

FRESH

- HONG KONG -



mini-guide
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heartbeat

natural life in the fast lane

-- VOL #3 - FEBRUARY 2015 --

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Small is beautiful

In the city of big rent and small spaces, Fresh HK is the tiny guide that fits everywhere, keeping you up to date with fresh information on everything from aromatherapy to zero-waste.

Consider this your introduction to natural life in the fast lane. Because I have an ongoing love affair with trees, the paper is raw and most of the content is online. Digital media makes it easier than ever to share content and connections with our friends and HK heartbeat members uncover the truth behind the hype. By simply describing what's available and providing details so you can find out more, HK heartbeat will help you find what you're looking for ... even when you're not sure what you're looking for. Fresh HK – heartbeat mini-guides are designed to make the job easier and use as few resources as possible in the process.

Here's to more balance with less effort.

Naturally,



Founder

heartbeat.com.hk

a natural guide for life in the fast lane

Everything is connected. Listen to your own heartbeat.

The information provided here is provided for reference only with no endorsements or claims as to the quality of products and services offered. Visit the website for corrections, updates and more -- heartbeat.com.hk.

+852 6628 6153 | getfresh@heartbeat.com.hk

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what's on in Hong Kong ... naturally.*

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heartbeat.com.hk

-- conscious community connections --

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♥ **A Day With Fé** adaywithfe.com

S502, Block A, PMQ 2546 9300
35 Aberdeen Street, Central Tue-Sun 1-8pm

A versatile clothing line that blends day wear and yoga wear with everyday comfort and elegant style

♥ **Balance Health** balancehealth.com.hk

2705, 27/F Universal Trade Centre 2530 3315
3-5 Arbuthnot Road, Central Mon-Fri 9am-6pm; Sat 9am-1pm

Natural health clinic integrating principles of conventional and complementary medicine including acupuncture, homeopathy, Chi Gong; meditation, workshops, talks

♥ **Berry Time** berrytime.com

Shop online for a great selection of high quality foods from around the world at reasonable prices; free HK delivery

Barre 2 Barre Fitness barre2barre.com

4/F Cheung Hing Commercial Building 2688 3503
37 Cochrane Street, Central

Pilates mat work and barre classes with certified teachers; personalized private lessons and weekly group sessions

The Candle Company candles.hk

11 Lyndhurst Terrace, Central 3589 6525

Candles, essential oils, reed diffusers, candle holders and home accessories locally produced to European standards

<p><i>Live local air quality data plus the cost of HK pollution</i> hedleyindex.sph.hku.hk</p>
--

New Year's Resolution

1. Do More Yoga



The Yoga Room is a boutique yoga studio offering over 100 classes per week designed for the beginner to the advanced. We also offer private classes at our studios or at your preferred location, and corporate classes as well.

Register for a trial class today!



Address: 3/F, 4/F, 6/F & 16/F Studio, 15/F Office,
Xiu Ping Commercial Building,
104 Jervois Street, Sheung Wan, HK.

www.yogaroomhk.com info@yogaroomhk.com
Tel: 2544 8398

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♥ **Sylvia Chan** loa-hk.com
Coach and Facilitator 9155 8323
By appointment sylvia@loa-hk.com
Certified Law of Attraction Facilitator offering seminars, workshops and one-on-one coaching to get clear on goals and achieve your dreams

Community Advice Bureau cab.org.hk
Voluntary organization helping people settle into the community of Hong Kong - hotline 2815 5444

Go Veg goveg.asia
Free circulation magazine promoting the benefits of a meat-free lifestyle on our bodies and our environment

Grassroots Pantry grassrootspantry.com
12 Fuk Sau Lane, Sai Ying Pun 2873 3353
Tue-Sat 12-3pm, 6-10pm; Sun 10am-4pm
Boutique café and workshop serving homemade, plant-based world dishes using unprocessed, local, sustainable and organic ingredients where possible

Health Oasis Resort healthoasisresort.com
264 Moo 6 66 7 742 0124, 66 7 723 6255
Maenam, Koh Samui 11am-7pm daily
Detox and wellness programs on the beachfront; since 1997

Healthy Living Asia Magazine healthylivingasia.com
Comprehensive bilingual publication featuring natural health and wellness information for Hong Kong

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♥ **Holistic Pet Help** holisticpethelp.com

Shop online for food, health care and grooming for companion animals; save 10% until February 28 with checkout code FRESH10.

♥ **Hong Kong Kinesitherapy Center** kinesitherapy.hk

18/F CNT Tower, 338 Hennessy Rd, Wan Chai 3565 4750
Mon-Fri 10am-9pm; Sat 10am-5pm

Patented natural healing and pain curing exercise therapy from Russia that focuses on the human body as a whole

Indulgence indulgence.hk

3/F Prosperity Tower, 39 Queens Rd Central 2815 6600
Mon-Sat 10am-8:30pm; Sun-PH 11am-7pm

Hair salon, facials & body treatments with natural products, body massage, organic spray tanning, manicure, pedicure

Inner Space innerspacehk.com

9A, 37 Fa Yuen Street, Mongkok, Kowloon 3689 9379

A place for developing inner peace and life balance; spiritual practitioners, yoga and meditation and pregnancy programs; individual, classes, workshops

Institute of Energy ioe.hk

We are committed to the revitalizing work of securing our future by investigating and documenting emerging energy technology that is eco-sustaining.

The Jane Goodall Institute HK janegoodall.org.hk

Global nonprofit founded by renowned primatologist empowering people to make a difference for all living things.

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Reduce, re-use ... and then recycle

Rinse and flatten plastic bottles before recycling.
Remove food residue from cans, bottles and jars.

METAL (Tin, aluminum or steel food and beverage containers, aluminum foil, and empty aerosol cans) Rinse clean and remove labels. NO household batteries, bake ware, pots, pans, utensils, hangers, foil-backed paper, gum wrappers, foil wrapping paper

GLASS (Clear and colored food and beverage glass containers) Rinse clean and remove metal and plastic rings. Recycle lids separately. NO dishes, ceramics, light bulbs, mirrors and other non-food and beverage glass

PLASTIC CONTAINERS (Milk jugs; water, detergent and shampoo bottles; butter tubs; yogurt cups; microwave food trays; flower pots; plastic containers that are stamped number 1 through 7) Rinse clean and remove lids and rings. NO bottles containing hazardous materials, plastic film

PLASTIC BAGS (Plastic grocery bags stamped 2 and 4 only) Bags should be clean, dry and empty

PAPER (Newspapers; writing and computer paper; junk mail, envelopes, fliers; magazines; catalogs; telephone books, brown paper bags; shoe boxes, biscuit and cereal boxes; cardboard and shredded paper) Place shredded paper in brown paper bags. Do not put paper into plastic bags or cardboard boxes. Break boxes down and flatten. Remove all plastic liners and inserts, strapping, staples and wrapping. NO pet food bags, milk or juice cartons, wrapping paper, tissue, Kleenex, napkins, paper towels, wax paper, used paper plates, paper with food or food stains, boxes with glue-in styrofoam or plastic packing; boxes with heavy staples; boxes with metal or plastic strapping

All materials not prepared correctly are destined for the landfill.

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♥ **Kamalaya Wellness Sanctuary & Holistic Spa** kamalaya.com
Koh Samui, Thailand info@kamalaya.com
*Holistic wellness experience integrating Eastern and Western
healing therapies in a natural environment; customized
programs including detoxification, stress and burnout*

♥ **Linguini Fini** linguinifini.com
49 Elgin Street, Central 2387 6338
Rustic, homemade home-grown, home-cooked Italian cuisine

♥ **Living Alive PR & Events** livingalivepr.com
Kanchan S Porta Panjabi 2606 9460
*Spreading conscious capitalism by building and promoting
brands using creative public relations and events*

♥ **Red Doors** red-doors.com
Martha Collard, Wellness Facilitator 9673 8075
*Integrated studio offering ancient healing for modern times
providing complimentary practices including gong med
itations, yoga, labyrinths, singing bowls and more*

♥ **Maya Café** mayacafe.com.hk
5 Moon Street, Wan Chai 2529 3319
Mon-Fri 9am-11pm; Sat-Sun 10am-10pm
*Mediterranean style vegetarian, vegan and raw food based
on the Mediterranean diet*

MAYYA Movement mayyamovement.com
*Comprehensive women's health and wellness solutions to
inspire balanced and healthy living*

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♥ **Mind Body Colon Cleansing Centre** mindbodycolonic.com

Room 7A, Han Chung Mansion 2805 7535
8 Hankow Road, TST, Kowloon

Detox and regain energy in a comfortable environment at the hands of experienced I-ACT certified therapist; Whatsapp booking 9530 7535.

nood food allnood.com

2/F Kinwick Centre, 32 Hollywood Rd, Central 8199 8189

Cold-pressed juices, juice cleanses, raw foods and superfood smoothies from organic ingredients; dine-in or takeaway

♥ **Oxyvital International Ltd** oxyvital.com

Suite 404, 4/F, Chinachem Exchange Square 2893 5928

1 Hoi Wan Rd, Quarry Bay [MTR Exit A] info@oxyvital.com

Medical air quality solutions to naturally and safely purify your air to WHO standards for particles, microorganisms and gases.

Quick healthy snacks for life on the go ...

- Whole, raw almonds are packed with protein and nutrients
- Peanut butter (8g protein/oz) and banana (potassium/fibre)
- Roasted chickpeas (¼c = 7g protein) to lower LDL cholesterol
- Kefir drinkable yogurt (11g protein/cup) is high in probiotics
- Peanuts with dried cranberries offer protein and fibre
- ½ cup of edamame/soybeans (3g fiber and 8g of protein)

Choose raw, fresh, whole foods as much as possible. Check the ingredients label for palm oils, added fats and sugar when choosing processed snacks.

HK Heartbeat

Everything you're looking for --
even when you're not sure what you're looking for ...

DINING | GREEN HOME | YOGA | SPA & BEAUTY
CONSERVATION | INVESTING | GYMS & FITNESS
VEGGIE & VEGAN | MOTHER CARE | DRUMMING
PILATES | TAI CHI | DANCE | FAMILY FUN
MINDFULNESS & MEDITATION | ANIMAL CARE
CREATIVE EXPRESSION | CLEAN TECH | SHOPS
HEALTH CARE | GROCERIES | INTUITIVE ARTS
ECO FASHION | NEI GONG | FENG SHUI | BOOKS
WORKSHOPS | ACTIVE WEAR | AROMATHERAPY
FARMING | SCHOOLS & EDUCATION | TIME OUT
LIFE COACHES | RETREATS ... *and so much more*

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a natural guide for life in the fast lane

newsletter • calendar • directory • concierge • events
balanced | fresh | simple | whole | inspired | organic | real

*Catch up with friends and make new ones at
SoulFood events by HK heartbeat - soulfood@heartbeat.com.hk*

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Reflections Bookshop & Resource Centre reflections.com.hk
13/F, Unit B, Suen Yue Building 2504 1333
8 Bonham Strand West, Sheung Wan info@reflections.com.hk
Spiritual and inspirational books, CDs, angel items; spiritual motivational seminars and workshops; spiritual guidance, readings, energy healing

♥ **Ringana Maya Company** ecofreshaustria.com
Fresh from Austria to Hong Kong, 100% chemical-free personal care and dietary supplements for the whole family

The Royal Geographical Society HK rgshk.org.hk
Non profit making society hosts leading local and international speakers from the world of geography exploration, travel, research and conservation.

ShelterBox HK shelterbox.org
Providing emergency shelter and lifesaving supplies for families around the world who are affected by disasters at the time when they need it the most

Slow Food slowfood.com.hk
Local organization following the global slow food movement, partnering with local restaurants for slow food gatherings

Looking for something in particular?

Get a little e-ssitance: naturalconciierge@heartbeat.com.hk

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SoulTalk Charitable Foundation soultalk.org

Resource centre professionally and personally working with women in emotional and relationship crisis providing free services – hotline 2525 6644

♥ **SpiceBox Organics** spiceboxorganics.com

G/F Shop K, Fook Moon Building 2568 2728
72 Third St, Sai Ying Pun M-Sat 10am-8pm; Sun 12-6pm
Organically grown specialty food products free of pesticides and harmful chemicals; shop in store and online

Urban Gardening Hong Kong grow.hk

DD 113 Ho Pui Tsuen 2488 0138
Pat Heung, Yuen Long, NT Mon-Fri 9am-6pm
Urban farming projects and edible education to encourage conscious lifestyle choices and build relationships with the environment and our community

♥ **Vegware** vegware.hk

6/F Central 88, 88-98 Des Voeux Road, Central 3468 5479
Compostable packaging made from low-carbon, plastic-free, recycled or renewable materials that can be recycled together with food waste after use

♥ **The Yoga Room** yogaroomhk.com

15/F, Xiu Ping Commercial Building 2544 8398
104 Jervois Street, Sheung Wan
Hatha, hot, yoga kids, prenatal, yin, pilates and meditation classes for all ages beginners to advanced; Yoga Alliance certified instructors

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What is LOHAS?

Marketers identified the Lifestyles of Health and Sustainability (LOHAS) demographic in the late 1990s and it is now a recognized market in the USA, Western Europe. Governments across Asia, including China, Korea, Japan, Singapore and Taiwan, actively promote LOHAS with certification, public campaigns and trade exhibitions.

- Fair trade products
- Green and sustainable building
- Complementary and preventive medicine
- Organic and natural personal care products
- Mind-Body-Soul and holistic health literature
- Household, paper goods and cleaning supplies
- Energy efficient electronics/appliances
- Hybrid and electric cars; city bicycles
- Organic and locally grown food
- Socially responsible investing
- Sustainable or ecotourism

LOHAS customers are described as passionate about sustainability, health and wellness, personal development, resource conservation, corporate responsibility, social justice and natural & organic products. In 2012, they purchased \$350 billion in goods and services worldwide. Today, almost every product category and service has a natural option.

"What you're seeing is a demand for products of equal quality that are also virtuous."

Paul H Ray, The Cultural Creatives

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Grassroots Pantry	2873 3353
HK Shark Foundation	2810 6765
Holistic Pet Help	9095 6513
Indulgence	2815 6600
Inner Space	3689 9379
The Jane Goodall Institute Hong Kong	2293 2216
Hong Kong Kinesitherapy Center	3565 4750
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heartbeat.com.hk

Here are a few places to pick up a free copy

Visit the website for more: heartbeat.com.hk/locations.

A Day With Fé	HK Kinesitherapy
Ali-Oli Bakery	HK Organic Resource Centre
Anything But Salads	i-Detox Wellness Centre
Annerley Midwives	Integrated Medicine Institute
artjamming	Island Shangri-La (Health Club)
Barre 2 Barre Fitness	Jimmy's Kitchen
Beirut	KEE Club
The Body Group	Life Management Yoga Centre
Brunch Club	Life Organic Restaurant & Bar
Café Deco	Lightworkers Centre
Café O	Mana! Fast Slow Food
The Candle Company	Mind Body Colonics
Cocoon	Nature's Village
Easyoga Hong Kong	Oasis Dance Centre
ECOLS	Oasis Fitness
The Feel Good Factor	Post 97
Food For Life	Quality Chinese Medical Centre
The Flying Pan	Raja Yoga Meditation Centre
The Fringe Club	Reflections - Bookshop/Center
Genie Juicery	ReSource Counselling
The Globe	Shakti Healing Circle
Global Wellness	SOL Wellness
Glow with Ceri Silk	Spa Beauté Par Zai
Grassroots Pantry	SpiceBox Organics
Green Concepts	Stanley Wellness Centre
Green Earth Society	Sutherland-Chan Centre
Guidance Light	Ten Feet Tall
Health Essential	Tian Yan Nei Gong Centre
Herbal Bliss	The Vitality Center
The Herbivores	Welspring
Highgate House School	YWCA

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Mark your diary

Community Drum Circle at the Harbour	Feb 1
Communicate with Compassion	Feb 1
LOHAS Expo 2015 and Vegetarian Food Asia 2015	Feb 5-7
Sacred Wisdom and Transformation	Feb 6
Veggie Payforward Kitchen	Feb 7
Diagnosis and Treatment of Food Allergies	Feb 7
The Emotional Link to Wellness	Feb 12
Dolphin Conservation Movie Night	Feb 12
HK Heartbeat Soulfood Social	Feb 26
Homeopathy Demystified	Feb 28
Hong Kong's Future	Apr 16-17
Healing Gong Workshop	Mar 19-22
Natural HK Market at Hong Kong Beach 5's	Mar 21-22
GIFT Global Leaders Program	Mar 16-27
Evolution – Asia Yoga Conference	Jun 11-14
Natural and Organic Products Expo	Aug 27-29

Community gatherings

Meat Free Monday	Every Monday a different restaurant
Green Drinks	Second Wednesday of each month

-- visit heartbeat.com.hk/calendar for event details --

naturalconciierge@heartbeat.com.hk

Domestic waste (6,286 tpd) is the leading type of waste reaching HK landfills – 45% more than construction (3,440 tpd) and 52% more than commercial & industrial (2,992 tpd) waste.

TPD = Tonnes Per Day

heartbeat.com.hk

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BETTER YOU | TOLERANT FOODS | AND MANY MORE...



5 – 7 February 2015

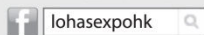
**Halls 5F&G, Hong Kong
Convention and Exhibition Centre**

The best-ever sourcing platform for
**Natural, Organic, Green Living
& Vegetarian Food Products**

- Around 200 booths to offer you an extensive range of vegetarian & healthy food from Hong Kong, Korea, Taiwan, Japan, Malaysia, China and the Philippines
- The biggest-ever Korean Pavilion with over 50 exhibitors
- Star chefs demonstration in the Vegetarian Kitchen
- Vegetarian diet tips from dieticians & doctors

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www.lohasexpohk.com
www.vegfoodasia.com



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