

GREENLEAF 2024 GIFT GUIDE







Lily works at Greenleaf Pharmacy Herdsman and this holiday season she is travelling overseas. The first thing she is packing is **Sodii in Pineapple flavour**. Not only is it good for dehydration



and diarrhoea when travelling it's also great for keeping your electrolytes up at work or to replenish them after a strenuous workout.



SOY CANDLE & INTERIOR FRAGRANCE \$74.99







INTERIOR FRAGRANCE \$42.99

TREE HANGING SCENTS \$19.99

380G CANDLE \$59.99

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GLASSHOUSE

Capture the magic of the holidays with our cult-favourite scent, Night Before Christmas. Delight in the festive aromas of Blackcurrant, Plum, Lemon, Lavender and Rose. The collection is adorned with Holiday Jewels across the vessels and packaging, casting a radiant glow through the intricate patterns when lit.

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HAND CREAM & MINI ROOM SPRAY - \$19.99

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KIP & CO PICNIC MAT \$129.99



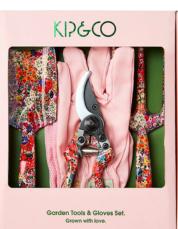
GRACE AND JAMES CAR DIFFUSER \$23.99



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KIP & CO FOREVER FLORAL LILAC GARDEN TOOLS AND GLOVES SET \$59.99



Kerrie works at Greenleaf Pharmacy Subiaco and on the weekends she loves heading outside with her kids. Kerrie and her family always reach for Feel Good Inc Sunscreen. The whole range is broad spectrum, non-greasy, and up to

4 hours water resistant to give you maximum coverage.



SALAD SERVERS \$19.99







KIP & CO MARGARITA GLASSES \$69.99



BITTERS BOTTLE SET \$34.99



REVOLVING ROCKS GLASSES \$29.99





Cam, from Greenleaf Alkimos, enjoys entertaining during the holiday season. He often suggests a Vitamin B supplement for

> energy, specifically Herbs of Gold Activated B Complex, which aids carbohydrate metabolism, supports nervous system function, and promotes emotional well-being and stress response.





Heartburn

Heartburn occurs when stomach acid refluxes (flows back up) into the oesophagus (food pipe) and irritates the inner lining of the oesophagus. This happens when the valve that separates the oesophagus and the stomach does not close properly.

Gastro-Oesophageal Reflux Disease -

Also known as GORD. This is the medical term given to frequent heartburn. A person with GORD gets repeated reflux of stomach acid which can cause damage to the lining of the oesophagus. This is a serious condition which requires medical attention.

Risk Factors

Factors that can trigger or worsen heartburn:

- certain foods (spicy or fatty foods, chocolate, onions, tomatoes, citrus)
- alcohol
- caffeine (eg coffee, tea, energy drinks)
- soft drinks
- a large meal and eating quickly
- physical activity soon after a large meal
- lying down soon after eating
- stress or anxiety
- · being overweight
- wearing tight clothing around your waist
- pregnancy, particularly late pregnancy
- smoking
- certain medical conditions (GORD, hiatus hernia)
- certain medicines eg anti-inflammatories

Self-Care

Simple changes to diet and lifestyle can often prevent or reduce heartburn. Try to avoid things that trigger or worsen your symptoms.

Helpful life style tips:

- Avoid foods that give you symptoms
- Eat smaller meals
- Eat slowly and chew food well
- Drink less alcohol
- Drink less caffeine (eg coffee, tea, cola)
- Always swallow medicines with a glass of water
- Don't slump in a chair, bend over or lie down too soon after eating
- Wait two hours after eating before going to bed
- Wait for two hours after eating to do vigorous exercise
- Wear loose clothing around your waist
- Keep to a healthy weight
- Use relaxation techniques to manage stress.

HEARTBURN AND INDIGESTION

Heartburn is a painful, burning feeling rising up from the stomach or lower chest towards the throat. Indigestion is an uncomfortable feeling in the stomach. Medicines, and in some cases simple lifestyle changes, can relieve and prevent heartburn and indigestion.

Indigestion

Some people refer to heartburn as indigestion. However, indigestions is really a general term for uncomfortable stomach symptoms. It is usually related to eating or drinking. Almost everyone has indigestion sometimes.

- The most common symptoms of acid reflux are:
 - Heartburn
 - Food or fluid from your stomach coming into your mouth
 - An acid or bitter taste in your mouth
 - A sudden increase in saliva in your mouth

Medicines

Along with diet and lifestyle changes, many people need medicines to manage heartburn. Some people need to use them every day, others only occasionally. Some are available without a prescription whilst some are OTC (over the counter). These include:

Antacids: neutralise stomach acid and are used for quick relief Alginates: form a coating on top of stomach contents, which can reduce acid reflux. They are used for quick

relief of occasional heartburn. **H2 Antagonists** - reduce the amount of acid in the stomach. They

are used to relieve occasional reflux symptoms.

Proton pump inhibitors (PPIs) – reduce the amount of acid in the stomach. They are used to relieve frequent symptoms of reflux.





Important

Talk to a Doctor or Pharmacist if:

- It is the first time you have experienced reflux
- You get symptoms more than one day a week
- Heartburn, pain or choking wakes you at night
- Symptoms are getting worse or even severe
- It is hard or painful to swallow
- Your bowel motions are black and tar-like
- You vomit and your vomit looks like coffee grounds
- You have lost weight and do not know why
- Symptoms get worse with, or after exercise
- You often have nausea, burping, cough or sore throat





Hayfever is often worse in the mornings, on windy days and after thunderstorms (when the amount of pollen in the air is highest). Symptoms include:

- Sneezing
- Runny nose
- Blocked nose (congestion)
- Itching nose, ears, mouth or throat
- Puffy, itchy, watery and red eyes
- Headaches
- Post-nasal drip (mucus from the nose and sinuses runs down the back of the throat), which can cause coughing
- Reduced sense of smell and taste

Self Care Tips

Try to find and avoid the things that cause your Hayfever

- Be aware of how much pollen is in the air (you can see this on weather forecasts)
- Stay indoors when there is a lot of pollen in the air (e.g. on windy days)
- Keep house and car windows closed during pollen season – use air conditioning and/or air filtering systems
- Avoid cigarette smoke and make your house smoke free
- Shower and wash your hair after being outdoors
- Wear wrap-around sunglasses and a face mask when gardening or outdoors

Household Tips

- Be aware of indoor air quality
- Remove house and garden plants that give you allergic rhinitis
- Avoid cigarette smoke and make your house smoke free
- Avoid room deodorisers, mothballs and insect sprays
- Clean your house regularly to remove mould and dust
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- Avoid room deodorisers, mothballs and insect sprays
- Clean your house regularly to remove mould and dust

HAYFEVER

Hay fever (allergic rhinitis) is usually caused by inhaling pollens that are present in the air at certain times of the year. Some people have symptoms of allergic rhinitis all year round. This can be caused by things that your immune system reacts to (allergens) such as animal hair, moulds and dust mites.

Allergic Rhinitis

Allergic reactions in the nose can also cause sinus problems, including pain and pressure around the cheeks, eyes and forehead. People who get allergic rhinitis often have other allergic conditions such as asthma, eczema (an itchy skin rash) or hives (itchy, lumpy skin).

Hayfever symptoms can last for as long as you are exposed to a trigger. This could mean weeks, months or all year long. Depending on where you live and what your triggers are, symptom duration will vary. If you are allergic to pollens, the allergy may last for weeks during peak pollen seasons. In the case of dust mite, mould or pet allergy, the symptoms can last even longer unless treated appropriately.

Medicines

Many medicines can help treat and prevent symptoms of hayfever. Most are available from a pharmacist without a prescription. Some medicines for allergic rhinitis should not be used by children, pregnant or breastfeeding women or people with certain medical conditions. Many allergy and cough products should not be given to a child under six years of age.

Medications for Hayfever include:

Antihistamines

• Lessen symptoms of allergic reactions Antihistamines can relieve itching, sneezing and running of the eyes. Can stop symptoms quickly

Decongestants

• Can clear a blocked nose or sinus congestion and can give fast relief - should not be used for more than three days in a row

Corticosteroid nose sprays

• Allergic rhinitis involves swelling of the lining of the nose. Corticosteroid nose sprays can reduce and prevent this inflammation

Other treatments

- Saline (salt water) nose spray, nose drops or sinus rinses can help clear mucus and allergens from the nose and sinuses
- Pain-relieving medicines e.g. paracetamol, lbuprofen may relieve sinus pain







HOPPI BOUNCING DINO \$99.99

POOL NOODLE FRIENDS \$31.99

BEACH BALLO BUCKET \$39.99



SWIMMING RING \$37.99



SCOPPI BEACH SHOVEL \$49.99



CANA WATERING CAN \$39.99





THE G.O.A.T CARD GAME \$14.99







DESTINATION TOWELS \$69.99



FRESSKO \$39.99

SOOTHING EYE MASK \$17.99











herbs of gold

Probiotic+SB



SPENCER AND FLYNN SOCKS \$19.99

Jamie works at Subiaco Pharmacy and loves to travel overseas

with his family. When he is away, he and the family rely on Herbs of Gold Probiotic+SB which contains high-strength SB that helps to reduce the occurrence & relieve the symptoms of traveller's diarrhoea. Probiotic+SB also helps reduce

diarrhoea associated with antibiotic use.

true* meal replacement

NATURAL BLEND

9



+ Over 25g protein per serv + Naturally derived ingredie



BARREL & OAK BOURBON CEDAR RANGE FROM \$14.99







GENTLEMEN'S HARDWEAR FROM \$16.99



OASIS BOTTLES FROM \$19.99











SMELLY BALLS \$19.99

James, the managing pharmacist at Greenleaf Pharmacy in Wanneroo, is passionate about fitness and uses Vanilla True Protein post-workout. True Protein aids muscle recovery by providing amino acids, which are

POST

true* plant protein 0 9000

true* **WPI 90** essential for building, repairing,

and maintaining muscle tissue.



Welcome to the home of the Jellycat family where their mission is to share joy! Expect the unexpected. Embrace their gentle humour. Enjoy the exquisite textures and unusual colours... And if one of these characters makes you smile, make them part of your family too.





FRENCH BULLDOG PURPLE \$82.99



JELLYCAT AMUSEABLE SUN \$77.99



MAYA OCTOPUS \$69.99



TILLY THE GOLDEN RETRIEVER \$104.99



BASHFUL GOLDEN BUNNY \$59.99



BOILED EGG CHIC \$59.99



LUXE BUNNY JUNIPER \$79.99



BARTHOLOMEW BEAR BATHROBE \$72.99



FREDDIE SAUSAGE DOG \$72.99

Discover hundreds more Jellycat friends available in-store!









KIP & CO DOG TOWEL \$74.99





MY FIRST COLOURING KIT \$29.99

PEA POD CRAYONS \$14.99



SILICONE PLATES \$22.99



MULTI-SURFACE TEETHING WHEEL \$19.99



SNACK PACK \$12.99



ZIGGY ACTIVITY TOY \$21.99

Karishma is an owner at Greenleaf Pharmacy Belridge and is a mother of two young children. To ensure her kids stay healthy, she frequently provides them with a Children's Multi Care supplement from Herbs of Gold. This product provides 75 micrograms of iodine to support cognitive function, brain health, and thyroid health in children, with Vitamin C for immunity



ORGANIC COTTON DRIBBLE BIB SET \$29.99



SUNSCREEN LOTION SPF 50+

SILICONE TEETHER \$16.99



BAMBOO SWADDLES \$41.99

Stu is our owner and head pharmacist at Greenleaf Pharmacy North Beach. As a father of two and aware of the harsh Australian sun, he has tested various kids sunscreens. He highly recommends the Feel Good Sunscreen Sensitive. Suitable for anyone with sensitive skin, expectant mums, children and babies over 6 months old. If your skin is easily irritated, then this Sensitive Sunscreen is for you!





SLIP SCRUNCHIES \$32.99 EYE MASK \$54.99 AND PILLOW \$99.99



SHOWER STEAMER \$9.99



WEIGHTED EYE MASK \$24.99







HAND CREAM SET \$29.99





SLIP SCRUNCHIE \$49.99



KIP & CO TRAVEL BOX \$69.99

KIP & CO JEWELLERY BOX \$169.99



Signs and Symptoms

Some people get warning signs up to 24 hours before a migraine starts. Warning signs include mood swings, changes in appetite, thirst, muscle aches and feeling sleepy. A migraine can last from 4 hours to 3 days. Common symptoms include:

- moderate to severe pain
- throbbing
- pain on only one side of the head
- nausea and vomiting
- being sensitive to light and noise
- pain that worsens with movement or activity

In children, migraines are usually shorter lasting. Other symptoms such as nausea and head pain may be more common.

Treatment

During a migraine, rest in a quiet and dark place and avoid movement or activity. Non-medicine treatment can help and can include meditation, relaxation techniques, using a cool compress on the forehead or scalp or using a heat pack for stiff neck muscles. You can also use a migraine stick applied to the temple.

Prevention

If you often have migraines, your doctor may prescribe a preventive medication to take every day. They will not stop a migraine once started. Non-medicine therapies are also recommended including complementary therapies and lifestyle changes including meditation and relaxation.

Self Care

- Keep a headache diary to identify triggers
- Work out a migraine management plan with your doctor
- Exercise for at least 30 minutes most days
- Have a healthy diet
- Drink enough water every day
- Limit caffeine intake eg tea, coffee, cola
- Limit alcohol
- Don't smoke
- Learn and use relaxation techniques to relax your mind and body
- Get enough sleep
- Wear sunglasses to reduce glare
- Make sure your workplace is set up to protect your body ergonomically
- Be aware of your posture and take regular breaks if you work in the same position all day.

MIGRAINE

Migraines are severe headaches, often felt only on one side of the head. They an occur as often as several times a week or as rarely as once or twice a year. Migraines can cause other symptoms as well as head pain. Medicines can help to relieve and prevent migraines. There are two main types - with an aura, and without. An aura is a group of symptoms such as dizziness, numbness, nausea and vomiting, or pins and needles.

Triggers

Triggers differ from one person to another. Migraines can be inherited. Factors include

- stress, or relaxing after stress
- hormone changes
- glare, brightness or flickering lights
- strong smells or fumes
- emotional upset, stress / anxiety
- glare, brightness or flickering lights
- alcohol, or caffeine withdrawal
- some foods or food additives
- smoke especially from cigarettes
- some medicines eg oral contraceptives
- strenuous exercise, including sex
- back & neck problems
- eye strain

Medicines

Medicines can help relieve a migraine and work best if taken when the migraine starts. Once a it has developed, medication may not work. Ask a doctor or your Greenleaf Pharmacist for advice about medicines to relieve migraine :

Non-prescription pain relievers

Eg paracetamol, aspirin, ibuprofen, naproxen especially soluble tablets or rapid acting to give faster relief. Migraine sticks may also help.

Migraine-relieving medications

These are a group of medicines known as "tryptans" that are available as tablets, wafers, nasal sprays and injections. They work best if taken immediately once pain has begun. Some are available without a script – ask your Greenleaf pharmacist for advice.

Anti-nausea medications

These can stop nausea and vomiting and improve the absorption of other migraine medications. Your pharmacist can supply anti-nausea medicines without a prescription for treatment of nausea associated with migraine. Ensure you take a good quality electrolyte solution eg Aqualyte if dehydrated.

IMPORTANT - A headache can be a sign of a serious medical condition. Get medical advice if the patient is young or elderly, if the symptoms are suddenly more severe, wake you at night, start after a head injury or accident. Also seek urgent advice if over the age of 50 or under 18 years. Children under 16 should not be given aspirin unless advised by a doctor.

KIP & CO BATHROOM BAGS \$59.99 EYE MASK \$24.99







DETANGLE BRUSH \$14.99







GEL EYE MASK \$17.99





Zoe has recently joined Greenleaf Pharmacies. After a busy workday, she enjoys relaxing with a cup of True Hot Chocolate. This delicious and nutritious alternative made from True Protein Hot Chocolate powder is rich in protein and contributes to the health of her hair, skin, and nails due to its collagen content.







Causes of vomiting and / or diarrhoea include:

- viral gut infection eg norovirus, rotavirus
- bacterial gut infection eg salmonella
- parasite gut infection eg giardia
- some medicines eg antibiotics
- non-gastrointestinal infections eg ear infection, urinary tract infection
- some medical conditions eg appendicitis, irritable bowel syndrome
- food or alcohol intolerance

Other syrassingly due to the appetite, stomach pain, fever and tiredness.

Rehydration

The most important treatment for vomiting and diarrhoea is to replace the fluid that is being lost. Oral rehydration solutions, which contain the correct balance or water, body salts and glucose, are the best fluids to use.

- Begin replacing fluid immediately use an oral rehydration product such as
- Chemist's Own Oral Rehydration
- Carefully follow product directions
- Drink enough fluid to satisfy your thirst
- Juice or cordial may be used to replace fluid if symptoms are mild
- Do not use diet drinks, sports drinks or energy drinks
- Sip or suck small amounts of oral rehydration solution often

For Babies

- With babies, if breastfeeding, often breast milk more often. Offer rehydration products and cooled water between feeds. If bottle-fed, give rehydration products in place of formula at first. Restart normal strength formula or milk when vomiting has eased,
- Start usual strength formula or simple solid foods as soon as vomiting stops. If this does not happen within 24 hours, see doctor
- It may be necessary to trial a lactose-free formula or milk. Ask your pharmacist.
- Always clean babies' bottles, teats and
- dummies, and items used to measure, mix or store liquids.
- Always throw away leftover formula or milk.

GASTRO VOMITING & DIARRHOEA

Vomiting and diarrhoea are often caused by a gut infection. They can cause our bodies to lose a lot of fluid and become dehydrated, so it is important to drink or sip fluids regularly while you are ill. Ask your Greenleaf pharmacist for advice.

Risks

Dehydration can develop rapidly, especially in the very young and very elderly. Severe dehydration can be fatal.

Diarrhoea can cause temporary bowel damage, which may interfere with the digestion of lactose in dairy products. Avoid dairy products if they make things worse.

Many infections that cause vomiting and diarrhoea can spread easily from person to person. Practice good personal hygiene when sick or caring for another sick person, and stay away from work or school while sick.

Medicines

Non-prescription medicines available from your Greenleaf pharmacist include:

- medicines to control diarrhoea eg loperamide for adults only
- probiotics eg Biome daily may help to relieve diarrhoea caused by a viral "gastro" infection. Other products include Chemist's Own Stomach Ache and Pain Relief.
- Prescription medications to relieve nausea and vomiting are also available.

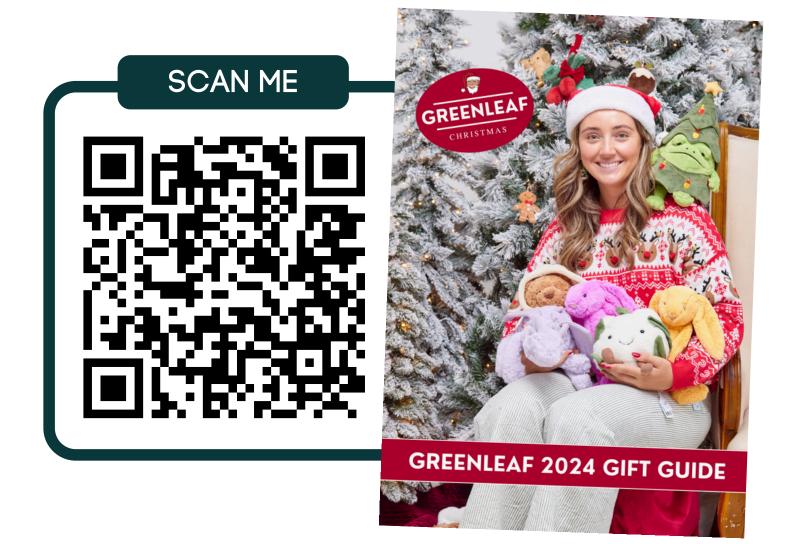


Self Care for Adults

- Use hydration products eg Aqualyte.
- If necessary, stop solid foods for a short time. Do not hold back solid food from a child for more than 24 hours.
- After vomiting stops, keep sipping fluids and eat if hungry.
- Avoid milk-based products, caffeine and alcohol.
- Stay home when ill.



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or visit www.greenleafpharmacies.com.au to see our online gift guide from your phone, tablet or computer!

STORE LOCATIONS

GREENLEAF PHARMACY WANNEROO

9 CONLAN AVENUE WANNEROO P: 9306 8868 WEEKDAYS: 7AM-10PM WEEKENDS: 8AM - 9PM OPEN CHRISTMAS DAY 8AM-9PM

GREENLEAF PHARMACY NORTH BEACH

1 NORTH BEACH ROAD

NORTH BEACH

P: 9447 1419

OPENING HRS: 7AM-8PM

GREENLEAF PHARMACY HERDSMAN

3/1 FLYNN STREET CHURCHLANDS P: 9387 6665 OPENING HRS: 8AM-9PM EXTENDED HOURS CHRISTMAS EVE

GREENLEAF PHARMACY SHENTON PARK

159 ONSLOW ROAD SHENTON PARK P: 9381 8029 OPENING HRS: 7AM-9PM

GREENLEAF PHARMACY PEARSALL

1/155 WILLESPIE DRIVE **PEARSALL** P: 9206 5588 OPENING HRS: 8AM-9PM

GREENLEAF PHARMACY WEST PERTH

1260 HAY STREET WEST PERTH P: (08) 6118 4540 WEEKDAYS: 7AM-6PM SATURDAY: 9AM-1PM SUNDAY: CLOSED

GREENLEAF PHARMACY ALKIMOS

11/1 GRACEFUL BLVD ALKIMOS P: 9502 9889 OPEN EVERYDAY: 8AM-8PM

GREENLEAF PHARMACY BELRIDGE

SHOP 10, OCEAN REEF RD BELRIDGE P: (08) 6555 1833 WEEKDAYS: 8AM-8PM SATURDAY: 8AM-8PM SUNDAY: 11AM - 5PM

GREENLEAF PHARMACY DORIC STREET

5 DORIC STREET, SCARBOROUGH SCARBOROUGH P: 9245 2080 WEEKDAYS: 7AM-7PM SATURDAY: 7AM-7PM SUNDAY: CLOSED

GREENLEAF PHARMACY SUBIACO

145 HAY STEREET SUBIACO P: (08) 6370 2212 WEEKDAYS: 8AM-6PM SATURDAY: CLOSED SUNDAY: CLOSED

GREENLEAF PHARMACY DALKEITH

10/81 WARATAH AVENUE DALKEITH P: 9386 3625 WEEKDAYS: 8AM-6PM SATURDAY: 8AM-5PM SUNDAY: CLOSED



WWW.GREENLEAFPHARMACIES.COM.AU (#) or on instagram & TIK TOK at

find us online at



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