

From: **SeedsOfLife Wholefoods** info@seedsoflife.com.au  
Subject: JULY NEWSLETTER & PROMOTIONS!  
Date: 8 July 2021 at 23:52  
To: isla@seedsoflife.com.au

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In our July Newsletter read about:

- **BRAND NEW** July Cookie Credits
- The Importance of **Fibre** in your diet
- Why **Organic**?
- SeedsOfGold **Exclusive Goodness Boxes**
- Our next SeedsOfLife Gourmet **High Tea**

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There has never  
been a better time  
to focus on your



**immune system  
with healthy  
Organic Plant-  
based Gluten-free  
Wholefoods.**

This month, we want to  
share why we focus on  
providing products  
made with only

**certified organic**

ingredients and why eating **organic** is so important to us!

**Organic foods** are grown & processed differently than traditional foods, without using commercial pesticides & fertilizers. Commercially produced foods are grown using insecticides, fungicides, herbicides, rodenticides, and plant growth regulators.

**Many widely used pesticides have been banned after being implicated in causing negative side effects to human health.** While pesticide concentration in foods are low, chronic low-level consumption of pesticide containing foods is said to potentially contribute to a number of negative health effects.

Within the human body, pesticides are either metabolized & excreted or stored & accumulated in our body fat where they can elicit their negative health effects. The effects of pesticides in the body can manifest in different ways in each person, including conditions such as skin irritation, gastrointestinal complaints, neurological effects, respiratory issues, reproductive/fertility issues and endocrine effects. These issues can turn into long-term health issues and the development of a number of diseases and illnesses.

Certain pesticides also elicit an allergic response in some individuals, triggering an IgE mediated allergy which can result in symptoms like hives, itchiness, swelling, watery eyes, runny nose and in more serious cases can lead to swelling in the mouth and throat and an anaphylactic reaction.

**References**

*Hoppin, J. A. (2017). Pesticides are Associated with Allergic and Non-Allergic Wheeze*

*Nicolopoulou-Stamati, P. (2016). Chemical Pesticides and Human Health: The Urgent Need for a New Concept in Agriculture.*

*Vigar, V. (2019). A Systematic Review of Organic Versus Conventional Food Consumption: Is There a Measurable Benefit on Human Health*



*Sweet Potato & Cashew Pie*





## ORGANIC LIVING...

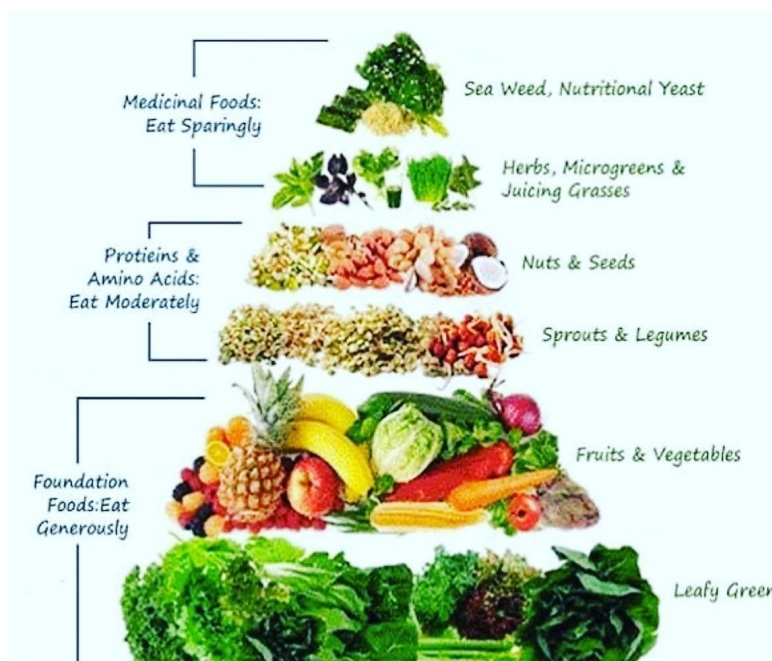
For those who don't know...This is how the **SeedsOfLife** story began. Heidi had been sick for many years (actually most of her life) with an array of autoimmune diseases and no true explanation. Only to discover years later that the root cause was **Synthetic Phosphate** and her body's inability to process it.

Heidi was diagnosed with Coeliac disease

in her early 20's and thus had followed a strict **gluten-free diet** for approximately 20 years. However, she was still having health issues and so tried an array of many different diets. The **Paleo diet** showed a significant reduction in inflammation, fatigue and also improved her general gut health. Despite feeling much better on a **grain-free diet**, Heidi's health was always one step forward, two steps back... Soon after Heidi developed a **Histamine Intolerance** and elevated **Lymphocytes**. Therefore, Heidi decided to change her diet once more to ' **Pegan**': a mix of paleo and vegan. Unfortunately, this was her sickest year yet! So Heidi wrote to specialist **Nora Gedgaudas** on a Facebook chat group, explaining "I have done everything you said and yet I'm sicker than ever".

Nora suggested that it was an inability to process **Synthetic Phosphate**, an issue that had never been explored or tested by Heidi or her medical team.

The increase of non-organic plant-based ingredients in Heidi's 'Pegan' diet had set her system into overload and caused an increase in pain, sensory overload and chronic fatigue. Heidi believes that the change to a strictly **organic** diet has helped her immensely...



The food pyramid pictured is the plan that Heidi and Pete follow to manage Heidi's health.



*Keep an eye out for next months newsletter to learn more about Heidi's health journey and how she manages her autoimmune conditions...*

**DISCLAIMER:** SeedsOfLife are not Health Advisors and recommend that anyone who plans to change their diet or eating habits...first consult a registered Health Care professional.

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**20 COOKIE CREDITS = 1 FREE COOKIE  
EVERY \$20 SPENT = 20 COOKIE CREDITS**

**For the remainder of July, we will be running a brand new promotion...Cookie Credits!**

**For every \$20 you spend online you will receive 20 'Cookie Credits',**

**20 Cookie Credits = 1 Free Cookie**

To select your cookie flavours, type it into the request section of your Shopping cart and your Cookies will be posted with your next order.

This promotion will be valid for **all online orders** placed between the 8th July

& the 31st July 2021 for all SeedsOfLife customers!

Terms and Conditions:

*Cookie Credits will not be carried over or transferred to your next order.*

Cookie Credits will be calculated after all discounts are applied.

*Postage prices cannot be redeemed in Cookie Credits.*

You may use your SeedsOfGold coupon code on your order and will also receive Cookie Credits.

*The Cookie Credit promotion is for website orders only.*

Cookie Credits cannot be redeemed as cash, gift vouchers, or in store credit and cannot be used with any other SeedsOfLife products.

\*If you fail to select your cookies, you will be given assorted cookies by default.



## **The Importance of Fibre in your Diet**

Constipation is a very common issue, affecting roughly 30% of all Australian adults. Constipation is also a common issue in young children and can be due to a number of causes. One of the most common factors in chronic constipation is simply a lack of

dietary fibre along with insufficient water consumption.

Consuming fibre rich foods helps to add bulk to our stools and soften the stool, making it easier to pass and increasing transit time (meaning our bowels move more frequently). We should aim for roughly 30g of fibre per day to support healthy bowel movements. Some of our favourite fibre containing foods at SeedsOfLife include buckwheat, quinoa, psyllium husks, pumpkin seeds, linseeds, chia seeds, sunflower seeds, almonds & cashews. Other fibre containing foods include fresh fruits & vegetables and legumes.

## **References**

Forootan, M.(2018). *Chronic constipation*.

Hechtman, L. (2014). *Clinical naturopathic medicine (2nd ed.)*.

Werth, B. L (2019). *Defining constipation to estimate its prevalence in the community: Results from a national survey*.



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## CONSTIPATED?

Listed below are our top 5 products to keep you going:

- Fruit Loaf
  - Raisin Toast
  - Seed & Nut Bread
  - LCHF Cinnamon Donuts
  - Gingernut Cookies
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## OUR FAVOURITE HIGH FIBRE PRODUCTS



LCHF CINNAMON DONUTS



GINGERNUT  
COOKIES



LCHF Bread



FRUIT LOAF

## SEEDSOFGOLD GOODNESS BOXES

Our exclusive SeedsOfGold Goodness boxes are especially curated every month with **our customers needs** in mind! **Save up to 30% with free postage.** These boxes are **exclusively** available for **SeedsOfGold and Platinum members** and include some of our most popular products! We know how much you love our Goodness boxes, so this month we are releasing two:

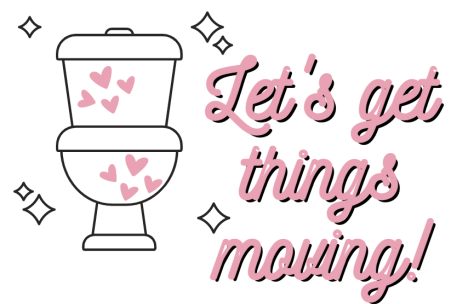
- \* **'Let's Get Things Moving' Goodness Box**
- \* **'Immunity Goodness Box'**

**Order your Goodness Boxes Here!**

**'LET'S GET THINGS MOVING' GOODNESS BOX \$89.95**

Valued at \$118.75

This Goodness box includes  
SeedsOfLife products which are high  
in fibre.



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**\$89.95 (when SeedsOfGold discount is applied), with Free Postage**

Save \$28.80 and free postage!!

**Platinum Members \$84.95**

\*Available until 31st July for SeedsOfGold and Platinum Members only.

## **IMMUNITY GOODNESS BOX \$89.10**

Valued at \$115.75



Support your immune system this winter with our limited edition Immunity Goodness Box!  
Includes:

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- 200g Seeded Crackers \$16.95
- Lemon & Ginger Tea \$14.95
- 250g Cran.

berry Crunch \$16.95  
200g Nutrimi-  
g-ht \$24.95

**SeedsOfGold \$89.10** -includes member discount, save \$26.65 plus free postage!! Valued at \$115.75

**Platinum Members \$84.15**

\*Available until 31st July for SeedsOfGold and Platinum Members only.

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*Seeds Of Life*  
Pine Tea



## BUY 3 TICKETS GET 4TH FREE!!

Our recent High Tea was such a huge success we have decided to make it a monthly event at SeedsOfLife!

Bring your friends and enjoy an hour of indulgence.....

Use coupon code '**hightea**' during checkout to redeem this discount, or purchase your tickets in store.

**Where: SeedsOfLife Robina**

**When: Saturday 31st July 2021**

**Time: 2-3pm**

**Bookings essential**

Heidi, I would just say thank you for this afternoon's High Tea. The food was amazing, and your staff were fantastic. Will definitely recommend for your future events....💕💕

Kind regards

Jenni



Please contact us with any dietary requirements at [hello@seedsoflife.com.au](mailto:hello@seedsoflife.com.au)

\* Cannot be use with any other promotion, coupon code or discount.



**SEEDSOFGOLD  
MEMBERSHIP**

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## Not a member? Join now!

Read all about it here

You can take advantage of these exclusive members offers by purchasing the SeedsOfGold \$100 membership option during the shipping cart.

Exclusive Club Membership

Join today ~ [seedsoflife.com.au](http://seedsoflife.com.au)



## ROBINA TRADING HOURS

**MONDAY: 8.30am-5.30pm**

**TUESDAY: 8.30am-5.30pm**

**WEDNESDAY: 8.30am-5.30pm**

**THURSDAY: 8.30am-6pm**

**FRIDAY: 8.30am-5.30pm**

**SATURDAY: 8.30am-5pm**

**SUNDAY: 10am-4pm**

Remember our vending machine is open 24/7! Even if the store is closed you can always get your SeedsOfLife snacks or pre-work out sustenance!

## Would you like your own SeedsOfLife vending machine in your Medical Practice, Gym, Workplace or Health Food Shop?

Licenses are available now. For all vending machine enquiries please contact [Pete@seedsoflife.com.au](mailto:Pete@seedsoflife.com.au)

Don't forget to join us for lunch at Robina Town Centre! We have extended our lunch menu and are super excited for you to try it!

**Kind Regards,  
SeedsOfLife Team**

*More to come soon at SeedsOfLife.....'changing lives one gut at a time'.*



SEED AND NUT PIZZA



SWEET POTATO AND  
CASHEW PIE



VEGETABLE STACK

## **CONTACT US**

**Retail Shop** 4241 The Kitchens Robina Town Centre.

**Wholesale** PO BOX 121 Robina Town Centre 4226

**Customer Service Phone** 0406558450

**Customer Service Email** [hello@seedsoflife.com.au](mailto:hello@seedsoflife.com.au)

**Website:** [www.seedsoflifeorganicwholefoods.com.au](http://www.seedsoflifeorganicwholefoods.com.au)

**IMPORTANT** If you have any health issues or concerns about changing your diet, or consuming any SeedsOfLife products, always seek medical advice from a health care professional first. SeedsOfLife make no claims about the health benefits of any of their products. All of our products are hand made and packaged in an extremely hygienic commercial kitchen with gluten free facilities, as the integrity of our product is highly important to us. Whilst we try to keep nut products separate some products may contain traces of nuts including peanuts and date seeds. Please consume our products at your own risk.

We recommended **Nutritionist & Naturopath Bianca Bawden** for all of your personal health related issues and management. Please contact Bianca directly **HealthbyBianca** Bianca has endorsed many of our products for optimal health and nutrition. Bianca is available for Skype consults and in clinic consults.

Erina Jones is our 'In House' student Naturopath and is available for a quick chat in store about our products. You may book an in-clinic consult at Southport with Erina [here](#).



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