

Be radiant, Be healthy, Be free



2010 – A New Decade, A New Habit, A Healthier You



It's that time of the year when we make so many resolutions and wonder when they will all come true. For many women their resolutions revolve around weight loss and going on that amazing diet that will be the answer to all their worries..after a few days or even a week we find we are back to the self we left behind in late 2009... lacking motivation, commitment and clarity of how on earth to enter this new year with a BANG. Before we could walk we had to learn to crawl yet we want to run

into our new life forgetting the steps that are needed for us to stand tall. Our habits dictate how we live our lives from this day on. The key factor in reaching our goals is to find the rhythm that unites our mind and body to allow us to move forward into a new approach to the way we live our life. Habits are about making a choice and it is this choice that leads us to where we are today. To ignore your habits is ignoring the core of who you are on a day to day basis. This time of the year is an important time to make peace with the habits that don't serve you and embrace habits that will ensure that 2010 is a year when you broke free.

Everyone talks about a Detox at this time of the year and so much money is spent buying tablets to follow this through only to find that after 1 – 2 weeks low energy, lack of motivation, poor sleep and irritability set in. A successful Detox programme ensures that the mind and body is nurtured through the stages necessary to re-wire and balance the cells of the body to ensure the freedom necessary for you to sing a new song about your new direction.

Isn't it time to begin the NEW YEAR with a bottle of Be Free Habit Free to ensure that you break free of all those habits that keep getting in the way?

Pomegranate Oil

Celebrating one of the world's greatest superfoods – the pomegranate – Cardea has launched the very first 100% pure, organic pomegranate seed oil in Australia. The superior antioxidants and rich fatty acids within pomegranate seed oil can protect your skin, smooth and soothe ageing skin and help ease skin conditions such as eczema and dermatitis. Promising research into pomegranate seed oil has highlighted its ability to lower cholesterol and blood pressure, reduce inflammation and ease muscular aches and pains. Research also supports its use as a potential treatment for cancer, cardiovascular disease, arthritis and other inflammatory diseases. A fabulous healer, moisturiser and body oil, pomegranate seed oil is considered more beneficial than pomegranate juice due to its high levels of puniic and conjugated linolenic acids. Simply apply a small amount of oil to your skin every morning and night to see and feel the benefits for yourself. Cardea's exclusive pomegranate seed oil is listed by Australia's Therapeutic Goods Administration and now available online at

www.cardea.com.au

• *Freedom* • *Motivation* • *Calm* • *Weight loss*

