

**Life Healing Food  
Consultancy Centre**  
Abiogenesis & Pharmacognosie



**Merav Reid**  
LHFcc Consultant

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You are what you Eat, Drink, Breathe, Use & Absorb

Priced as at 22.7.13  
Prices may change  
according to suppliers  
increases. Supply is  
subject to product  
availability . Orders can be  
posted out from charges  
of \$5.00 to \$9.00  
depending on the size of  
bag.

All items in the 150Gm bags  
are not according to weight,  
but according to price.

**PRODUCTS FOR SALE**

**Parsons Natural-Wild-Plant-Food Teas**

	SIZE		RETAIL P1
Hawthorne Berries Tea (heart, circulation)	Bag 150gm		\$12.00
Nettle Tea (minerals, hayfever)	Bag 150gm		\$12.00
Red Clover Flower Tea (anti-candida, hormonal)	Bag 150gm		\$12.00
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 150gm		\$12.00
Yarrow Tea (colds, flu's, viruses)	Bag 150gm		\$12.00

**Ida's Natural-Wild-Plant-Food Teas**

Chamomile (relaxes, anti-inflammatory)	Bag 150gm	\$12.00
Elderflowers (coolant, and tonic)	Bag 150gm	\$12.00
Lemon Balm (addiction withdrawal, calming)	Bag 150gm	\$12.00
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 150gm	\$12.00

**Gwens Natural-Wild-Plant-Food Teas**

Lemon Verbena (sedative, relaxes, digestion)	Bag 150gm	\$12.00
Nettle Tea (minerals, hayfever)	Bag 150gm	\$12.00
Red Clover Flower Tea (anti-candida, hormonal)	Bag 150gm	\$12.00
Plantain Leaf Tea (lymph cleanser, detoxifying)	Bag 150gm	\$12.00
Yarrow Tea (colds, flu's, viruses)	Bag 150gm	\$12.00
Twitch/Couchgrass (urinary antibiotic)	Bag 150gm	\$12.00

**Merav's Natural-Wild-Plant-Food Teas**

Blood/lymph Purifer (lime,hawth,alfalfa, plantain)	Bag 150gm	\$12.00
Catnip Mint Tea (pain reliever)	Bag 150gm	\$12.00
Cleansing Tea: plant.yarr.nett.elderf.red clover.	Bag 150gm	\$12.00
Corn Silk (urinary cleanser)	Bag 150gm	\$12.00
Comfrey Leaf Tea (B12, heals chest linnings)	Bag 150gm	\$12.00
Comfrey Root Tea (heals mucus linnings]	Bag 150gm	\$12.00
Damiana [balancing the hormones]	Bag 150gm	\$12.00

**PRODUCT**

**Merav's Natural-Wild-Plant-Food Teas**

	SIZE		RETAIL P2
Depression Relief Tea Combinations	Bag 150gm		\$12.00
Elderflowers (coolant, and tonic)	Bag 150gm		\$12.00
Eyebright Tea (all eye irritatons, infections)	Bag 150gm		\$12.00
Ginger Root Tea [blood cleanser, circulation]	Bag 150gm		\$12.00
Ginkgo Biloba Tea (memory, Raynards)	Bag 150gm		\$12.00
Gotu Kola Tea (memory, adrenal support)	Bag 150gm		\$12.00
Horsetail Tea (cleansing, urinary cleanser )	Bag 150gm		\$12.00
Kava Kava Powder Tea (sleep aid)	Bag 150gm		\$12.00
Lemon Balm (addiction withdrawal, calming)	Bag 150gm		\$12.00
Lemon Grass Tea (sinus, dries fluid)	Bag 150gm		\$12.00
Lemon grass Tea (sinus, dries fluid) 100 sachets	100 Tea Bags		\$25.00

Lemon Verbena (sedative, relaxes, digestion)	Bag 150gm	\$12.00
Linden Blossom or Lime Tree Flowers [tonic]	Bag 150gm	\$12.00
Liquorice Root Tea (stress relief)	Bag 150gm	\$12.00
Meadowsweet Tea (pain relief)	Bag 150gm	\$12.00
Muscosa: (fennel, fenugreek, flax, nettle, liquorice)	Bag 150gm	\$12.00
Nettle Tea (minerals, hayfever)	Bag 150gm	\$12.00
Nursing Tea (nettle, fennel, aniseed caraway)	Bag 150gm	\$12.00
Oat Straw Tea (addiction withdrawal)	Bag 150gm	\$12.00
Passionflower Tea (calmative)	Bag 150gm	\$12.00
Pennyroyal Mint Tea (digestive, enzyme aid)	Bag 150gm	\$12.00
Peppermint Tea (digestive, enzyme aid)	Bag 150gm	\$12.00
Plantain Leaf Tea (lymph cleanser, diuretic)	Bag 150gm	\$12.00
Poultice Mixture Teas	Bag 150gm	\$12.00
Propolis buds (antibiotic)	Bag 150gm	\$12.00
Raspberry Leaf Tea (sleep, muscle pain relief)	Bag 150gm	\$12.00
Red Clover Flower Tea (anticandida, hormonal)	Bag 150gm	\$12.00
Restorative Tea Combinations	Bag 150gm	\$12.00
Roi-bush or Red Bush Tea (anti-candida)	Bag 150gm	\$12.00
Saw Palmetto Berries [hormonal support]	Bag 150gm	\$12.00
Siberian Ginseng [circulation, hormonal/memory]	Bag 150gm	\$12.00
Korean Ginseng Granules Tea 50 sachets	Box 150gm	\$20.00
Skullcap Tea (sleeping aid)	Bag 150gm	\$12.00
Slippery Elm Powder (electrolyte balance)	Bag 150gm	\$12.00
Spearmint Tea (digestive, enzyme aid)	Bag 150gm	\$12.00
Stevia (naturally green) sugar substitute	Bag 150gm	\$12.00
Tonic Tea Combinations	Bag 150gm	\$12.00
Twitch/Couchgrass (urinary antibiotic)	Bag 150gm	\$12.00
Yarrow Tea (colds, flu's, viruses)	Bag 150gm	\$12.00
Valerian Root Tea (sleeping aid)	Bag 150gm	\$12.00
Vervain Root (relaxant, sleeping aid)	Bag 150gm	\$12.00
Willow Bark Tea (pain relief)	Bag 150gm	\$12.00

## PRODUCT

## SIZE



## RETAIL P3

### Merav's Natural-Wild-Plant-Food Teas

Withania Tea (support hormones)	Bag 150gm	\$12.00
Wormwood Tea (parasite remover)	Bag 150gm	\$12.00
Hormonal tea combinations	Bag 150gm	\$12.00
Plus other teas & combination teas	Bag 150gm	\$12.00

### Tea Infusers

Stainless Steel Tea Cup Infusers	Each	\$9.00
House Shaped Steel Tea Infusers	Each	\$15.00
Coloured Stainless Steel Tea Infusers	Each	\$15.00

### Safe Earth Unprocessed Sea Salt

#### With Minerals and Iodine

Small Packet Sea Salt	250gm	\$3.00
Larger Packet Sea Salt	500gm	\$6.00

### Tokyo Food Co Ltd

Nori Flakes Fine (Porphyra Yezoensis )	25gm	\$6.60
Nori Flakes Fine (AoNori)	100gm	\$17.00
Nori Roasted Seaweed Sheets Navy (SushiNori)	100's	\$26.00
Nori Roasted Seaweed Sheets Green (YakiNori)	10's	\$6.00
Sushi Mats Small & Large	1	\$5-\$7

### **Korean Tea/Coffee Substitute**

Corn (Whole) Tea	500gm	\$14.00
Barley Tea	Pkt of 15	\$6.50
Ginseng Granules 50 tea bags	150gm	\$15.00

### **Vogels Coffee Substitute**

Bambu Instant Coffee Substitute	200gm	\$25.00
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### **Hings Fresh Organic Soya Products**

Organic Hings Soymilk G.E.-Free	1 litre	\$3.40
Organic Hings Soymilk G.E.-Free	2 litre	\$4.20
Hings Organic Tofu Plain G.E. Free	300gm	\$4.50
Okara (Organic soyabean fibre, nutrients)	500gm	\$1.00
Hings Natural Wheat Noodles	500gm	\$3.40

### **Addmore Foods Ltd**

Addmore Elderflower Cordial (Tonic and Refreshing)	375ml	\$12.80
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### **PRODUCT**

### **SIZE**

### **RETAIL P4**

#### **Other Foods**

Hulled Achva Tahini	1Kg	\$25.00
Hulled Achva Organic Tahini	500gm	\$13.00
Matzah Crackers (Safe Giant Watercrackers)	453gm	\$10.00
Tutaki Beech Dew Honey	500gm	\$11.00
Agar, Agar Jelly	42gm	\$6.50
Lychee Jelles 19 per pkt	300gm	\$6.00
Purewasabi	55gm	\$9.00
Mountain Valley Bee Pollen	250gm	\$25.00
Pinnacle Active Dried Yeast	100gm	\$2.80
Healtheries Cod liver Oil	500ml	\$27.00
Raw Sugar in paper bag	1 Kg	\$4.00
Coconut Natural Thread	170gm	\$9.00
Fish Sauce	200ml	\$4.50
Chantal Organic Baked Beans	400gm	\$4.50
Organic Soba Buchwheat/Wheat Noodles	270gm	\$4.90
Dried Anchovies	170gm	\$9.00



#### **Golden Fields Coffee Substitutes**

##### **Organic Roasted Malt Ground (Barley Coffee)**

Organic Roasted Malt Ground	225gm	\$7.00
Organic Roasted Malt Whole	500gm	\$15.00
Organic Roasted Malt Ground	550gm	\$15.00
Organic Roasted Malt 5 Sachets	20gm	\$3.50
Organic Roasted Malt 25 Sachets	100gm	\$7.00
Organic Roasted Malt 100 Sachets	225gm	\$21.00
Organic Dandelion Chai 5 Sachets	16gm	\$4.50
Organic Dandelion Chai 25 Sachets	80gm	\$13.00
Organic Dandelion Chai 100 Sachets	550gm	\$38.00
Organic Dandelion 5 Sachets	16gm	\$4.50
Organic Dandelion 25 Sachets	80gm	\$12.00
Organic Dandelion Ground	550gm	\$45.00
Organic Comfrey /Dandelion	16gm	\$4.50
Organic Comfrey /Dandelion 25 Sachets	80gm	\$12.00
Organic Roasted, Yannoh: 25 Sachets	100gm	\$10.00
Organic Roasted, Yannoh granules	250gm	\$10.00

Organic Roasted, Yannoh: 5 Sachets	22gm	\$4.50
Organic Roasted, Chickory: 5 Sachets	22gm	\$3.50
Organic French Coffee, Low Caffeine 5 Sachets	20gm	\$4.50
Organic French Coffee, Low Caffeine Grounds	200gm	\$12.00
Mills, Crushers, Grinders, Mixers, Juicers, Grater		Quotes

PRODUCT	SIZE		RETAIL P5
<b>Merav's Recipes</b>			
A	Bread Recipe	1	\$3.00
B	Muesli Recipe	1	\$3.00
C	Dakar Recipe	1	\$3.00
D	Natural Savoury Stock	1	\$3.00
E	Tahini (Sesame) Recipe	1	\$3.00
F	Tahina Sauce Recipe	1	\$3.00
G	Lentil and Pumpkin Soup Recipe	1	\$3.00
H	Sunflower Spread Recipe	1	\$3.00
I	Cod Liver Oil with Orange Juice Directions	1	\$3.00
J	Food Ideas Directions	1	\$3.00
K	Pure Slippery Elm Powder Directions	1	\$3.00
L	Barley water/tea/coffee/ Recipes	1	\$3.00
M	Beautiful Red Sweet Salad Recipe	1	\$3.00
N	Healthy Carrot Cake Recipe	1	\$3.00
O	Vegetable Grain Soup Recipe (C)	1	\$3.00
P	Healthy Museli Bar Recipe	1	\$3.00
Q	Tabouli Salad Recipe	1	\$3.00
R	Soymilk Directions	1	\$3.00
S	Healthy Fruit Cake Recipe	1	\$3.00
T	Sushi Recipe	1	\$3.00
U	Kimchi Winter Salad Recipe	1	\$3.00



### Flour & Grains

Kialla Organic Unbleached Flour	1Kg	\$5.00
Biograins Organic White Flour	5 kg	\$22.00
Biograins Organic Wholemeal Flour	5 kg	\$20.00
Potato Flour	500gm	\$4.50
Tapioca (Arrowroot) Flour	500gm	\$3.50
Biograins Organic Hulled Oats	1 Kg	\$7.70
Biograins Organic Rolled Oats	1 kg	\$7.70
Organic Pearl Barley Whole	500gm	\$4.50
Organic Kibbled Rye	500gm	\$5.00
Organic Whole Purple/Red Konini Wheat	500gm	\$5.00
Organic Whole Millet Grains	500gm	\$6.50
Organic Ground Millet	500gm	\$6.50
Red Rice (Black Glutinous)	1Kg	\$8.50
Wild Black Rice	350gm	\$8.00
Bulghur Wheat	500gm	\$5.00
Organic Quinoa Red	500gm	\$6.60
Organic Whole Amaranth	500gm	\$6.60
Organic Hulled Buckwheat	500gm	\$5.00
Organic Whole Buckwheat	1 Kg	\$7.00

PRODUCT	SIZE		RETAIL P6
Chia Seed Black	250gm		\$8.60
Lentils Green-Brown	500gm		\$4.00
Leblebi Roasted Salted Chickpeas	100gm		\$3.50



### Seeds

Fennel Seeds	50gm	\$3.00
Caraway Seeds	50gm	\$3.00
Aniseed Seeds	50gm	\$3.40
Basil Seeds (Jel)	100gm	\$5.50
Pumpkin Seeds	100gm	\$3.00
Sesame Seeds Black	100gm	\$1.50
Sesame Seeds Toasted	250gm	\$3.00
Sesame Seeds White	250gm	\$3.00
Sunflower Seeds	500gm	\$5.70

### Safe Nuts (No sulphites)

Macadamias Raw	100gm	\$5.50
Cashews Whole	100gm	\$3.50
Almonds Whole	250gm	\$6.00
Brazil Whole	250gm	\$9.50

### Spices

Cassia Bark	50gm	\$1.50
Tumeric Powder	100gm	\$3.50
Cinnamon Powder	50gm	\$4.50
Cumin Powder	50gm	\$3.50
Cardamon Seeds	50gm	\$6.70
Coconut Long Thread	250gm	\$5.50

### Safe Dried Fruit

Apricots Brown South African	250gm	\$6.50
Figs Organic Turkish	250gm	\$6.00
Papaya -Mango Slice	250gm	\$6.00
Nectarines	250gm	\$6.00
Strawberries	100gm	\$4.00
Strawberries	250gm	\$9.50
Plum Halves (Angelina)	250gm	\$5.60
Prunes (Ashlock Pitted)	250gm	\$5.60
Ginger	100gm	\$3.30
Carob Ginger Dips	100gm	\$3.50
Carob Prune Dips	100gm	\$3.50
Carob Strawberries Dips	100gm	\$3.50

### PRODUCT

#### The Windmill (Dutch Shop)

Potters (tin of minute liquorice to suck)	12.5gm	\$6.00
Blooker Cacao (Cocoa pure)	250gm	\$12.00
Droste Cacao (Cocoa pure)	250gm	\$24.00
Liquorice Sticks	1 Stick	\$9.00



### RETAIL P7

### Bagdan Compote Concentrate Juices

Blackberry Compote	1 L	\$7.50
Hawthorn, Feijoa Compote	1 L	\$7.50
Cornel Plum Compote	1 L	\$7.50
Quince Compote	1 L	\$7.50
Organic Pomegranate 100%	1 L	\$9.50

### Waiheke Herbs Spread

Herb Spread	200gm	\$5.95
Herb Spread Spout Pouch	200gm	\$11.10

## External Healing Products

### Comvita Products

Propolis Extract Comvita	25ml	\$20.00
Propolis Tincture Comvita	25ml	\$22.00
Propolis Oral Spray Comvita	20ml	\$20.00

### Oraina Jones Flower Essences

Rescue Remedy	25ml	\$10.00
Rescue Remedy with White Chestnut	25ml	\$10.00

### Ionised Toothbrushes

Natural fibre - Cleaning Plague -Toothbrush	1	\$25.00
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### Mi-Essence

Natural Toothpaste Anise, Mint, or Lemon	150gm	\$16.50
Deodorant Ancient Spice, Tahitian, No Aroma	70ml	\$15.00
Mi-Essence Makeup (orders)		

### ISIS

Vanilla/Unisex Aluminium free roll on Deodorant	60ml	\$15.00
Purse Perfume/deodorant	10ml	\$10.00

### Viola Organics

Viola Organics Shampoo	500ml	\$25.00
Aubrey Organics Conditioner	325ml	\$35.00

### Kalaya Creams

E Balm Muscle and Joint Relief	50gm	\$20.00
E Balm Muscle and Joint Relief	100gm	\$30.00
E Balm Muscle and Joint Relief	500gm	\$75.00

### PRODUCT

### SIZE



### RETAIL P8

## External Healing Products

### Country Creams

Lemon Calendula Cleansing Cream	100gm	\$55.00
Cream of Roses Moisturiser	100gm	\$55.00
Cream of Jasmin Moisturiser	100gm	\$55.00
Calendula & Manuka Honey Moisturiser:J,Y,R	100gm	\$60.00
Body Butter with Shea Cream, Roses	100gm	\$60.00
Body Butter with Shea Cream, Jasmin	100gm	\$60.00
Body Butter with Shea Cream, Ylang Ylang	100gm	\$60.00
Arnica & Calendula Massage Oil/Wax: L,R, J	100gm	\$45.00
Cream perfumes: Jasmin, Lavender, Rose (pkt 3)	10gm	\$30.00
Lip balm: Lavender, Rose, Vanilla [pkt 3)	5gm	\$20.00
Lavender Natural Soap Blocks: olive oil, coconut oil	Bar	\$7 - \$25
Deodorant Cream: Lavender, Rose	100gm	\$55.00
Foot Cream Relief & Deodorant: Lavender	50gm	\$35.00
Foot Cream Relief & Deodorant: Lavender	100gm	\$55.00

### Rotokohu Blue

Therapeutic Eye Pillow	1	\$15.00
Lavender Oil	12ml	\$20.00
Lavender Wheat Bags	1	\$20.00
Lavender Perfume Sleep Bags	1	\$8.50
Lavender Perfume & Cocoa Butter Soap	1	\$8.00

## External Healing Products

Eucalyptus Oil	50ml	\$9.30
Friar's Balsam	50ml	\$12.00
Magnesium Sulphate Paste	60gm	\$12.00

TeaTree oil 100%	25ml	\$12.00
Witchhazel	100ml	\$8.00
Iodine Tincture	25ml	\$12.00
Cocsulphprop Cream	30gm	\$25.00
Clovslipp & Cocsulphprop Cream	30gm	\$25.00
Petrozincsulprop Ointment	30gm	\$25.00
Salicylic Acid	15gm	\$15.00

### Health House

Blood Root Paste	15gm	\$15.00
Salicylic Acid Paste	15gm	\$15.00
Aloe Vera 100% Jel with Colloidal Silver	150gm	\$25.00

### Waiheke Herbs Island Essence Range

Lip Balms: Mint; Berry; Orange; Liquorice	Each	\$5.00
Cremes: Rose; Spring; Autumn	Each	\$22.00
Balm: Winter	Each	\$16.00
Balm: Winter	Each	\$16.00

### PRODUCT

### SIZE



### RETAIL P9

### Safe Living Products

#### Ecotanka Stainless Steel Water Bottles

Teeny Tanka	350ml	\$18.00
Mini Tanka	600ml	\$22.00
Sports Tanka	800ml	\$24.00
Supa Tanka	1.2 L	\$28.00

#### Frutta del Prato Glass Containers with Lids

Salt & Pepper Glass Shakers	100ml jar	\$4.50
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#### Water Purifier Units Plus Cartidge Disc/Approx Price

Travel Microlene Water Filter Purifier EWMTF1	60-120 days	\$120.00
Travel Microlene Water Filter Purifier EWMTUB1	2-3 yr life	\$380.00

#### McDonald Possum Merino Socks

Possum Merino Fine Socks knee, S, M, L	3/4 Height	\$27.00
Possum Merino Rib Socks, S, M, L	Ankle Height	\$25.00

#### Books

Self Help Cancer Cure Book (N.Z.)	130 pgs	\$25.00
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#### Extra Fresh

Extra Fresh (Keep veges fresh in fridge) 60 days	1	\$6.00
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