



health focus

HEALTHY, happy eating

Overindulgence and bad nutrition are not diseases, but if you teach yourself to eat sensibly, you can enjoy a new, healthy lifestyle.

Sue Visser, author of *Sue Visser's Illustrated Guide to Healthy, Happy Eating for all blood types*, is a health researcher and has been involved in health product development for over 20 years – the Nature Fresh range. She says: "The road back to health is sometimes a long journey, but there is plenty of help and support along the way from health therapists and through natural medications."

RADIO BROADCASTING AND COMMUNITY WORK

For the past three years, Sue has been the on-air guide to health three days a week on Radio 786. She has also spent many hours on international broadcasts with Noori Domingo, discussing health topics, mainly for the benefit of women. Her interviews on SABC radio and TV have sparked lively debates about fluoride, osteoporosis and other health subjects. As far as Sue is concerned, the key to good health is still in the kitchen. She shares her remedies, recipes, research and information with everybody she can by means of free community workshops.

Sue Visser's Illustrated Guide to Healthy, Happy Eating covers a vast spectrum of good advice, recipes and remedies, such as treatment for scabies, ringworm, athlete's foot, pimples, boils, lice and nits. For instance, olive leaf tablets have proven to be an effective treatment for viral diseases like herpes, colds, flu and HIV viruses. When colds strike, olive leaf capsules, combined with doses of Vitamin C, MSM, calcium and magnesium, can ward off an approaching cold overnight. This book is a must, if you want to improve your health.

Sue Visser's Illustrated Guide to Healthy, Happy Eating will be available from CNA and Exclusive Books from April 2004. Or, if you would like to order it at the exclusive Club price of R150,00, send an email to: www.naturefresh.co.za



**TWO Club members can each win
SUE VISSER'S ILLUSTRATED GUIDE
TO HEALTHY HAPPY EATING
worth R400!**

To enter, write your name, street address, telephone number, branch and customer numbers on a postcard or on the back of a sealed envelope and send your entry to:
**CLUB/NATURE FRESH BOOK GIVEAWAY,
PO BOX 80, OBSERVATORY 7935.** The closing date for entries is 25 February 2004.

