

Women's health & fitness

Your Best
Australia

**TAME
HUNGER**

IN 5 DAYS

**YOUR NO-PANG
MEAL PLAN**

**+ WORKOUTS THAT
WIPE OUT APPETITE**

**4-WEEK
WHOLE
BODY
WORKOUT**
JUST 6 MOVES...
SO EASY!

**Alkaline
foods for
weight loss**

Why everyone's
dropping acid

7-DAY DIET

**ROAD
TEST** *OUR
TESTERS
WEIGH IN*

**Prevent
FAT LOSS
plateaus**

Simple tricks
to try **now**

**Are you
REALLY
ready for
success?**

Unconscious
blocks exposed

**DIY
WHITER
TEETH**
Chemistry
crash course

OCTOBER 2014
AUST \$7.50 INC GST
N.Z. \$9.80 INC GST



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9 771441 058004
10
www.womenshealthandfitness.com.au

VEGANS REJOICE

Conscious chocolate is the organic, vegan chocolate dream we thought would never come true. Naturally sweetened with organic rice syrup, this raw chocolate is low GI and fructose free providing the ultimate indulgence with none of the guilt. The only problem is choosing between cranberry kiss, cheeky cherry and coconut crunch. kadac.com.au



AUSSIE F1RST

You asked and they delivered. Inspired by requests from around the country, the new, specially formulated Vegemite spread includes extra vitamins and 25 per cent less salt than the original. It's the same great Vegemite taste you know and love, but with an added helping hand to lower your salt consumption. vegemite.com.au

GO NUTS!

Need another reason to adopt the 'handful of nuts' snack idea? We'll give you two. 1. A 16-year research project published in *The American Journal of Clinical Nutrition* shows that long-term nut consumption can help decrease the risk of weight gain and development of type two diabetes. 2. With Lucky Smart Snax, nuts have never been more delicious. Available in four antioxidant and fibre-boosting flavour packs. luckynuts.com.au



DETOX deliciously

Dietlicious delivers freshly made meals for smart women who are busy or looking to change up their diet with nutritious meal options. If you're looking to lose weight with regular meals (yes, it's very possible), ensure Dietlicious is on your speed dial. All meals are cooked to perfection, snap frozen to lock in all the flavour, then delivered direct to your door. There's no 'one size fits all' mentality here either; Dietlicious has specific diet plans to suit gluten-free, vegetarian, diabetic, low-GI and sugar-free eaters. Plus, it's super affordable. Jump online to see what we mean. dietlicious.com.au

ANTI-IMPULSE BUY

If eating better is on your bucket list, plan to succeed by steeling yourself against tepid turkey breast (yes, we know an inedible sambo would be a great excuse for lasagne). This insulated retro sandwich pocket from ArtBird will keep your sandwich cool until 12 and remind you of the big picture. There's a sturdy velcro closure to keep the filling away from your iPhone. \$19.95, shopnaturally.com.au



ACAI PROTEIN

Protein Supplies Australia is an Australian company born and bred out of a desire to bring better health conscious products to the world. Using acai berries (a natural super food) and real freeze dried strawberries, the new WPI Strawberry & Acai Flavour is a fast release 90 per cent protein that's low fat, low carb, low GI, high in antioxidants and 98 per cent lactose free. With immunity boosting qualities, not only is this WPI nutritionally strong but an absolute taste sensation. Order now and receive a FREE PSA shaker valued at \$9.95 with every WPI Strawberry & Acai flavour. Visit website for full details.



RRP: From \$44.95, 500g | proteinsuppliesaustralia.com.au



DIET EASY

Whether you're interested in a weeklong detox, wanting to lose weight or just enjoy having nutritious meals delivered, Dieticious satisfies. Each meal is made fresh, cooked to perfection, snap frozen to lock in flavour, and delivered straight to your doorstep. There are meals and plans to suit a range of intolerances and dietary needs, so you can finally tick 'eat well' off your bucket list!

RRP: Dinners from \$9.90 | Full plans from \$35.00 a day
dieticious.com.au



SUGAR-FREE SWEETNESS

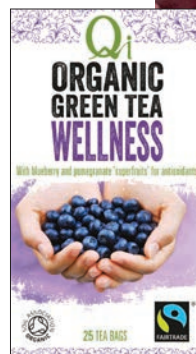
Maintain a sugar free diet that's still wonderfully sweet with the rich flavour only real vanilla extract can offer. The unique ageing process of Singing Dog Vanilla Pure Vanilla Extract creates a smooth, mellow flavour with a lovely aroma.

RRP: \$11.10, 59ml
www.tbdimports.com.au

WELLNESS RESTORED

Qi Organic Wellness Tea is a refreshing fusion of blueberry, pomegranate and hawthorn fruit providing a delicious range of antioxidants. You'll find this tea naturally sweet and mellow tasting so there is no need to add milk or sugar. Qi Tea is grown by the Xitou Farmers Cooperative high in the Yellow Mountains and is certified fair-trade and organic.

RRP: \$4.99
www.qitea.com.au



GUILT-FREE LOAF

Forget trying to make a sandwich from lettuce; bread is back on the menu. NatureFirst Organic Pumpernickel Bread is an excellent source of protein, low in fat and packed with nutrients. Available in Rye with Sunflowers, Rye with Flaxseed and Multigrain, it's delightful toasted with your favourite spread or layered with goat's cheese, beetroot and walnuts. Find it at all good independent supermarkets and health food stores.

RRP: \$4.99 | www.kadac.com.au

SHARP FOCUS

Focus on your training (or at least the menu at your local café) without having to wear distracting glasses. Lasersight are the Australian laser vision specialists and can help you to focus on the important things in life. Although laser surgery for correcting vision problems isn't new, with the latest technology, most people can have a corrective procedure one day and be glasses-free the next. Lasersight offer an obligation free assessment and can discuss interest free finance. Phone 1800 003 937 to find out more.

lasersight.com.au

