

[Green Farm Summer catalogue of "special herb combinations ... dynamic aids to nutrition and healing."].

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The GREEN FARM SUMMER CATALOGUE

Burwash Common E. Sussex TN19 7LX Tel (0435) 882482/180

New look and new names for these very special herb combinations, increasingly recognized as dynamic aids to nutrition and healing. Now completely animal free.

now all 60 tablets

Herbal A Appegest	£3.50
Herbal B Beateasy	£2.75
Herbal C Coldclere	£2.30
Herbal D Springclean	£2.50
Herbal E Eyebright	
Extra	£2.95
Herbal F Female	£2.85
Herbal G Goldentum	£2.80
Herbal H Hedclere	£2.55
Herbal I Imuno	£3.15
Herbal K Super Kelp	£2.10
Herbal M Mamade	£2.45
Herbal R Rumade	£2.40



Herbal S Stillnite	£2.45
Herbal T Toneup	£2.40
Herbal XXX Triple Ginseng	£4.25

Larger sizes 180 tablets

Herbal D2 Springclean	£5.95
Herbal K2 Super Kelp	£4.95

Remember, you can buy Brian Wright's "Natural Healing with Herbal Combinations" at the special price of £2.50 with any order of £10.00.

THREE MONTH INTENSIVE NUTRITION ADVISERS TRAINING

FULLY CERTIFICATED

Overview

This training is unlike any other. In three months it can give you direct, accessible knowledge of how to apply nutrition to healing. It is suitable for health professionals or anyone with a keen interest in nutrition or health.

The basic sciences of nutrition, physiology and clinical health are integrated with the complete map, or parameters of health. Combined with intensive study of one's own and others' health, this allows a permanent understanding of nutritional healing to emerge.

Techniques

Audiovisual presentations, technical manuals and lectures are given focus and tremendous vitality by using self-development techniques. These include dietary change, exercises in conscious movement and breathing, group work, and visualisation to develop the diagnostic faculty and accelerate the healing process.

Committment

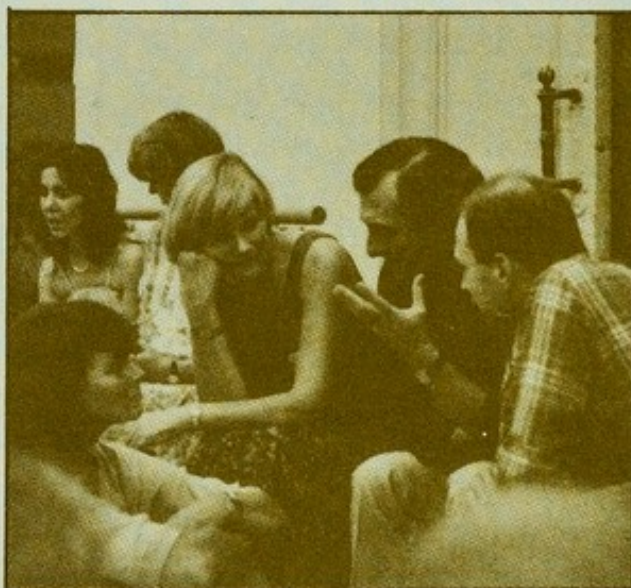
7-12 hours weekly home study.
2 weekend blocks attended in London.
Casework and paper for assessment.

Schedule

1. Preparatory reading and exercises. Manual now available.
2. Weekend seminar 27-29 September. Institute of Complementary Medicine.
3. Intensive study-theory of nutrition and healing. Self-observation.
4. Weekend seminar 25-27 October. Institute of Complementary Medicine.
5. Finish theoretical and self-study. Begin Casework.
6. 30 November, submit paper and casework study for assessment.

Cost: £200. (Members £195). £70 deposit on registration. (May be paid in installments).

Latest registration September 1st.



SUPER NUTRITION IN THREE TABLETS

YEAST FREE

MEGA MULTI

Mega Multi, long established as the multi for the health conscious, contains an all day supply of high B Complex, 7500iu Vitamin A, 200iu of Vitamin E and generous amounts of other vitamins and nutrients.

- 001 30 tablets £ 5.45
- 002 60 tablets £10.45
- 003 90 tablets £15.45
- M01 300 tablets £50.00

SUPER C COMPLEX

Super C Complex boasts 750mg of bioflavonoids, rutin and complex factors, as well as a whole gram (1000mg) of Vitamin C in sustained release all day form.

- 041 30 tablets £3.55
- 042 60 tablets £6.45
- 043 90 tablets. £9.35
- M04 240 tablets £24.00

THE BASIC MULTI MINERAL

The most complete high potency source of every nutritional mineral.

- 005 30 tablets £2.55
- 006 60 tablets £4.25

**Special
Offer**

Buy all three supernutrition supplements in 30's packs £11.15 (usual price £11.55) plus member's discount.

6/94 = R-Price



**NEW
POSTAL SERVICE**

The CARE Programme - Individual Nutritional Needs

CARE - Computer Analysis for Recovery and Energy

We all need loving care to keep our bodies healthy and help our lives to be fulfilled. It would be ideal to know instinctively what we need to eat for optimum health. But each of us has a history of mediocre health and mediocre nutrition. So we must be aware of the components of food, the vitamins, minerals and supplements which are required to maintain and improve our health.

Deciding on a nutrition programme and the foods and supplements needed requires both knowledge and intuition. It is difficult for most people to focus on the aspect of health most in need of care let alone choose from a huge list of nutrients.



The CARE Programme begins with you. You assess how you have been feeling, and fill in a wide-ranging questionnaire. We feed the scores into a specially written computer programme which gives a complete map of your needs. The computer printout is passed to our nutrition consultant who assesses the priorities, suggests nutritional strategies for the next six months to a year, and may give other healing suggestions.

The Basic CARE Programme gives excellent information for people in the middle range of health. It is not suitable for people suffering from a serious illness. If you need more particular advice, or have an illness which could benefit from nutritional healing you should add detailed comments to your questionnaire and ask for CARE with full consultation.

Hair mineral analysis is also available.

Costs:

- CARE Questionnaire free
- Basic CARE Programme £12.00
- CARE with full consultation £22.00
- Hair mineral analysis with consultants comments. £25.00
- Nutrition Programmes Handbook with CARE Manual. £ 2.00

DIGESTION A MAJOR KEY TO HEALTH AND STRENGTH

Digestive Enzymes

For people with flatulence, bloating and digestive discomfort.

A first class multi-enzyme supplement that helps you digest protein, fat, starches, sugars and lactose (milk sugar). Completely milk free.

4440 60 tablets £5.35

4450 90 tablets £7.25

Acidophilus

For people with digestive and bowel discomfort, can help restore natural flora (helpful colon bacteria) to improve health and function. Milk based.

4480 90 capsules £4.25

The Colon Cleansing Programme

A 50,000 mile service for your colon. Hundreds of people have now completed this programme, taking herbs and psyllium husks (a natural herbal bran) 2-4 times daily. A daily skin brush and olive oil rub for the

abdomen is also recommended. Takes 5-10 minutes a day in all.

CCP1 Colon Cleansing Pack 1	£31.50
CCP2 Colon Cleansing Pack 2	
(with husks in capsules)	£35.50
GB05 Cleansing the Colon Handbook	£ 1.80
CC01 Psyllium Husks 12oz	£ 6.90
CC05 " " 60 capsules	£ 2.50
CC06 " " 360 capsules	£10.90
CC12 Colonite herbs 90 tabs	£ 6.90
CC13 " " 240 tablets	£16.50
CC15 Olive Oil Cream 4oz	£ 4.95
CC20 Skin brush 1	£ 4.50



Papaya Enzymes

A natural vegetarian source of protein digesting enzymes to relieve digestive discomfort and dyspepsia.

4465 60 tablets £1.90

4460 180 tablets £4.35

Primedophilus MILK FREE

The strongest acidophilus on the market. 10 billion lactobacillus per 1/4 teaspoon. Useful after antibiotics or as an aid to a Candida diet. £ 18.95



**5 Star
TREATMENT
FOR BODY, MIND
AND SOUL**

Southover Place, set in beautiful countryside, 1 mile from the Green Farm Nutrition Centre.

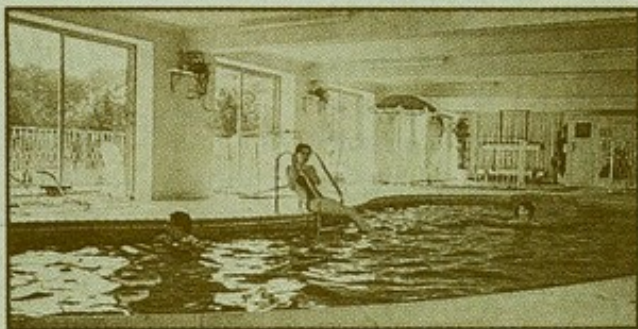
A Week to transform your life
**THE GREEN FARM
EXPERIENCE**

November 8th-15th

How long have you been promising yourself a new level of health, energy and balance? Here is your opportunity. Come to a week of the Green Farm Experience.

Stay in a luxury apartment, feast on natural and nourishing foods (or fast), pamper your body with deep healing massage, swim in a heated indoor pool, relax in a sauna, consult our therapists and nutrition counselors, develop new and better life skills, and take time out to explore the richness of the Sussex countryside.

An integrated week of natural health treatments, lectures, slide shows and self development programmes to optimise your health, clarity and level of function in the world.



Therapies and classes include:

Nutrition counselling
Healing massage
Cranial osteopathy
Applied Kinesiology
Nutrition and self healing classes
Psychocalisthenics (exercise and breathing system)
Relaxation
Meditation and visualisation
'The Levels of Consciousness' training - a way of understanding yourself and the world, harmonizing your emotions and achieving clarity.

Fees per person

Full board (twin or double room), courses and therapies	£295
Green Farm Members	£290
Single room supplement	£ 25
Own apartment supplement (sleeps 1 or 2)	£ 50
To reserve a place, deposit (installment plan available)	£ 50

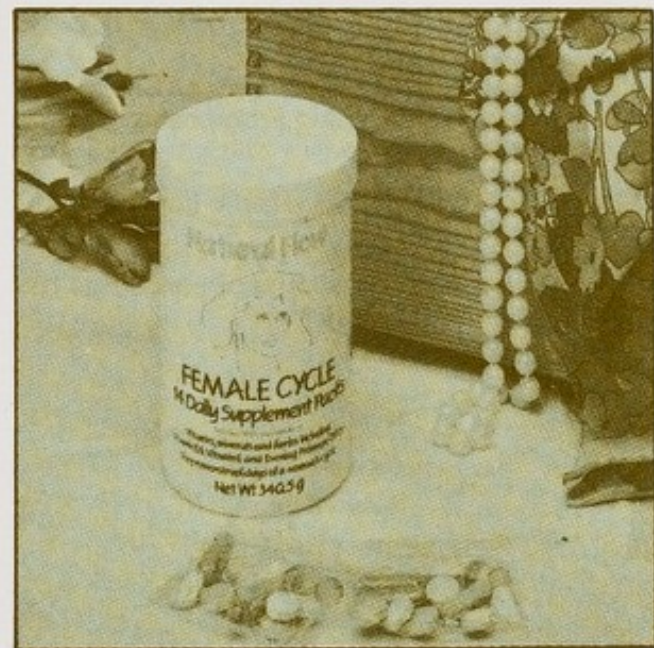
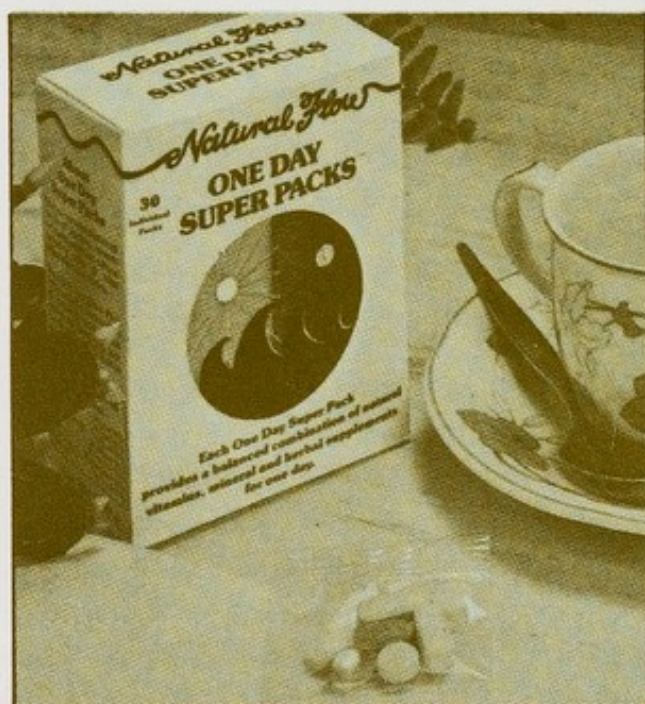
Please ask for further details.

SUPER NUTRITION PACKS FOR A SUCCESSFUL LIFESTYLE

One Day Super Pack

An incredibly useful and well balanced daily pack for those who want the best megavitamin support without having a dozen different bottles. Ideal for journeys too. Each pack contains 75mg B Complex, 1 gram vitamin C, 400iu vitamin E, dolomite and Super Kelp.

SP01 30 packs £10.25



Female Cycle Pack

An impressive combination of vitamins, minerals and herbs (including Evening Primrose Oil) to support the days leading up to a woman's period. Based on the latest premenstrual research.

1-3 months supply. Each pack contains Mega B Complex, 1 gram vitamin C, 3 dolomite, 200mg B6, Evening Primrose Oil, vitamin E 400iu, 10mg zinc and 2 Female herb tablets. SP04 14 packs £8.60

Action Sports Pack

The Action Sports Pack contains an incredible combination of powerfully energising nutrients designed to fulfill the special needs of athletes and active adults. Each pack contains Mega Multi, 1 gram vitamin C, 3 dolomite, 1000iu E, 2 Super Kelp and XXX Ginseng.

SP03 14 packs £8.40



WIN

A FREE WEEK AT THE GREEN FARM EXPERIENCE

WORTH £295

MAKE YOURSELF OR A FRIEND
A NEW MEMBER

AND YOUR NAME WILL GO INTO
A FREE DRAW TO BE MADE ON

SATURDAY, OCTOBER 19TH
TO ENTER PLEASE COMPLETE MEMBERSHIP
APPLICATIONS ON YOUR ORDER FORM

BECOME A GREEN FARM MEMBER!

Green Farm Membership will give you:-

4 free issues of the Green Farm Magazine.

Generous discounts on courses and all Natural Flow products.

Membership of a family of like minded people.

GREEN FARM MEMBERSHIP COSTS £5.00 PER ANNUM.

GENEROUS SUMMER
DISCOUNTS ON
ALL GREEN FARM
CASSETTES!

INTUITIVE MASSAGE	TG01 90 min £3.95 £2.00
by ANNE PARKS	TG02 90 min £3.95 £2.00
NUTRITION FOR WOMEN	TG03 90 min £4.45 £2.00
by CELIA WRIGHT	
NUTRITION FOR BEAUTIFUL SKIN	TG04 50 min £3.25 £2.00
by CELIA WRIGHT	
UNDERSTANDING ALLERGY	TG05 90 min £3.95 £2.00
by BRIAN & CELIA WRIGHT	TG06 90 min £3.95 £2.00
THE UNLIMITED POSSIBILITY	TG07 90 min £2.95 £2.00
OF HEALTH by B & C WRIGHT	TG08 90 min £3.95 £2.00