

2014 - YOUR PLAN OF ATTACK

Natural Earth Health Products

Natural Earth Health Products is all about real, whole food ingredients, developed to nourish, cleanse and energise the body.

The original, flagship product – known as Gen 1:29 was created over 26 years ago here on the Sunshine Coast and has been incorporated into many people's journeys of healing, health and wellness both here in Australia and overseas.

Sarah Clarke took the business on nearly three years ago and has created new product lines, rebranded, set up an online webstore and has a Healthy Living Store on site in Woombye. Sarah is keen to share the importance and ease of a wholesome balanced diet, the necessity of a healthy digestive system and share the awareness of the effects chemicals, additives, flavours and preservatives can have.

Sharing her building with Natural Earth Health and Fitness Centre and Twenty 8 Chemical Free Skincare, they have a healthy little vibe going on in the township of Woombye.



SCAN HERE TO
GO TO WEBSITE



PLAN OF ATTACK TIP:

1. Drink lots of pure, filtered water.
2. Try to buy organic produce. It increases the nutrient density and reduces the pesticide toll.
3. Choose food as close to its natural state as possible.
4. Look at the labels - check the ingredient list. Note the sugar content.
5. Exercise your amazing machine ... get it moving!
6. Get good quality sleep. Turn off all the lights.
7. Eat detox-promoting foods. Keep your system moving and clean.
9. Don't be afraid to ask questions!
10. Read. Knowledge is power. What we're now told is good for us has changed a lot since the good old food pyramid was created.
11. Laugh, sing, forgive and love!

To order call 1300 659 578 or shop online at www.naturalearthhealthproducts.com.au, or come visit us in our Healthy Living Store, 10 Blackall St (Main St), Woombye

