

YOUR HEALTHY LIVING

AUGUST 2011

the natural way

**What's best
for health?
2011 Awards**

THE UK'S
no.1
FREE
HEALTH
READ

Hydration:
get it right!

Senior
wellbeing

Superfoods
experts

Teen
skin

**Gwyneth
Paltrow**

**'Slowing down
makes me happy'**

Plus

Veggie & vegan recipes, healthy news and
free prize draws!



**PLEASE
TAKE
ONE!**



Best Organic



VOTE for your favourite Organic product by visiting www.yourhealthyliving.co.uk

By voting you will enter the free draw to win one of EVERY winning product.

For prize details and how to vote by post, turn to page 19.

Tasty trace elements!

The **Mineral Salt** from Seagreens is brilliant! 50% Outer Hebrides organic wrack seaweed and 50% organic certified unrefined Cornish sea salt; a tasty condiment which feeds your body the minerals and trace elements it needs. www.seagreens.co.uk

Cooperative pasta!

Suma Penne, organic, bronze die, slow dried pasta made in Italy. Workers' cooperatives grow the wheat and make the pasta; Suma workers' cooperative brings it to you in the UK! www.suma.coop

Green & minted!

Dragonfly Organic Moroccan Mint Green tea is a refreshing, traditional blend. Naturally sweet spearmint leaves and fine gunpowder green tea are blended to create a wonderful authentic taste! www.dragonflytea.com



Essential pore cleanser!

Spiezia Organics Facial Cleanser with organic essential oils of Eucalyptus, Clove and Clary Sage, helps decongest clogged pores, regulate sebum production and soften and soothe the skin. www.spieziaorganics.com

Clever tofu

Clearspring organic tofu is the UK's first organic ambient tofu. This high protein soya product is ready to eat straight out of the pack; alternatively use as a cooking ingredient in savoury & sweet dishes. www.clearspring.co.uk

Personal reassurance!

Natracare Organic Cotton Tampons - be reassured! These certified organic, 100% cotton tampons mean no exposure to skin irritants, unnecessary chemicals, additives or synthetics contained in conventional tampons. www.natracare.com

 Read more about these products online at www.yourhealthyliving.co.uk