

Health Times

Keep it Simple, Fresh, Nature knows Best.



Don't Forget

OUR SHOWROOM

Come in and see how these products work, see a demonstration. You tell us what you want to juice, how often, and how many people and we can explain how the juicers work, the type of extraction process and the warranties they have. Compare products yourself, to decide which product is right for you.

WELCOME

I am so happy that I have the opportunity to share my passion for raw vegetable and fruit juicing with you all. For me, the Raw Juices improve my whole wellbeing by providing my body with vital concentrated nutrients, enzymes, vitamins and minerals. Raw Juices are a great addition to my diet.



Diane Arcuri

this issue

Welcome

Diane Arcuri Owner

Our Showroom

Upcoming Events

Some Of Our Products

Achieve health and wellbeing with us.

Great News !

Improve Your Health Products is NOW offering a complete range of Cold Pressed Living Food Juicers, Soy milk/Rice Milk Makers, Dehydrators, a selection of Sprouting Units, Tofu Makers, Water Distillers, Mineral solutions and loads of Health and Nutrition Books. Improve Your Health Product's Single Gear & Twin Gear Cold Pressed Living Food Juicers are available in many colours, burgundy, chrome finish, white and black to compliment your kitchen. The demand for Cold Pressed Living Food Juicers providing a high nutrient quality juice with minimal preparation and cleaning is **now available at Improve Your Health Products**. Our Cold Pressed Living Food Juicers can mince meat, make sausages, pasta noodles, frozen sorbet desserts, nut butters, baby food and much more . . .

Why add RAW vegetable and fruit juices to your diet ?

ENERGY, ENERGY, ENERGY. Raw vegetable and fruit juices are packed with nutrients that improve your energy and we all can do with more of that. Our lives are full of chemicals, toxins and other harmful substances that stress our bodies and drain us of energy.

To combat this we need to have a diet that is really rich in enzymes, vitamins, minerals and phytonutrients (colours from plants) as these protect and help the body detoxify these stressful substances. Toxins reduce the amount of oxygen that your body can carry this really reduces the amount of energy that your body can produce. Raw juices are packed with these nutrients so they help your body detoxify and boost your energy levels. If that is not enough raw juices slow the ageing process. You ask how ? We age because of the damage that is done to our cells by harmful chemicals whether they come from the environment or our own bodies. Raw juices neutralise these chemicals protecting your cells from the ageing process and dying too early keeping you younger. So if you really want an energy boost get into juicing.

Nathan Forbes ND

Nathan has 2 naturopathic clinics one in Glenmore Park and one in Camden. You can contact him at nathan@naturesconcepts.com.au or 0425 292 839.

Besides giving you energy raw juices keep you looking younger. *Nathan Forbes*

Look deep, deep into nature, and then you will understand everything better.

Albert Einstein



Improve Your Health Products

Improve Your Health Products has many, Healthy Innovative Products for your Home, Office and Business. Register online NOW and we will keep you updated with the latest news in Health, Health Products, and Health Events. We are here to help everyone achieve Vibrant Health.

Certified Organic Sprouting Seeds. Available late February

- Alfalfa
- Fenugreek
- Lentils
- Wheat Grain
- Barley Grain
- Mung Beans
- Sunflower Sprouting Seeds
- And more . . .

C/- Styline Kitchens Showroom
1/30-32 Whyalla Place
PRESTONS NSW 2170
Phone 0411 448 344
Fax 02 8783 0429

Upcoming Events

- **Improve Your Health Products** would like to take the opportunity to introduce Dr Philip Day. Dr Philip Day is an AWARD WINNING Health Author, most travelled Health Author and Lecturer. Dr Philip Day is coming to Australia to give a talk **Healing in the Home - from cuts and grazes to heart disease and cancer. What science says you can do for yourself.** Dr Philip Day's Informative Talk, is held at different locations around Australia. Sydney – Monday 23 March, The Epping Club, 45 -47 Rawson Street, 7:30pm – 10:30pm.

For Tickets and more Information regarding Dr Philip Day go to www.credence.com.au or simply call Diane Arcuri 0411 448 344 or email info@improveyourhealthproducts.com.au. All of Dr Philip Day's Books are available at Improve Your Health Products so please contact us.

- **Available soon:** Whole Home Water Filter Systems and NEW Kitchen, and Shower Filters.

Our Products

Improve Your Health Products has a range of Dr Sandra Cabot's Health Books. On **SALE NOW** is the **Dr. Sandra Cabot Weight Loss Package Priced at \$297.00.** This includes:

- 1 Compact Living Juicer (Choice of colour, white or burgundy)
- 500g Quick Weight Loss Powder
- Quick Loss Shaker
- 1 Quick Loss Diary & Planner
- Your Choice of One of three Dr. Sandra Cabot's most popular Books. The liver Cleansing Diet, Raw Juices Can Save Your Life, & Energy Boost.

Order now go to sales@improveyourhealthproducts.com.au or Call Diane 0411448344



Oscar Vital Max 900



Easy Green Sprouter



Food Hydrator Excalibur

Coming Soon



Premium Soymilk Maker



Oscar Pro 930



Water Wise Pure Magic