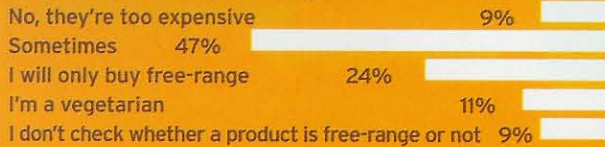




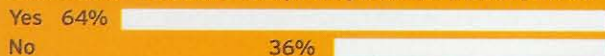
how free is free-range...?

In a recent *Shape* poll, we asked your thoughts on foods labelled "free-range". Here's what you had to say:

Do you buy free-range animal products?



If a label says "free range" do you really believe that the farm animals concerned are really living free and humane lives?



hormone-free beef

Woolworths is the first local retailer to offer free-range beef. Great news for the health and environment-conscious, and compassionate women we know you are!

Woolworths' "Good Food Journey" is their long-term commitment to caring for the environment, animals' welfare, and responsible farming in response to the key issues facing our world.

"Free-range beef is sourced from selected Namibian farms where the animals roam freely, graze the natural vegetation and express normal behaviour. Free-range food production is aligned to the movement towards more compassionate farming that is appropriate to a modern human society," say Woolworths representatives. The beef is also free of hormone-growth stimulants, animal by-products and antibiotics.

Available now at selected Woolworths stores nationwide.

new on the health shelf

- ▶ **Letibalm**, available from pharmacies, is especially formulated to repair and protect both dry winter lips and the nose area.
- ▶ From **Sinutab** just in time for flu season comes a plug-in, non-medicated vapouriser which releases up to eight hours of eucalyptus, camphor and menthol vapours into the air, eliminating the need for rubs, drops and patches.
- ▶ **Diabecinn** is a cinnamon extract recommended for type-2 diabetics who struggle to control their blood sugar levels. The natural capsules are also recommended as an aid to cholesterol reduction.
- ▶ The wonderous aloe is now available in a refreshing apple- or white grape-flavoured drink. It contains vital vitamins and minerals and is excellent for regular bowel movement. **Aloe Vera Drink** is available at Clicks and selected supermarkets.



getting hitched?

Then visit the Bridal Africa Exhibition and Bridal Africa Young Designer Awards Competition at Gallagher Estate in Johannesburg on May 26 and 27 for dresses, accessories, jewellery, florists, invitations and even financial and legal advice.



soul soothing

Re-energise your spirit by dabbling in the arts at this year's **National Arts Festival in Grahamstown** from June 28 to July 7. Wrap up warm, book a snug B&B and let your hair down with theatre, music and fringe. "In a world grown increasingly angry and aggressive, individuals inevitably react by seeking meaning in the particular, the private and the personal. And the arts, harbingers of our inner lives, lead the way," say organisers. This year's productions include big names Janice Honeyman, Sean Taylor, Jennie Reznick, Brett Bailey and Evita Bezuidenhout. Bookings through Computicket.

When you think of the things that you want, and you focus on them with all of your intention, then the law of attraction will give you exactly what you want, every time.

— Lisa Nichols, author and personal empowerment advocate