

**"YOU DESERVE
THE HEALTHY
BEST"**

**YOUR MONTHLY
HEALTH AND
WELLBEING
NEWSLETTER**



"I hear and I forget. I see and I remember. I do and I understand"

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Apricot Kernel Oil Australia

Spring 09 Newsletter

Welcome to our newsletter **"You Deserve The Healthy Best"**

Spring is upon us and we are all experiencing longer days with daylight savings having just kicked in . It's a good time to get out and about and enjoy the extra daylight. There are many beautiful flowers out on display and trees full of blossom in our own neighborhoods to enjoy. So get a pair of comfortable shoes and hop to it ... Don't forget to keep your body in peak condition and try to include some fresh juices in your daily routine. Celery, Carrot Beetroot , Apple and Ginger is a favorite of ours. Everything in moderation....

Cheers Leigh and Kelli



WHATS NEW

- Muscle Gen for Men
- Muscle Gen for Women
 - Macadamia Oil



MONTHLY SPECIALS SPRING 2009

OCTOBER SPECIAL

Organic Almonds

Were \$24.20

Now \$19.99

*NB: This special has now expired

NOVEMBER SPECIAL

Organic Pepitas

Was \$14.95

Now \$12.99

DECEMBER SPECIAL

1KG LSA

All 4 flavors

Was \$29.95

Now \$24.99



Organic Almonds, Macadamias, Pepitas and Sunflower Seeds are now available online

- Go to apricotkerneloilaustralia.com.au -All Products Quick order to have a look at our healthy range of food.

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“You deserve the healthy best”



RECIPE

Chargrilled Vegetable and Couscous Salad

Serves 4

1 cup (250ml) water 2teaspoons of olive oil

1 packet of Moroccan Spices Couscous

1/4 cup of fat free French dressing

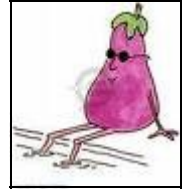
1 small eggplant sliced

2 zucchini sliced

1 red capsicum, quartered

4x 150g skinless chicken breast fillets or fish fillets

1. In a small saucepan bring water and oil to the boil. Add couscous stir well and bring back to the boil while stirring. Remove from heat cover and stand for 5 minutes.
2. Transfer couscous to a bowl. Using a fork, stir through salad dressing then cover and refrigerate.
3. Meanwhile coat eggplant, zucchini and capsicum with oil Cook vegetables on a heated oiled grilled pan until tender. Allow vegetables to cool before slicing and stirring through couscous
4. Cook chicken/fish on heated oiled grilled pan until browned and cooked through. Slice chicken and serve with Char grilled vegetables and couscous salad



“BENEFITS OF A GOOD MASSAGE”



Christmas is coming quick so

Why not shout yourself a massage– you really do deserve it.

How awesome does it feel after a good massage. It’s a great stress relief and helps relieve the tension in your back and neck. It’s the end of the year and I think we all should spoil ourselves and book in.

Apart from the pure pleasure of a good rub there are many other benefits:

Preparation: A good massage can help prepare your muscles for exercise and loosen up tight muscles after exercise

Prevention: A massage to loosen up your muscles can help to prevent some soft tissue and muscle injuries.

Recovery: Massage can increase blood flow to your muscles. This gets more oxygen to the muscle and helps remove waste products So don't wait any longer book in with a qualified masseur and start enjoying all the wonderful benefits of a massage...Also makes a good gift for family and friends and those people who have everything..



For more info go to:
www.apricotkerneloilaustralia.com.au

