



# .healthy christmas living

Fantastic feel-good products to get you and your family through the silly season.



**SPECIAL K DON'T SKIP BREAKFAST**  
Special K® Original is 99% Fat Free and tastes great! Plus new studies show a regular sensible breakfast helps you manage your shape vs. those who skip! It also helps to boost your metabolism and you tend to make better choices throughout the day! So eat breakfast and enjoy!

[www.kelloggs.com.au](http://www.kelloggs.com.au) ☎ 1800 000 474

## WATCH YOUR HEALTH

Get tech savvy and get fit fast! For those seeking simple guidance to help manage weight or improve fitness. Keep left of the EnergyPointer to burn fat or stay right to improve fitness. The Polar FT40 is available now (RRP \$299). Available in green for females and black for males and compatible with Polar Flowlink for easy transfer of exercise data to your computer (RRP \$99).



great  
christmas  
gift

[www.pursuit-performance.com.au](http://www.pursuit-performance.com.au)

## CHIATAH - NUTRITION FROM NATURE

Chiatah is high quality Australian grown chia seed, a 100% natural 'super wholefood'.

Available in black and white varieties Chiatah is one of the richest known sources of plant-based Omega 3 and 6 and is

also high in protein, fibre, antioxidants and is gluten free! Special offer for first 1000 Slimming & Health readers - email [offer@thechiaco.com.au](mailto:offer@thechiaco.com.au) with your name and address to request your complimentary Chiatah sample.

[www.chiatah.com.au](http://www.chiatah.com.au) ☎ 08 9228 2215



## THE NATURAL WAY

Give the gift of Good Health. The new range of Health Care packs now available from The Natural Way clinics. Menopause, Stress, PMT, Arthritis, Executive Essentials and Healthy Skin – just call our new national number 1300SLIMMER (1300 754663) to contact your nearest clinic. Call today for Weight Loss or that ideal Christmas Gift.

[www.thenaturalway.com.au](http://www.thenaturalway.com.au)

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## WEAR FLOWERS ON YOUR FACE

Zuii Certified Organics has embraced the essence of nature with a unique blend of Certified Organic Flora Ingredients to nurture, protect and improve the health of your skin and the earth. Zuii's timeless colour palette is created with the benefits of organic floral ingredients, essential oils, vitamins and minerals. Not tested on animals, no petrochemicals, no parabens, no talc, no GM ingredients.

Zuii Flora Foundation RRP \$59.95.

[www.zuiiorganic.com](http://www.zuiiorganic.com)



## THE SAFE AND HEALTHY WAY TO DETOX

The Blackmores 10 Day Detox Program provides a comprehensive detox to improve digestive function and help the body eliminate waste and toxins more effectively. Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Blackmores recommends use in conjunction with healthy lifestyle factors such as diet and exercise. CHC50503-10/08 [www.blackmores.com.au](http://www.blackmores.com.au)