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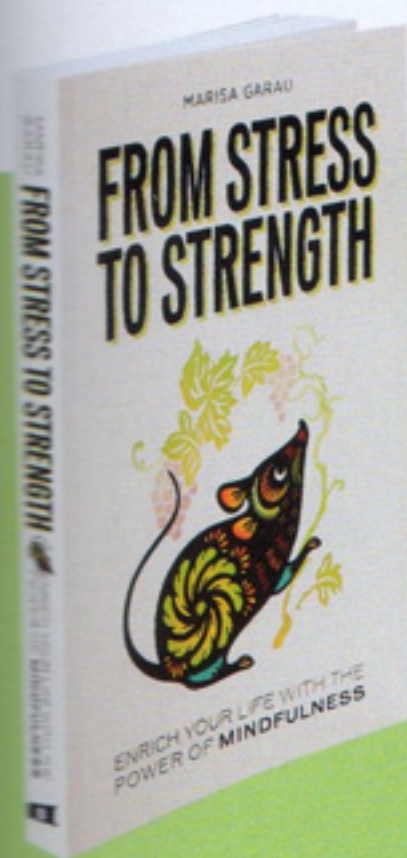
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I Love magazines

HEALTH FOODS THAT MAY DO MORE HARM THAN GOOD p17



INCREASE THE PEACE

Looking to rid your life of stress and frustration? *From Stress to Strength* by Marisa Garau (\$29.95, Bungalow Publishing) explores "the power of mindfulness", which can lead to clearer thinking and increased happiness. Available at aboutmindfulness.com, where you can also download the first five chapters for free.



HEALTH & MIND NEWS

THE *gourmet* DIET



madison talks to the owner of home delivery company Gourmet Dinner Service, Janel Horton, about new website dietlicious.com.au, where you can order healthy fresh and frozen food.

HOW WOULD YOU DESCRIBE THE NEW MENU? Our weekly menus read more like a restaurant menu focusing on taste and health using quality ingredients cooked by passionate chefs.

WHAT MAKES DIETLICIOUS DIFFERENT FROM OTHER DIET COMPANIES? Taste! We cook everything from scratch using only fresh, natural ingredients with no fake anything. We don't offer low-fat versions of high-fat foods such as meat pies, pizza pockets or sausage rolls.

WHAT IS THE DIETLICIOUS PHILOSOPHY? Over the past 20 years, portion sizes have been steadily increasing to the point where they are almost ridiculous. Our eyes and bellies have lost the ability to know what is "normal". We need to start eating sensible portions so we can return to a healthy weight. Dietlicious offers you a chance to retrain your brain to know what a healthy amount of food is to eat.

WHO IS DIETLICIOUS IDEAL FOR? Anyone who wants to maintain or lose weight. It's nutritionally balanced yet offers plenty of flexibility to fit in with busy lives.

Dinner, \$13.85, lunch, \$8.50, or meal plans, from \$26 per day. For more information call 1300 131 070 or visit dietlicious.com.au.



Bottle it

Swigging from one re-usable water bottle can reduce landfill by the equivalent of over 300 disposable bottles a year. Here are our top picks:

1. BOTTLE, \$14.95, and FILTER REFILL, \$9.95, both by Bobble, 1800 246 987, waterbottle.com.au.
2. BOTTLE, \$19.99, by Lorna Jane, 07 3252 5552, lornajane.com.
3. BOTTLE, \$34.10, by Sigg, 03 8742 3322, siggaustralia.com.au.