONUT OIL PRODUCTS

### TROPICAL TRADITIONS COCONUT PRODUCTS

#### Tropical Traditions Coconut oil:

- is NOT hydrogenated, contains NO trans fatty acids
- is made from **certified organic** coconuts that have NOT been treated with chemicals or fertilizers.
- is solid below 76 degrees F. and liquid above that.
- has been a staple cooking oil for thousands of years
- is resistant to mutations of fatty acid chains even when used in higher cooking temperatures.
- can be applied directly to the skin as a moisturizer
- although much maligned in the past years, studies prove organic virgin coconut oil is healthy for you and for your pets!
- 3-4 tbs. per day can be beneficial for a host of reasons and in a weight loss program

#### Gold Label Virgin Coconut Oil

Tropical Traditions Virgin Coconut Oil is a food which **retains the taste and fragrance of coconuts** and is one of the best cooking oils you can use. As a cooking oil, research shows that the medium chain fatty acids found in coconut oil boost the body's metabolism, raises body temperatures, and helps provide greater energy which can lead to weight loss. **Virgin Coconut oil is rich in lauric acid, a nutrient that supports the body's immune system.** It can be used as a spread as well as in cooking.

Virgin Coconut Oil - 1 quart jar (947ml)  
#TT5010 - \$33.37

Virgin Coconut Oil - 1 gallon pail (3.78L)  
#TT5011 - \$106.97

#### Expeller Pressed Coconut Oil

The Expeller Pressed coconut oil goes through a steam deodorizing process, making the taste **very bland** and there is **no coconut fragrance**. Its health giving properties are not compromised. This is a high quality refined coconut oil that is NOT made by using solvent extracts. It is made the "old" way by expeller-pressed mechanical extraction. This very good quality food-grade oil is high in the medium chain fatty acids, such as Lauric acid. Use for frying, cooking, as a spread, and even on your skin!

Expeller Pressed Coconut Oil - 1 quart jar (947ml)  
#TT5001 - \$19.97

Expeller Pressed Oil - 1 gallon pail (3.78L)  
#TT5002 - \$65.97

Expeller Pressed Oil - 5 gallon pail (18.9L)  
#TT5003 - \$179.97

**Virgin Coconut Oil Book** #TT5009 - \$11.47  
Author: Brian & Marianita Jader Shilhavy  
Unsure about the value of coconut oil? This book will provide you with the science behind the benefits of using coconut oil. It also contains many testimonials of how people who have used this oil have cleared up many health problems in themselves and their pets. You will also find 77 recipes complete with nutritional data analysis. (Paperback, 224 pages)

#### Coconut Cream Concentrate

Coconut Cream Concentrate is the whole coconut meat in concentrated form. This is a food, and it is not a cooking oil. It contains no additives (not even water). The dried coconut meat is ground into a very fine powder, giving it a creamy consistency due to its high fat content. You can mix 1 or 2 teaspoons of Coconut Cream Concentrate with water or juice to make a creamy coconut milk drink. It is also an excellent ingredient for cooking and baking. It can also enhance soups, be blended with smoothies, or made into ice cream. Many people just eat it straight, or spread it on breads and crackers, because it is so delicious! 100% pure and natural, made from certified organic coconuts in the Philippines without the use of pesticides or fertilizers.

Coconut Cream Concentrate 1 pint jar (473ml)  
#TT5020 - \$10.47

Coconut Cream Concentrate 1 quart jar (947ml)  
#TT5021 - \$18.97

#### Tropical Traditions Coconut Flour

#TT5031 **1 kg (2.2lbs) bag** . . . . . \$12.67  
This certified organic, unsweetened coconut flour is fibre from the coconut meat after most of the oil has been extracted to make Virgin Coconut Oil. Tropical Traditions organic coconut flour has not been treated with sulfites, is high in dietary fibre and protein, and is gluten-free. It can be added to standard wheat-based recipes to add extra fibre, by substituting for 10-30% of the grain-based flour. Some recipes can be accomplished with 100% Tropical Traditions organic coconut flour and therefore be 100% gluten-free. Baked goods need less sugar added as this organic coconut flour has a mildly sweet coconut taste.

Tropical Traditions organic coconut flour contains over 19% non-gluten protein, making it an excellent addition to shakes and smoothies where fibre and protein are needed. Dissolve a spoonful in water as a high-fiber drink with a coconut flavour! Sprinkle it over your favourite dishes to add a wonderful coconut flavour, use it as a thickener in soups and sauces - the possibilities are endless!

## SEA SALT / POPCORN / SWEETENERS / HEALTH

### ★ Shredded Coconut (3.5 pounds)

#TT5041 - \$18.97

Tropical Traditions 100% natural Shredded Coconut is made from organic dried coconuts in the Philippines that are grown with no fertilizers or pesticides. This premium dried coconut contains no additives or preservatives, and is not sweetened. Unlike most dried coconut on the market, our dried coconut products are not treated with sulfites to keep them white. They are a great addition to recipes and baking, or just for snacks! The Shredded Coconut is a very small cut, suitable for baking, such as making macaroons.

### **ORGANIC SEA SALT**

Treat your body to the benefits of this real, true salt as it is supposed to be (not the common table salt which is the chemical sodium chloride). Naturally occurring elements and minerals buffer sodium chloride and balance hydrochloric acid. Traditional table salt is dead, and many sea salts are heavily refined, removing important components. Nature's Cargo Sea Salt™ has a perfect balance of essential trace minerals and gases. Excellent as an aid to digestion and for those with high blood pressure. Remember, a traditional "salt" restricted diet is actually a restriction of "sodium chloride," not of salt that is in harmony with the natural saltiness of the human body. Nature's Cargo Sea Salt™ is literally a living salt.

Available in two varieties - one harvested in France and the other in the Caribbean. After you have tasted these salts, you will probably never again want any other salt! The Caribbean Tropical Salt is a whiter salt than the Traditional France Salt. Neither salt has been bleached and both are high in mineral content.

\*\*The grinders in the 3.5 oz. combos are disposable after a few fillings. For long-term use, see the Nature's Cargo Salt grinder listed below.

#### **TRADITIONAL COARSE GREY (France)**

#salt1026 - 3.5oz & \*\*Grinder . . . . . \$4.97  
#salt1003 - 1 lb . . . . . \$6.67  
#salt1004 - 5 lb . . . . . \$29.77  
#salt1016 - 20 lb . . . . . \$106.97

#### **FINE STONE-GROUND (France)**

¼ to 20 pound sizes available upon request

#### **Carribean COARSE Tropical**

#salt1050 - 3.5oz & \*\*Grinder . . . . . \$4.97  
#salt1041 - ¼ pound . . . . . \$2.87  
#salt1042 - ½ pound . . . . . \$4.17  
#salt1043 - 1 lb . . . . . \$6.67  
#salt1044 - 5 lb . . . . . \$29.77  
#salt1045 - 20 lb . . . . . \$106.97

#### **Carribean FINE Tropical**

#salt1046 - ¼ pound . . . . . \$4.27  
#salt1047 - ½ pound . . . . . \$6.27  
#salt1047 - 1 pound . . . . . \$10.47  
#salt1049 - 5 pound . . . . . \$46.97

#### **NATURAL HORSE and PET SALT**

¼ to 20 pound sizes available upon request

#### **NATURAL BATH SALTS**

#salt1009 - 1 lb . . . . . \$5.47\*  
#salt1010 - 5 lb . . . . . \$21.47\*

#### **NATURE'S CARGO SALT GRINDER**

Crushgrind Glass grinder will last for years, is 6" tall, with a 3-part ceramic wheel for grinding the Coarse salts. Regular pepper/spice mills generally have parts that will rust when in contact with salt!

#salt1011 Grinder . . . . . \$24.97\*

### ★ **ORGANIC POPCORN**

#### ★ **Tropical Traditions Organic Popcorn**

#TT5051 - \$3.47

A certified organic, carefully selected variety of yellow popcorn with superior popping qualities—large, fluffy tender morsels, bursting with pure corn flavour. Did you know non-organic popcorn is on the FDA's list of top ten foods most contaminated with toxic pesticides and chemicals? Organic Popping Corn is a healthier choice for you and the environment. The resealable package helps retain moisture. Low calorie, rich in dietary fiber, and a source of good complex carbohydrate nourishment. (20 oz., 566g)

### **SWEETENERS:**

The McLellan family uses both the Stevia and the Organic Cane Sugar and give them each a top 5★ rating! See our website for additional information.

#### **Natural Organic Cane Sugar**

from evaporated cane juice. The difference isn't just in its natural light tan colour or its pleasant flavour! It is made at the mill from fresh-cut cane within 24 hours of harvest. The cane is green-cut not burned prior to processing. Natural lime is used in the clarifying process, as opposed to animal or vegetable flocculent. It is a "first crystallization" sugar made directly from the original cane juice, not from remelted raw sugar. No herbicides, pesticides or chemicals are used in the field or in the process. It is not bleached or decolourised. Retains trace elements originally found in the cane juice. Is organic. It tastes naturally great!

#salt1020 - 1 pound . . . . . \$3.87  
#salt1021 - 4 pounds . . . . . \$13.77  
#salt1022 - 18 pounds . . . . . \$53.87

## **HEALTH / SWEETENERS / MACA / LAMPS**

### **Stevia**

Stevia is a natural sweetener that can replace sugar or honey in food, baking and beverages. Can be used safely by all, including diabetics & hypoglycemics. No known contraindications in 1500 years. Stevia's mild anti-bacterial activity makes it effective for mouth ulcers, cold sores, sore throats, bleeding gums, and to inhibit plaque and cavities. Stevia has been found effective by many people for weight management, high blood pressure, skin care, digestion, and more. Ask for our informative brochure. 300 times sweeter than sugar. Certified Kosher and Parve. No bitter taste.

Guaranteed potency: minimum 85% Steviosides.

**Stevia Powder** . . . . . #GL21 - \$12.97  
25 gram jar - ½ Tsp. = 1 cup sugar

**Stevia Concentrated Liquid** . . . . . #GL22 - \$6.97  
30ml bottle - 1 drop = 1 Tsp. Sugar

**The Stevia Cookbook** . . . . . #S675 - \$14.87

Author: Ray Sahelian, Donna Gates (Joint Authors)  
All-natural stevia is 300 times sweeter than sugar, safe for children and diabetics, won't harm teeth, and can be used in baking. With the help of this guide learn all about it and, guided by over 100 recipes, how to use it in foods for breakfast, salads, entrees & goodies that will satisfy sweet cravings but not cause cavities.

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## **MACA POWER**

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### **MACA POWER™ - The Inca Superfood**

100% Certified Organic and no "fillers"

Maca, a Superfood, contains a rich supply of amino acids, complex carbohydrates (the "good carbs"), vitamins, calcium, magnesium, phosphorous and zinc.

#### **What can Maca Power™ do for you?**

- promotes hormonal balance
- alleviates symptoms of PMS, peri-menopause and menopause, chronic fatigue, depression and stress
- nourishes the glandular system
- increases energy & mental clarity - It really works! I (Maxine) put in long hours and Maca helps.
- improves physical & emotional well-being
- sexual enhancement & increased fertility

The gelatinized is more concentrated and has a slightly stronger taste. Neither type is bitter.

The suggested serving is about 1 tsp. per day. You can take maca root powder in water, or juice, or any liquid, or in smoothies, protein shakes, or in food such as cereals or porridge, or in your cooking and baking.

For pets: neutered/spayed pets often have hormonal imbalances. Maca balances them. Our older dog had become incontinent, which is apparently common for spayed females. After a few weeks on Maca and cooked cabbage, the problem was gone!

You might find maca powder at a lower price. Be aware that ours is **organic, with absolutely no fillers or additives, and is harvested in the nutrient rich Peruvian mountains under fair farming practices.** MacaPower is a high quality product you can trust!

### **Regular Maca**

200g powder . . . . . #AIM21S - \$22.97  
454g powder . . . . . #AIM21L - \$30.27  
500mg Capsules . . . . . #AIM21C - \$19.97\*

### **Gelatinized Maca**

200g powder . . . . . #AIM22S - \$26.97  
454g powder . . . . . #AIM22M - \$40.97  
500mg Capsules . . . . . #AIM22C - \$24.97\*

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## **SAD LAMPS**

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*By NatureBright*

Do you or a family member suffer from:

- "Winter Blues"                      • Jet Lag
- Sleep Disorders                      • Shift Work Fatigue
- Pregnancy and Depression Associated with Birth

**You could be experiencing Seasonal Affective Disorder (SAD)** which affects countless people in areas where winter seems to drag on forever, or where the skies are often overcast and rainy for days on end, or you do not get enough sunlight. SAD not only affects how you feel, but how you get through your day. For some SAD can be a crippling affliction, keeping them from enjoying life. SAD sufferers can become moody, listless, depressed, and unable to focus their attention on anything.

Imagine waking up peacefully. Impossible? Not anymore. The NatureBright® systems provide one of the most natural and stress-free ways of awakening. Their sunshine-strength dawn simulator brightens the room gradually, waking you gently and naturally, while giving you the same benefits of the natural sunlight you are desperately needing. You can use either unit at any time of the day.

Waking up to LED (Light Emitting Diodes) light is more than just pleasant. You'll be receiving invaluable light therapy, strengthening and aligning your body's natural processes so you can give the best of yourself to life!

We at JOY Center did a lot of research and finally determined that in our opinion the LED light systems are safer, more effective, and easier to use than fluorescent light systems. LED light is UV safe. We have been using the NatureBright® Inspiration™ 3 in 1 LED

## SAD LAMPS / TRAMPOLINES / HEALTH

Light Therapy Lamp for a long time now to treat major SAD symptoms in family members and would not be without it. One of our dogs even insists on being under the light and will push us out of the way!

### **NatureBright® BioClock Portable 2-in-1 Light Therapy System** (10,000 lux)

2-in-1 Dawn Simulator and Light Therapy Lamp  
#HL1001 - \$229.97\*

- NatureBright's BioClock palm size LED light therapy system is a 2-in-1 device: a bright light therapy lamp plus a fully-programmable dawn simulator.
- traditional alarm sound
- snooze button
- dimensions: 6.2"d X 6.3"w X 1.1"high when closed. Top lifts up when in use, flips down for travelling.
- operates on rechargeable battery or with a Power adapter (included) - great for travelling

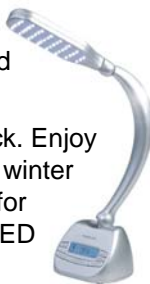


### **NatureBright® Per3™ Deluxe LED Light Therapy Lamp** (10,000 LUX)

#HL1002 - \$229.97\*

This innovative LED bedside lamp combines LED light therapy with energy efficiency, making it an ideal addition to any home or office. The Per3™ is an upgrade of the Inspiration™ design and has multiple uses. It ingeniously serves as a digital alarm clock with a programmable dawn simulator, LED light therapy product, and glare-free LED reading lamp!

Use it regularly and reset your body clock. Enjoy more healthy sleeping patterns, reverse winter depression, and recharge your passion for bedtime reading with glare-free, bright LED illumination.



#### **Features:**

- dimensions: base 5"w X 4"d, neck extends up to 18"h
- preset the dawn simulation feature to run from 1 to 99 minutes with adjustable light intensity
- electric, also includes rechargeable back-up battery.
- gooseneck styling with swivel arm and pivot head
- two alarm settings (one traditional, one birds singing)
- snooze button

**NOTE: Many health insurance plans with cover** the cost of SAD lights if you receive a prescription from your doctor and present a receipt for the lamp.

**Be sure to visit our web sites at:**

<http://www.hereforhealth.com>  
<http://www.bouncingforhealth.com>

### ***VIKAN Trampolines are:***

**Reduce stress, increase energy, improve your health, and have fun at the same time!**

From infants to grandparents, bouncing on a VIKAN Trampoline or rebounder is fun and beneficial.

Don't risk injury on a cheap trampoline that is poorly constructed with cheap materials! Durable, professional grade **Vikan trampolines** are designed to withstand Canadian and Northern US winters without being covered and be virtually maintenance free for typically 15+ years. The one piece, all-weather polypropylene beds are ultra-violet ray treated, are waterproof, have a textured surface to prevent slipping, and allow light to shine through so your grass stays green! On a sturdy foundation of wide-span steel legs, these round trampolines provide a safe, uniform bounce with a minimum of side-to-side pitching while working the jumper towards the centre of the mat. It has no pins, bolts, or motors to break, requires no licences, makes no noise or pollution, and uses no fuel.

Studies show that jumping, and even gentle bouncing on a trampoline or rebounder:

- improves posture, balance, and coordination
- revitalizes vision
- reduces stress levels
- gives the benefits of aerobic exercises without the jarring
- strengthens the cardio-vascular system, and every cell, muscle, organ, tissue, bone and tendon in the body
- protects against heart disease, cancer and degenerative diseases
- improves lymphatic circulation
- helps eliminate toxins from the body
- slows down the aging processes
- helps with weight loss
- fosters a sense of well-being
- induces better mental functioning
- and is an excellent tool for children with learning disabilities and other children

**ALBERTA CUSTOMERS:** Trampolines are covered as an allowable home education expense.

#### ***Pricing for Trampolines Includes Shipping within Canada and the United States***

**8' Trampoline** (Was ~~\$699.00CAD~~)  
#1500 - \$599.97\*

- about knee high off the ground
- great for children or as an aerobic exercise surface for adults – not recommended for high bouncing for those over 120 lbs.

**14' Trampoline** (Was ~~\$1399.00CAD~~)  
#1501 - \$1099.97\*

- about 3' off the ground - great for any size person (under 400 lbs) and any style of jumping

**42" Rebounder** (Was ~~\$280.00CAD~~)  
#1502 - \$247.97\*

- for those who do not have room for a full size trampoline. Firmer bouncing surface - better for adults than children.

**HEALTH BOOKS**

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**Herbal Remedies For Women**

(paperback) #R672 - \$20.17

Author: Amanda McQuade Crawford

Learn to control the severity and frequency of medical conditions unique to women and, in some instances, rid yourself of them entirely. Replace conventional treatments that only mask problems with reliable and affordable herbal remedies for over a dozen medical conditions. Each condition is presented with clear definitions, causes, symptoms, conventional medical approaches, and safe, effective, easy-to-understand herbal treatments - including recommendations, dosages, nutritional information and safe techniques for storing and preparing herbs. Use much of the information for any member of the family.

**★ Home Safe Home**

#S683 - \$21.27

Author: Debra Lynn Dadd (Paperback, 464 pages)

Home Safe Home is the ultimate reference, written by the leading authority on eliminating toxic chemicals in the home. It offers more than 400 tips, including do-it-yourself formulas for inexpensive, safe products to replace harmful substances we are exposed to in our own homes. If you suffer from un-explained headaches, fatigue, or depression, or you worry about the link between increased use of toxic chemicals and the rising rate of cancer, the many suggestions in this book can make your life virtually toxin-free!

**How to Raise a Healthy Child in Spite of Your Doctor**

#R502 - \$8.47

Author: Robert S. Mendelsohn

This well-respected medical doctor reveals why routine medical practices such as giving antibiotics for ear infections or children's Tylenol for fever only make matters worse. Covers prenatal care, birth, breastfeeding, nutrition, hyperactivity, immunization, allergies, asthma, acne, skin problems, ear infections, sore throats, fever, etc. This is not a natural remedies book, but rather a clear, concise explanation of how to know when your doctor is hurting instead of helping and what you can do at home to take care of most problems yourself. (paperback)

**Infant Potty Training**

#S678 - \$20.57

Author: Laurie Boucke (paperback, 500 pages)

Eliminate diapers! Based on an elimination training technique used in much of Asia, Africa and South America, the method in this book has been adapted to the Western lifestyle, while still maintaining a natural and gentle approach. The word "training" is used in the positive sense of a loving exchange of communication and teaching/ learning between mother and

baby. Contains stage-by-stage guidelines, amazing photos, testimonials, medical opinions by doctors and pediatricians, guidelines for late-starters, and more.

**Nourishing Traditions**

#S681 - \$26.47

Author: Sally Fallon

(676 pages)

A full-spectrum nutritional cookbook that challenges politically correct nutrition and diet dictocrats with a startling message – animal fats and cholesterol are vital factors in the human diet, necessary for reproduction and normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Includes information on how to prepare grains, health benefits of bone broths and enzyme-rich lacto-fermented foods. Learn why chronic illness in industrialized nations has reached epic proportions and how "big business" is killing you! This is MUCH more than a healthy eating cookbook. The information contained may change your thinking and, if heeded, could well save your life. (Paperback)

**The Stevia Cookbook**

#S675 - \$14.87

Author: Ray Sahelian, Donna Gates (Joint Authors)

All-natural stevia is 300 times sweeter than sugar, safe for children and diabetics, won't harm teeth, and can be used in baking. With the help of this guide learn all about it and, guided by over 100 recipes, how to use it in foods for breakfast, salads, entrees & goodies that will satisfy sweet cravings but not cause cavities.

**What The Bible Says About Healthy Living**

#R674 - \$20.97

Author: Dr. Rex Russell, M.D.

In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health? You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctor's scripturally-based book on eating and feeling better, and living longer. These simple principles will help you find energy, freedom from illness, and more vibrant health! This is NOT just "another diet book!" (Hardcover)

**The Whole Soy Story**

#S679 - \$31.77

Author: Kaayla T. Daniel, PhD. CCN

Groundbreaking exposé that tells the truth about soy that scientists know but that the soy industry has tried to suppress. Soy is not a health food, does not prevent disease, and has not even been proven safe. Epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, reproductive disorders, even heart disease and cancer. (Hard cover, 457 pages)