Nature Fresh

Sue Visser has been a health researcher and product developer for over 20 years. Dozens of her products and formulations such as fluoride-free toothpaste, olive leaf, hormone and mineral supplements, skincare and intimate hygiene products, have made major contributions to the health industry.

Sue and her husband Jim founded the company Nature Fresh Health Products over six years ago and now supply health shops, pharmacies and supermarkets throughout South Africa.

After over 20 years in the world of ceramics and design, Sue finally devoted all her energies to full-time health research and writing for magazines and newspapers, including *Health Counter News*, *The Journal of Natural Medicine*, *Women's Argus*, *Quantum Publications*, and *Fresh News*. Articles from Sue's research papers have been used by doctors at conferences, as well as in private practice. She has written an extensive website (www.naturefresh.co.za), offering a wide range of health information as part of the consumer service that accompanies her products.

For the past three years, Sue has been "The On-air Guide to Health" every second morning 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, etc.

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 teaches Tai Chi at Planet Fitness and has black belts in karate and kickboxing.

Although Sue's comprehensive website serves the needs of most health enthusiasts, the constant demand for a book has finally made her produce *Sue Visser's Illustrated Guide to Healthy Happy Eating for all blood types.*

Nature Fresh has kindly donated a hamper of health products. To win this hamper, send a postcard with your details to:
Nature Fresh Giveaway, PO Box 23566, Claremont, 7735.