

nutrient absorption and toxin elimination, enabling a naturally healthy, pain-free body.

Most people in modern societies have toxins and the weight of toxin accumulation in the body is increasing dramatically.

Super-foods with high nutrient density provide the building blocks that are missing from a typical diet. These nutrients are an excellent way to provide natural, living energy for your body. Many of these nutrient foods are contained in the Phi'on probiotic and provide the enzymatic activity, that is, the mineral salts that create enzymes through the digestion process of fermentation.

At our centre near Mongarlowe we run health and wellbeing workshops that aim to:

- provide information on pre-conception health,
- outline the biological and energy body,
- describe good food selection,
- support growing your own food,
- describe health choices for managing disease, wellbeing and lifestyle,
- describe alternative health science and self-help actions; and
- describe how to interact with the environment for good health outcomes.



“We run the markets. They’ve been going for about twenty years, making money for St Bede’s from stallholder fees and the raffle. We started off where the Bendigo Banks is today with about six stalls.”

Geraldine Sutton, Elizabeth Maher and Robert McGrath at the St Bede’s Church stall and information centre.



“I’ve been here since 8.45 this morning. We go through 300 snags in a morning; on a good day maybe 350.”

Paul Robinson



“Worm wee from compost worms. Our commercial system can produce up to 3000 litres of worm liquid a month. What goes through a worm is better when it comes out the other end. Worms are natural microbe factories, whether through the liquid or the castings. Worms are little micro-biological factory workers.”

Terry Simpson

“I like the great sausage sandwiches.”

Janita Byrne

“For me it’s meeting friends.”

Maggie Hickey



“Markets are great. Have a lot of fun, meet a lot of people, have lots of funny conversations and sell a bit of soap at the same time. The markets are great. We need more stalls and more customers coming through.”

Joanne Jordan



“I like it that the Braidwood markets are so genuine. There’s so very little imported junk sold here. It’s quite obviously local produce and it’s produced by people who know what they’re doing, they’re proper craftspeople.”

Tony Shepherd



“I sell all my produce, jams, chutneys and pickles through these markets. It all comes from my garden and my friends’ fruit trees from around Araluen and Reidsdale.”

Bev Laurie



“The Pre-school raises about \$10,000 from the calendar.”

Kathy Toirkens, Gayle Lang and Jack Sephton



“Sorry, we don’t do interviews. You’ll have to speak to my manager.”

Murray McCracken

“We’ve been coming here, must be eighteen years or so. We sell lots of plants.”

Lyn Ellis

One day at the Braidwood markets

Paul Cockram wandered about speaking to some marketeers