



CHANGING HABITS CATALOG

Our Brand Promise: Generational Health



For Inquiry
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More Information
ChangingHabits.com.au

**20
26**



Black Peppercorns

Did you know that black pepper is actually a fruit? It comes from the flowering vine of the woody tropical plant *Piper nigrum*. The chemical 'piperine' give pepper its spiciness. (You'll thank us when that one pops up at the next pub quiz). Using whole peppercorns and grinding straight on to your food helps to retain the freshness. And, unlike other pepper which may be irradiated (exposed to radiation) to extend its shelf life, our pepper is not. No additives or preservatives are added to our pepper. Time to get spicy!

~~\$14.50~~

\$ 10.875

Broth, Chicken

Versatile and nourishing – can add a rich flavour and elevate a meal to another level Convenient and portable – ideal for travelling Slow-dried and dehydrated to granules – easy to use Delicious wholefood – also enjoy as a hot drink or use as a seasoning Organic ingredients – free-range chickens.

~~\$ 49.00~~

\$ 36.75



Broth, Naked Beef

It is believed that broth and stews have been a part of the diet for millions of years. Explorers said that Native Americans would drink copious amounts (and some have even said they drank that over water). Every continent uses broth in their diet in some form, from Eastern European Borsch, to Asian soups, to the French using it as a base for most sauces - probably because broth is very versatile and adds a rich flavour to soups and meals.

~~\$ 49.00~~

\$ 36.75





Cacao Buttons 280g

***Best before date - 01/01/2026 The quality of the Cacao can be affected by extreme or prolonged heat during shipping. Due to this, we can only offer Express Shipping for this product. Ethically sourced from Solomon Islands, one of the world's purest environments 70% organic cacao, 30% organic coconut sugar – with no additives or colourings.

~~\$ 29.00~~

\$ 21.75

Cacao Melts 280g

The quality of the Cacao can be affected by extreme or prolonged heat during shipping. Due to this, we can only offer Express Shipping for this product. Now sourced from Solomon Islands, one of the world's purest environments 100% pure cacao – with no additives or colourings Cacao beans are simply gently roasted, crushed and tempered, and the liquified cacao is then conveniently shaped into melts and brought to room temperature.

~~\$ 29.00~~

\$ 21.75



Cacao Powder

\$4.30 / 100g (Serving size 10g) 100% organic cacao powder – no added nasties Versatile – can be added to baking, smoothies, raw treats, drinks and more Natural source of iron – which helps with energy production and normal immune system function Natural source of dietary fibre – which can help keep you regular Made from the cacao bean – the beans are ferme

~~\$ 24.00~~

\$ 18





Changing Habits Recipe Book

A stunning compilation of fresh, new creations and previously published family favourites. Over 140 healthy and easy-to-follow real food recipes that are easy to make and taste delicious! With the Changing Habits Recipe Book, it's so simple to cook real healthy food that is full of flavour and nourishes your body, the Changing Habits way. Family-friendly meals will help to get the kids involved in the cooking process too!

~~\$ 36.00~~

\$27

Chilli Powder

Shopbought chilli powders can contain additives and preservatives. Our organic Chilli Powder makes it easy to make your own spicy dishes without compromising on quality or flavour. Check out our recipe page for ideas. Unlike other spices which are often irradiated (exposed to radiation) to extend their shelf life, our chilli powder is not. It also contains no additives or preservatives.

~~\$ 14.50~~

\$ 10.875



Cinnamon Powder

Once more expensive than gold, cinnamon has long been a treasured spice. But, not all cinnamon is equal and we wanted to provide a flavourful, organically-grown cinnamon. Our Ceylon Cinnamon powder sourced from Sri Lanka has a beautiful aroma and sweet flavour and is free from fillers, additives and preservatives and is not irradiated (a process that uses radiation to kill bacteria and extend the shelf life of food).

~~\$ 14.50~~

\$ 10.875



Coffee Beans Decaf 500g



ORGANICALLY GROWN COFFEE We're passionate about offering coffee that's clean, pure, and better for you. Our specialty-grade decaf beans are 100% certified organic and carefully decaffeinated using the natural Mountain Water Process. Every batch is independently lab-tested in Australia to ensure no detectable mycotoxins, giving you confidence in every cup. GREAT TASTING COFFEE Decaf should never mean compromise.

~~\$ 39.00~~

\$ 29.25

Coffee Beans Mycotoxin Organic

Mycotoxin Mould Free Coffee Beans Organically grown coffee Ethically sourced Available in 850g, 500g bags

~~\$ 58.00~~

\$ 43.5



Coriander Powder

Dryroasted and full of flavour, these aromatic coriander seeds add a sweet citrusy note to your dishes. This versatile spice is used in many different cuisines around the world. Use in curries, stir-fries, stews, dips, seasonings, soups and meat dishes. Shop-bought coriander powders can contain additives and preservatives. That's NOT the Changing Habits way. Our Organic Coriander Seed Powder contains only real foods.



~~\$ 14.50~~

\$ 10.875



Cumin Powder

Anaromatic spice with a nutty, earthy flavour that adds warmth to a dish. This versatile spice is popular in Mediterranean, Middle Eastern and Asian cooking. Shop-bought cumin powder can contain additives and preservatives. That's NOT the Changing Habits way. Our Organic Cumin Powder contains only real foods. And, unlike other spices which are often irradiated (exposed to radiation) to extend their shelf life, our Cumin Powder is not. Get that curry a-bubblin'!

~~\$ 14.50~~

\$ 10.875

Curry Powder

Curry powders are used all over the world. While the blend of herbs and spices varies from region to region, this one from Sri Lanka tops the bill with its spicy, aromatic, tastebud-tingling deliciousness! Shop bought curries can contain, additives, preservative, flavours, vegetable oils. Our organic curry powder makes it easy to make your own curry without comprising on quality or flavour.

~~\$ 14.50~~

\$ 10.875



Dates 1kg

Our organic, hand pitted dates are semi soft and the perfect all-rounder – a wonderful ingredient to have in your pantry due to their versatility and the nutritional benefits. A natural source of sulphur, magnesium, phosphorous, calcium and potassium. With a delicious soft caramel flavour, these dates can be eaten raw as a nutritious snack or used in both sweet and savoury cooking. CADA (coconut, almond, date and apple) breakfast became a favourite in Cyndi's recipe book back in 2011.

~~\$ 34.00~~

\$ 25.5





Emmer Wheat

Real flour as it used to be...unchanged for thousands of years! Non-hybridised – no nasties or chemicals added (unlike much of today's flour). Biodynamically grown in Australia by a 5th generation family farm and stoneground on demand. This all-purpose, delicious flour can be substituted in any recipe where plain flour is required but does absorb more moisture so you may need to lower the recipe's flour content slightly to accommodate the difference.

~~\$ 19.50~~

\$ 14.625

Garam Masala Powder

A fragrant Indian spice that adds a delicious warmth to your dishes. Roast to deepen the flavour of curries, or sprinkle on top of meats and vegetables. Shop-bought Garam Masala can contain additives and preservatives. That's NOT the Changing Habits way. Our Organic Garam Masala contains only real foods. And, unlike other spices which are often irradiated (exposed to radiation) to extend their shelf life, our Garam Masala is not.

~~\$ 18.50~~

\$ 13.875



Gelatin 2 Pack

If you like to cook, you'll love this gelatin! It is so versatile and can be used to make breads, pancakes, soups, homemade jellies, panna cotta, cheesecake, to thicken sauces and added to hot drinks. The smooth powder dissolves very easily, providing your dishes with hidden extra healing properties. This beautiful Gelatin Powder is a great source of protein and amino acids, as well as collagen, which aid skin, bone and joint health, hair and nail growth, recovery.

~~\$ 86.00~~

\$ 64.5





Gelatin 500g

If you like to cook, you'll love this gelatin! It is so versatile and can be used to make breads, pancakes, soups, homemade jellies, panna cotta, cheesecake, to thicken sauces and added to hot drinks. The smooth powder dissolves very easily, providing your dishes with hidden extra healing properties. This beautiful Gelatin Powder is a great source of protein and amino acids, as well as collagen, which aid skin, bone and joint health, hair and nail growth.

~~\$ 48.00~~

\$36

Ginger Powder

Organically grown and processed, our Organic Ginger Powder is a must-have for all kitchens. It helps to add flavour and a bit of heat to both sweet and savoury dishes from curries and soups to biscuits and cakes. Originating from Asia, ginger spread around the world during the spice trade, becoming one of the most popular spices in many cuisines. Changing Habits Organic Ginger Powder is freshly ground and packed immediately to maintain its wonderful aromatic oils.

~~\$ 14.50~~

\$ 10.875



Inca Inchi Oil - 250ml

Cyndi wanted to provide an organic, land-based oil that contained Omega 3 (ALA), Omega 6 and Omega 9, without colours, flavours, emulsifiers or deodorants (found in some other oils). Unable to source a suitable oil within Australia, our beautiful Inca Inchi Oil is extracted from the Inca Inchi seed "Plukenetia Volubilis Linneo" found in the Amazon rainforest. It has 48% omega 3 (ALA) and 84% essential fatty acids. Inca Inchi is a plant that is native to the Peruvian Amazon region.



~~\$ 39.00~~

\$ 29.25



Inca Inchi Powder 500g

A high-quality, chemical-free, plant-based protein powder – sourced from the seeds of the Inca Inchi plant, indigenous to the Peruvian Amazon forest. Fantastic for the family on the run and a ‘must have’ for gym junkies and bodybuilders to replace the chemical-based whey proteins. Provides essential and non-essential amino acids plus other vitamins and minerals, with no high temperature processing, added preservatives or chemical alteration of the food.

\$ 44.00

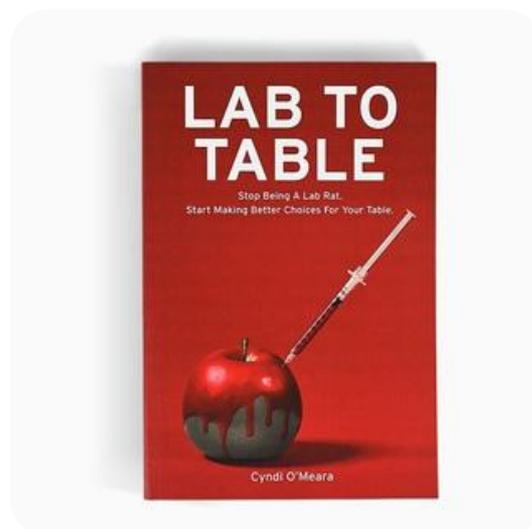
\$ 33

Lab To Table Book

“I thought I knew a lot about food and products, but the book Lab to Table has given me a lot of information to add to my stored knowledge. Have been recommending it to friends since I started reading it and I’m not finished yet. Easy to read, well written and well researched information. Thanks Cyndi O’Meara.” T B LAB TO TABLE. Food used to be grown on a farm. Now it’s made in a lab. Cyndi O’Meara, Australia’s leading nutritionist, presents Lab To Table, an insightful book revealing the truth about food,.

\$ 30.00

\$ 22.5



Molecular Iodine Colloid Drops 10ml

Practitioner strength iodine for use if you have been

advised by your trusted healthcare provider that you are lacking in iodine, an essential trace element for humans. The recommended dietary intake for adults ranges from 0.03mg/day to 0.15mg/day. Fulhealth Industries is an Australian based company that is passionate about general health and wellbeing.

\$ 35.00

\$ 26.25





Nature's Mineral Boost (Colloidal Minerals) - 500m...

As some of our food is lacking in minerals due to soil depletion, Cyndi has been recommending the benefits of colloidal minerals for years. Unable to find a quality supplier that did not add preservatives or extract from suitable sources, we now supply organic, Australian Colloidal Minerals that are extracted from peat (vegetation) through a cold method, ensuring the life-giving elements are preserved.

~~\$ 58.00 - \$129.27~~
\$ 33.75 - 104.25

Nature's Vitamin C (Camu Camu) 200g

Wanting to provide a non-chemical-based vitamin C for

her family, Cyndi found that Camu Camu is one of the richest sources of real food vitamin C available - oranges contain approx. 50mg per 100g, while Camu Camu has around a whopping 10,000mg per 100g of fruit! Camu Camu has grown abundantly along the Amazon River for centuries.

~~\$ 58.00~~
\$ 43.5



Nature's Vitamin C (Camu Camu) Capsules 90 Caps

Camu Camu is one of the richest sources of real food vitamin C available - oranges contain approx. 50mg per 100g, while Camu Camu has around a whopping 10,000mg per 100g of fruit! Camu Camu has grown abundantly along the Amazon River for centuries. The berry is harvested by the indigenous people using traditional methods as part of a Fairtrade project. The locals have always known the benefits of Camu Camu and have used it for generations as a food and medicinally.

~~\$ 59.00~~
\$ 43.5





Nutmeg Powder

This intense aromatic sweet spice can be used in a wide variety of dishes. From curries and sausages to fruit cake. A little goes a long way with this flavoursome spice! Shop-bought nutmeg powder can contain additives and preservatives, flavours and vegetable oils. That's NOT the Changing Habits way. Our Organic Nutmeg Powder contains only real foods. And, unlike other spices which are often irradiated (exposed to radiation) to extend their shelf life, our nutmeg powder is not.

~~\$ 14.50~~

\$ 10.875

Peak Performance Blend

A fusion of nutrient-dense realfoods that allows your body to flourish! Just one tablespoon of Peak Performance Blend daily provides your body with the essential vitamins and minerals it needs – it is a natural source of vitamin C, iron, folate and fibre. It also contains our 3-in-1 prebiotic blend (prebiotic, probiotic, postbiotic). Suitable for the whole family. It is very easy to use – add it to your juice or water in the morning or throw it in your gym bag to add to your power smoothie after a workout. Be at your best every day!

~~\$ 99.00~~

\$ 74.25



Peak Shaker Bottle 400ml

PeakPerformanceShaker Bottle – your perfect companion for mixing your Peak Performance blend on the go! This high-quality glass bottle comes with a protective outer layer, ensuring durability and style. Its leak-proof design makes it ideal for tossing in your gym bag, while the sleek look is just right for sipping at your desk. Stay hydrated and energised wherever you are with the ultimate shaker bottle!

~~\$ 25.00~~

\$ 18.75





Peak Travel Box - Pk 30

A fusion of nutrient-dense realfoods that allows your body to flourish! Just one tablespoon of Peak Performance Blend daily provides your body with the essential vitamins and minerals it needs – it is a natural source of vitamin C, iron, folate and fibre. It also contains our 3-in-1 prebiotic blend (prebiotic, probiotic, postbiotic). Suitable for the whole family. It is very easy to use – add it to your juice or water in the morning or throw it in your gym bag to add to your power smoothie after a workout.

\$ 139.00

\$ 104.25

Probiotics - 150g

Our Probiotic Blend is unlike anything on the Australian market. Through extensive research, our founder Cyndi discovered a plethora of issues with most probiotics currently available, many are made in Petrie dishes, genetically modified and with no prebiotics (the actual food that the probiotic lives on and eats), and while most claim to be manufactured in Australia (referred to as 'finished products' - Ready for retail), the actual functional probiotic ingredient is always sourced from overseas.

\$ 77.00

\$ 57.75



Pure Glow Organic Skin Oil

We believe your skin should only be absorbing what it loves. Infused with an all-natural blend of Annatto Oil, Inca Inchi Oil and Lemon Myrtle Oil, Pure Glow has been expertly formulated to deeply nourish the skin, help rejuvenate the complexion, assist in repairing hyperpigmentation, scarring and sun damage, and slow the signs of ageing, without allowing harmful chemicals into your body.

~~\$ 57.00~~

\$ 42.75





Rapadura Sugar

"Sugar, but better for you—the Changing Habits whole food way! Because Rapadura is not separated from the molasses (unlike lots of other sugars) and is not subject to being heated at high temperatures (it is dehydrated at a low heat), it retains its natural vitamins and minerals. Rapadura Sugar is recognised for its delicious caramel flavour, its fine grain texture and golden colour. It can be used in place of white, raw or brown sugar in any recipe. For many years,

~~\$ 20.00~~

\$15

Seaweed Salt 250g

Pure Himalayan salt, enriched with dulse (seaweed) powder for its natural iodine content. Contains 84 minerals and trace elements that are highly beneficial for the body, including magnesium, calcium, copper, potassium and iron. Can replace all other salt products – use as a table salt and sprinkle on porridge, salads, vegetables and other meals, or use in cooking. Stored in a handy glass jar with two flip lid options – multi-hole pattern for sprinkling and open section for pouring.

\$ 16.50

\$ 12.375



Seaweed Salt 500g

Pure Himalayan salt, enriched with dulse (seaweed) powder for its iodising properties (because we never use artificial ingredients). This beautiful, sometimes pink-coloured salt, contains 84 minerals and trace elements that are highly beneficial for the body, including magnesium, calcium, copper, potassium and iron. Our Seaweed Salt is land-based and hand-mined straight from the source with no refining and no bleaching or anti-caking agents added.

~~\$ 22.00~~

\$ 16.5





Supreme Green Blend

Our organic Supreme Green Blend is a fantastic way of getting real food, plant based nutrients into your body, as opposed to something that's made in a chemical laboratory. Staying true to our philosophy of keeping it simple, our unique blend combines key green superfoods barley grass powder, chlorella, spirulina, broccoli sprout powder, green stevia powder (natural sweetener) and kelp powder. Sourced from all organically grown products. We're not going to lie – it doesn't taste great, but ...forget about the taste!!

~~\$ 49.00~~

\$ 36.75

Turmeric Powder 90g

Turmeric is used in cooking for its beautiful, rich yellow colour and peppery, warm, slightly bitter flavour. It can be added to curries, casseroles, sprinkled on roasted vegetables, used to make a spice rub and added to rice and soups. Turmeric can also be used to make a tea or broth drink or even added to sweet dishes. Turmeric has been used in Ayurveda medicine for thousands of years due to its curcumin content.

~~\$ 14.50~~

\$ 10.875



Vegetable Stock

At Changing Habits we love old fashioned, traditional cooking and making a flavoursome stock from vegetables is used all over the world. The French mirepoix, Italian soffritto, Spanish sofrito, German suppengrün – these are all variations of using vegetables to add nutrition and flavour to a dish. Our organic vegetable stock is handmade and gently dehydrated making it easy for you to add it to your diet. Made with only real foods - fresh organic vegetables, Himalayan rock salt and organic extra virgin olive oil.

~~\$ 24.00~~

\$ 18





FLP Protocol Health Essentials

We have now created an all-in-one powder blend for easier consumption. Containing a blend of camu camu, probiotic, green blend and an assortment of herbs designed specifically for the Fat Loss Protocol. (Check out the ingredient list below). Purchase this product when you are about to commence the Protocol, or if you are pur

~~\$ 99.00~~

\$74.25

Inner Glow Collagen

Experience the Inner Glow difference with our meticulously crafted blend that unlocks the secrets to glowing skin and overall well-being. Collagen, known for its skin-firming properties, works hand in hand with vitamin C-rich rosehip oil to boost collagen synthesis, promoting elasticity and a youthful complexion. Meanwhile, our unique formulation enriched with postbiotics nurtures gut health, enhancing nutrient absorption and supporting the skin's natural balance from within.

~~\$ 59.00 - \$199.00~~

\$44.13 - \$149.25



Nature's Mineral Boost Drops (30ml)

Travel Nature's Mineral Boost (Colloidal Minerals) – 30ml Take your wellness with you, wherever life takes you! Our well-loved Nature's Mineral Boost is now available in a handy 30ml travel size, perfect for keeping your minerals topped up on the go. Don't be fooled by its size – it packs the same nourishing goodness as the 500ml bottle, so you never have to compromise on your health while travelling. Small, mighty, and essential for your daily routine.



~~\$ 45.00~~

\$ 33.75



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More Information

ChangingHabits.com.au

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