

NATURE FRESH 2010 PRODUCT LIST

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ORAL HYGIENE PRODUCTS

All Oral Hygiene Products are non toxic, FLUORIDE FREE and safe to swallow.

No fluoride: it harms gums & periodontal tissue, causing loose teeth, pain and infection. Fluoride is very toxic. Excessive exposure damages the thyroid gland, is linked to weight gain, cancer and weakened immunity. There is no shortage of fluoride in our diet: tea, coffee, etc. More than 1mg per day can cause harm.

NF 001 HERBAL TOOTHPASTE: 100ml tube Mild natural toothpaste with Mint, Cloves, Aniseed and Tea Tree Oil. Popular with health conscious people for its value as a tooth nutrient, gum protector and gentle tooth cleaner.

NF 003 ALOE GUM THERAPY TOOTHPASTE: 100ml tube For sensitive teeth, ulcers, bleeding gums, tooth extractions and post-op care. Also to keep in the mouth – against sore teeth, wounds and in extraction cavities. Contains Aloe Ferox, natural aloe gel, calcium, magnesium, zinc and vitamin C. Propolis helps to kill germs and prevent infections.

NF 002 HERBAL TOOTH POLISH: 100ml tube For gently removing stains on teeth from food, coffee, etc. Contains Tea Tree Oil, mint, zinc, silica, baking soda and vitamin C. Contains no bleach; only has gentle abrasives.

NF 004 JUNIOR TOOTHPASTE: 75ml tube With Rooibos, Calendula and special NATURAL FLUORIDE (calc fluor D6) Safe for babies to swallow or use on teething rings. Aniseed helps ease griping, drooling and teething pains. Contains no mint, so can be used with Homeopathic remedies as it does not antidote them.

NF 023 BREATH BUSTER POCKET PACK :20ml squeeze bottle.For fresh breath and to prevent dry mouth, as it contains liquorice and soothing yet disinfectant herbs. Good after tooth extraction or for infected gums. Contains tea tree oil, mint, aniseed, calendula, aloe ferox and rooibos that are anti-inflammatory & healing. Xylitol helps prevent tooth decay and bacterial infection. It also helps for sore, dry throats. Use after garlic, smoking, etc. Rinse mouth often.

NF 040 BREATH BUSTER ANTI-MICROBIAL MOUTHWASH 200ml. With herbal extracts: olive leaf, tea tree oil, cloves, Aloe Ferox bitters to fight and protect against germs in mouth and throat. Also herbs to help soothe, ease pain and help with bleeding gums: green tea, calendula, liquorice root, and rooibos. Contains xylitol: a natural sweetener that helps prevent bacterial infections, tooth decay, throat pain and infections, post-nasal drip (helpful with snoring.) Has become popular for preventing colds and flu, used as a gargle. Good for halitosis and gum infections. A best seller.

HERBAL SKIN & BATH PRODUCTS

Free from harmful chemicals. pH balanced for sensitive skin and intimate use.

For cleansing and bathing products: only natural herbal tinctures and pure essential oils are used with: vegetable-based glycerine and a gentle coconut derived soap base (sodium laurel ethyl sulphate) that is pH balanced to pH3.5. This makes it non-caustic and suitable for intimate use, baby care and to control candida and odour forming bacteria. All liquid washes and vaginal cleansers have: NO PERFUME, NO COLOURANTS, NO TOXIC: PRESERVATIVES OR CHEMICALS.

NF 027 SENSITIVE BODY WASH: 200ml.Gentle cleansing of sensitive, inflamed, broken skin. Ideal for babies or for post-op. care. Super mild and pH compatible with intimate areas to prevent odour and inflammation. Contains anti-inflammatory, soothing and healing herbs: lavender, calendula, urtica and rooibos. Use for bath, douche, shower or shampoo. It makes a luxurious bubble bath and will not harm or burn young children.

NF 026 ANTIMICROBIAL BODY WASH: 200ml bottle. All over cleanliness and relief from fungal, bacterial & parasite problems. Good for treating and preventing head lice, scabies, candida, ringworm, athlete's foot, stinky feet and armpits and just about everything else. Used by men, women and children for daily showers, hair washing, baths or for intimate cleanliness. Quick relief from BV (bacterial vaginosis) or pathogens that inhabit the genital tract, the armpits or feet and cause itching, burning or odour. Contains only natural herbal disinfectants, odour busters and anti-microbial olive leaf, black walnut, sage, pine and lavender. For lice and nits, use with: ALL CLEAR GEL (NF 039)

NF 005 ALOE SKIN THERAPY GEL: 75 ml tube. A soothing and toning gel for very sensitive problem skins. Can be used as is for shaving; especially ingrown hairs and skin rashes (men and women) Handy for travel or beach: sunburn, itches and rashes and to protect skin before swimming. Good for nappy rash. Active ingredients include rooibos tea, aloe ferox gel and leaf extract, MSM (methylsulphonylmethane), buchu, wild sage and pure camphor.

NF 022 HERPEASE: 20ml squeeze bottle. To help banish fever blisters for keeps! Prevents future outbreaks if used prior to or during exposure to sun and wind. Good results on unsightly and painful blisters. It contains L-Lysine, lemon balm, olive leaf, tea tree oil, myrrh, zinc, copper, camphor and eucalyptus oil. For cuts, bumps, infected sores.

NF 021 ZIT ZAPPER : 20ml squeeze bottle. For infected skin, blackheads, boils, acne, cuts and minor wounds. Contains special enzymes & herbs to help rapidly heal and close up cuts or wounds whilst dealing with bugs and germs. If you pick at zits, clean out till bleeding freely and use this to heal up and possibly help prevent scarring. Also use Aloe skin therapy gel, Bee Balm & Anti-microbial Wash.

NF 019 BEE BALM : 80ml jar. Beeswax, Honey & Propolis and natural enzymes to help banish stubborn cases of psoriasis, discoid eczema, old dead skin flakes on elbows and heels, ringworm & other skin disorders that have already broken the bank. Use after a bath on flaky, dry, cracked fingertips & heels, chapped lips, scars and on cuts or surgical wounds while they heal as there are confirmed reports of how it helps prevent scars. Psoriasis patients are reporting a big improvement. Change your diet (see the web)

NF 020 PAIN THERAPY GEL: 100ml bottle. Ten herbal actives for pain, stiffness, sore muscles, joints, tendons & bruises. A gentle soothing formula with a pleasant herbal fragrance. It's non-oily, non-staining, non-burning, non-stinking and non-stinging. Can be used on sensitive skin to gently massage the pain away. A unique formulation stimulates the flow of electrical current over the treated area and this enhances the effect of ultrasound or infrared therapy. Arnica and Comfrey help to heal bone and tissue injuries and MSM (methylsulphonylmethane) intensifies this effect. Rosemary, Ginger and Eucalyptus gently warm in contrast to Ledum and Phytolacca that cool and deal directly with black eyes and unsightly bruises. Hypericum eases sharp, shooting pains: (crushed fingers)

NF 036 FIRST AID THERAPY BALM: 75ml Tube Anti-microbial herbs: olive leaf, blackseed, rosemary, aloe ferox (100%), tea tree oil & black walnut to deal with most skin conditions: athlete's foot, ringworm, scabies, acne, etc. For pain, stings and bruising: phytolacca, ledum, hypericum, comfrey & MSM (methylsulphonylmethane) For cuts, abrasions and lesions: calendula, lavender & eucalyptus. Contains no petrochemicals, only herbs, beeswax & plant oils. Use with Nature Fresh Deodorant Body Wash.

NF 037 ULTRA SENSITIVE SKIN BALM: 75ml Tube. For painful, sensitive areas: rashes, burns or lesions, surgery to piles and intimate areas, nappy rash, sore, cracked sensitive nipples and vaginal irritations. Soothing herbs: Miswak, Plantain & Lavender. Healing and anti-microbial: olive leaf, aloe ferox, calendula, zinc oxide & ivy leaf.(Hedera Helix) Natural painkillers: Urtica, MSM (methylsulphonylmethane) Vitamin B2 and B6 help to relieve itches, especially the big itch in intimate and embarrassing areas.

NF 039 ALL CLEAR BUG GEL: 100ml clear bottle A totally natural and non-toxic treatment for head lice and nits as well as: scabies, itchy bites and fungal or microbial infestations such as: dandruff, ringworm or athlete's foot. Use the ALL-CLEAR GEL after a bath and a few times during the day to treat skin conditions. It is also safe to use on pets.

NF049 DEO-BUSTER: 80ml jar Aluminium free, no perfume, colourants, parabens or invasive chemicals. Natural active ingredients include: colloidal silver, selenium, white iodine, calendula and witch hazel. Great for armpits, groin areas that chafe, for stinky feet or infected toenails. Helps to boost iodine levels to disinfect odour-causing bacteria on the skin. People with iodine and selenium deficiencies are more prone to breast cancer and fibrocystic breast disease.

HEALTH SUPPLEMENTS

NF 010 CALCIUM COMPLEX: 350g powder = 100 x 5ml doses. Adequate calcium, magnesium, boron, zinc, potassium, copper and trace elements are essential for health and vitality. NATURE FRESH CALCIUM COMPLEX incorporates these minerals with vitamins, biochemical tissue salts and citric acid in proportions closest to those present in human bone tissue. A pH balance of 7 (neutral) ensures easy assimilation and also helps to eliminate toxins. If too alkaline, calcium tends to upset the flow of gastric juices and may cause heartburn. Calcium and magnesium perform over 300 metabolic functions in your body. Deficiencies result in: tooth and gum disorders, osteoporosis, heart disease, irritability, insomnia, depression, cramps and arthritis. The results? Better sleep, strong and hard finger nails, no more cramps & a good, peaceful night's sleep. No flavours or sweeteners.

NF 012 CALCIUM COMPLEX: 100 tablets Convenient tablets, same formulation. (calcium citrate / ascorbate)
Used extensively by top SA doctors, therapists and gynecologists to treat osteoporosis. Also for general aches and pains, acidity, weak fingernails, loose teeth, weakened thyroids, sleeping problems.: menstrual cramps.

NF 025 OLIVE LEAF TABLETS: 90 tablets. Natural alternative to Antibiotics, Anti-viral and anti-fungal drugs. Also a Good tonic, brain stimulant, for better circulation, anti-coagulant. 6x less toxic than ginkgo biloba. Keeps Candida, moulds & fungus under control.

NF 033 OLIVE LEAF AND CALMAG TABLETS: 90 tablets. Buffered with calmag for better tolerance and less reactions during the healing phase (Herxheimer reaction) Alternative to antibiotics. No harmful side effects .

NF 024 PAIN SUPPLEMENT : MSM & VITAMIN C: 90g powder. Methylsulphonylmethane (natural sulphur) with boron, calcium, magnesium and tissue salts. For arthritis, joint pain. Helps with collagen formation: skin and joints.

NF 043 MEGAMAX: 50 capsules. Herbal energy, brain circulation and libido booster. Contains: L-arginine, tribulus terrestris, gotu Kola, cat's claw, olive Leaf, alfalfa and saw palmetto. For men and women as a hormonal enhancer with protective herbs to help control: DHT, BPH and prostate or breast cancer.

NF 045 MEGASLIM: 50 capsules Contains: coleus forskohlii, milk thistle, cinnamon, glycine, nettle, zinc, GTF chrome, liquorice powder. MEGASLIM is a nutrient repair kit for the cause of uncontrollable weight gain, syndrome X and obesity. It is for diet-resistant individuals with hormonal imbalances, especially insulin, oestrogen and thyroid complications. To be taken in conjunction with the enclosed dietary recommendations.

NF 047 PROBIOTIC-15 LIQUID: 200ml amber bottle A liquid concentrate of 15 strains of beneficial bacteria plus selenium, herbs and adaptogens. Use to supplement after antibiotics to repopulate gut flora and treat Candidiasis. Take with juice or water. Average dose is 1-15ml per person per day for immune boosting and as a general tonic. The versatile liquid can be diluted with water and used for gargling, disinfecting wounds, enema, douche or for soaking fruit and vegetables and caring for plants and animals. It can be added to drinking water. Its activity increases when the liquid is added to a glass of water and left to "grow" for a few days.

NF 048 PROBIOTIC-15 SPRAY: 200ml amber spray bottle This spray-on version of PROBIOTIC-15 liquid is enhanced with 10% colloidal silver for extra anti-microbial effects. The colloidal silver does not affect the friendly bacteria. Spray it onto food or water to help counteract infections from raw salads or meat, before serving, cooking or eating them. Use it on the skin for infections, ulcerated wounds or rashes.

INTIMATE HYGIENE

NF 016 VAGINAL CLEANSER : TEA TREE: 200ml bottle For fungal infections: douche and for washing.

NF 017 VAGINAL CLEANSER : ROOIBOS: 200ml bottle Mild, hypoallergenic suitable for douche or washing.

NF 014 PERSONAL LUBRICANT: FRAGRANCE FREE:100ml bottle Hypoallergenic, no perfume or colours. Use for intimate hygiene, swabbing piles and vagina after surgery of burning urine syndrome. Also a lubricant if sex is uncomfortable.

NF 013 PERSONAL LUBRICANT: TEA TREE:100ml bottle with Tea tree oil .Fungal infections, odour problems Apply on tampons for comfort and to treat candida. Use for swabbing intimate areas during menstruation or when unable to wash.

NF 015 PERSONAL LUBRICANT: WILD ROSE:100ml bottle with sandalwood oil and Damask rose to enhance sensitivity. Helps with loss of libido and when sex becomes a boring chore. Good for all kinds of massage and husbands love it.

HERBAL TINCTURES & HORMONE BALANCERS:

NF 031 HORMONE BALANCING SUPPLEMENTS:AGNUS CASTUS: 50ml tincture of 20% alcohol.

Acne, obesity, menstrual difficulty . POS (polycystic ovarian syndrome) PMS (premenstrual stress) .For aggressive sexually overbearing behaviour in males. For females it boosts the libido and helps females to release more testosterone, required after the menopause.

NF 030 HORMONE BALANCING SUPPLEMENTS:BLACK COHOSH: 50ml tincture of 20% alcohol.

Menopausal symptoms, hot flushes, stress, poor sleep, low cortisol / DHEA . Balances steroid hormones. Natural SERM(selective estrogen receptor modulator)

NF 032 HORMONE BALANCING SUPPLEMENTS:SWEET POTATO: 50ml tincture of 20% alcohol.

Natural progesterone stimulant: works on pituitary gland. Large doses can be used to delay or inhibit menstruation for special conditions (weddings, fasting) Safe and natural. Good for ladies seeking alternative to HRT when they have been continuously treated for hot flushes for many years.

NF 026 HORMONE BALANCING SUPPLEMENTS:RED CLOVER: 50ml tincture of 20% alcohol.

Contains 4 isoflavones: FORMONETIN, BIOCHANIN, as well as GENISTEIN, DAIDZEIN. Red Clover modifies estrogen receptors and is called a SERM or selective estrogen receptor modulator. This actively helps to prevent cancer when used for balancing hormonal upsets during menopause or for menstrual disorders. A popular remedy for hot flushes, night sweats, sore breasts, headaches and female disorders More traditional uses are for: acne, asthma, arthritis, for breast and prostate cancer prevention and to lower LDL cholesterol.

NF 038 OLIVE LEAF TINCTURE: 50ml tincture high potency 40% alcohol.

Same effects as the Olive Leaf tablets but in tincture form it can be applied topically to skin infections like athlete's foot or septic wounds, scabies and any itchy bite. Also convenient to add to baby and kiddie drinks. Good for colds & flu, tight chest (see also Coleus tincture for asthma) Candida, High blood pressure & Malaria. Olive leaf: Safe for pregnant ladies.

NF 042 PARASITE REMEDY : 200ML tincture 20% alcohol.

Easy to use: No violent or purgative effects. Does not disturb gut flora – no need for pro-biotics! For kids and pets too. 45% Olive leaf : Anti-Microbial good for Candida, colds & flu, high blood pressure, stimulate circulation, worms, & flukes. 25% Artemesia Afra (Wormwood) Broad spectrum anti-microbial and anti-cancer remedy. Essential for Malaria. 15% Ivy (Hydera Helix) against liver flukes, congested mucous and coughs. Cancer associated with microbes & parasites. 15% Cloves – Eliminates worm eggs, fungi, moulds, gut infections (gas, bloating, thunderguts.) good for kidney & bladder.

NF 034 PROSTATE REMEDY: 50ml tincture of 20% alcohol Potent herbal male tonic with Saw palmetto, Dandelion, Red Clover, Ginseng, Ginger, Willow Herb and Olive Leaf to restore vitality and help prevent prostate cancer. To be used with cancer remedies and for urogenital disorders, impotence, scant, burning or frequent urination, dribbling, incontinence, and inflammation of the urinary system. Use 100% Olive leaf tablets for poor blood circulation to the penis or for any viral, bacterial or fungal infection present.

NF 035 RECOVERY REMEDY: 50ml tincture of 20% alcohol . A vitality tonic to balance your weary body: before, after or during illness or stressful event. Eg: Surgery, babies, divorce, exams or cancer therapy. The high potency herbs: Alfalfa, Red Clover, Plantain, Dandelion, Nasturtium, Cloves and Ivy leaf help to eliminate toxic residues whilst, they soothe, boost the immune system and deal with parasites. They help flush out kidneys, lymphatic system and liver.

NF 044 TRIBULUS TERRESTRIS: 50ml tincture of 40% alcohol. High potency testosterone booster for men and women, especially in mid-life and old age. Also good for urinary and prostate disorders, blood pressure, cholesterol. Fast direct absorption to stimulate pituitary release of testosterone. Stamina, focus, muscle tone, libido, mental alertness.

NF 46 COLEUS FORSKOHLII

Most important: weight loss and fat burning, prevents fat storage. Stimulates thyroid function and secretion of hormones to speed up metabolism. Helps release stored glycogen from the liver to balance low blood sugar. Aids sugar metabolism for treatment of syndrome X (diabetes 2,) PCOS (polycystic ovarian syndrome) and obesity. It contains forskolin that activates cyclic AMP to help treat: hypertension, mild congestive heart failure, asthma, psoriasis, digestive problems, glaucoma, persistent urinary infections, is anti-inflammatory, anti-histamine and soothing to the nervous system.

HEALTHY HAPPY EATING for all blood types

NF 041 Book by Sue Visser: 160 pages in full colour. Second edition. Used by doctors, dieticians, etc who include blood type eating, slimming, cleansing or dietary regimens. Includes many recipes and useful health care advice.