



Healthy & heartWise

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TRUSTED FOR HEALTHY LIFESTYLE CHOICES

Is your
Blood pressure
too high?
Exercise!

**LIVING
WELL**
with herbs
& spices

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DELICIOUS
SEAFOOD
& SUMMER
RECIPES

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NUTS**
& reap the
benefits

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**FOR HEART &
BRAIN HEALTH**

**Lower
cholesterol**
with plant sterols

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Rebecca Gibney

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