

# HEALTH FIRST

THE LATEST HEALTH  
NEWS TO HELP  
YOU LIVE ACHIEVE  
OPTIMAL HEALTH



## Keep your carpets allergy-free

'No vac' is a foam carpet deodoriser that disappears as it works into the carpet, eliminating odours causing bacteria and smells caused by, pets, cooking and those everyday household accidents. A quick spray is all you need to easily refresh your home, and the revolutionary formula leaves no residue and your carpeted areas remain dry with a fresh fragrance. No vac is available in four fragrances and is safe for use around children and pets. No vac ensures your house and car will smell clean, cool and airy. Find out more at [www.wd40.com.au](http://www.wd40.com.au)

## PAW PAW OINTMENT – NOW EVEN BETTER

Paw Paw ointment with calendula is 100 per cent petrochemical-free, Australian made and owned. Paw Paw is traditionally a much loved remedy for dry, cracked, irritated skin, insect bites, nappy rash, cracked nipples to chapped or sunburned lips. Paw Paw ointment with calendula is 100 per cent petrochemical-free. Petrochemicals are by-products from petroleum refining and are listed as probable carcinogens by the European Union. Available in 30g (\$6.45) and 100g (\$12.25) tubes. For stockist information phone 1300 883 716.



## FEMININE HYGIENE TURNS STERILE

Pureste is the brains behind Australia and New Zealand's first sterilised tampon. The new Pureste sterilised range includes tampons, pads with wings and panty liners. The Pureste range is available from Woolworths, independent supermarkets and pharmacies. Or for a free sample visit [www.pureste.com.au](http://www.pureste.com.au)

## A healthy lick arrives in Oz

Yogen Fruz is the world's leading frozen yoghurt (froyo) chain and is headed down under this year, with the first stores opening in Brisbane in January and Sydney in March. Kind to waistlines (containing less than 100 calories per standard serve), Yogen Fruz also packs a health punch with the addition of extra probiotics. Probiotics contain live cultures which are hugely beneficial to a person's digestive health, helping to restore the balance that can be negatively affected by excess alcohol consumption, fatty food, the pill, stress and much more. Visit [www.yogenfruz.com](http://www.yogenfruz.com) for details.

