



Rhea Meat our rheas are naturally raised; there are no growth stimulants used. Our high standards ensure quality Rhealife Products for you our customer.

Rhea Oil to bring to you the most natural products our oil is carefully handcrafted at low temperatures without the use of chemicals or a bleaching process. For a list of Rhea Oil outlets call or e-mail us.

Rhea Food Supplements now you too can enjoy all the health benefits from *Nature's Healing Gift* in easy to take capsule form. They are not intended to replace any current medication but rather as an added benefit in realizing and maintaining a healthy lifestyle.

Rhea Lotions and Creams are gently crafted using only the finest natural ingredients to ensure quality products for your face and body.

Rhea Soaps are so delightfully scented they seem almost edible. Terrific for all skin types.

Rhea Lipbalms nourish your lips in an assortment of delectable flavours and natural ingredients.

Rhea-ly Eggciting Gift Baskets made to order. Choose from our fine selection of oil and meat products for a rhea-ly unique gift idea.

Rhea Leather is prized by the fashion industry for its strength, suppleness and exotic texture.

Rhea Feathers range in size from large two foot wing plumes to small body feathers. They vary in colour from pure white, to white & grey & black. Used for jewellery, arts & crafts.

Rhea Eggs are equivalent to approximately 12 chicken eggs and have a similar mild taste. Blown-out eggshells make lovely decorator accents.

www.rhealife.com



For a RHEA line dining experience visit:

Kettle Creek Inn
216 Joseph Street,
Port Stanley, ON 519-762-3388

Forty Four Centre
44 Centre Street St. Thomas ON 519-631-5418

Jov Bistro
1701 Bayview Avenue
Toronto, ON 416-322-0530

The Town Grill
243 Carlton Street, Toronto, ON 416-963-9433

Patriot
131 Bloor Street W. 2nd floor Toronto ON
416-922-0025

Fat Cat
376 Eglinton Avenue West Toronto ON
416-484-4228

Call today to have your establishment listed here.
Ask for Rhea at your favourite restaurant!

For Easy Mail Order!

PH: 519-775-2226
FAX: 519-775-2869

E-Mail: mpfeffer@execulink.com

Visit us on the web at:
www.rhealife.com

45180 Fruit Ridge Line
RR#5, St. Thomas, ON N5P 3S9

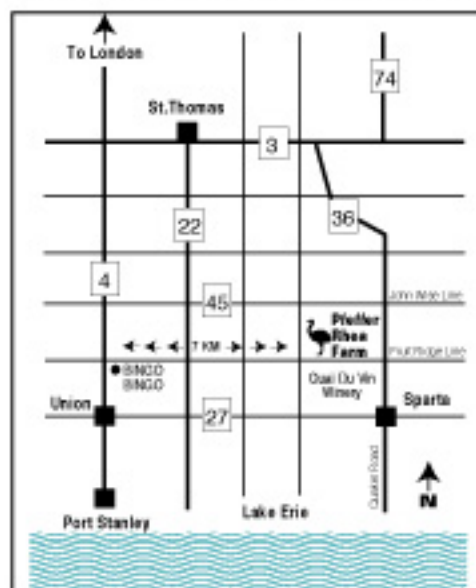
www.rhealife.com

the Rhea...Nature's Healing Gift

Providing you with a natural protein alternative...
and so much more...For your healthy life style

The Pfeffer Family

Visitors Welcome



Leaders in the Rhea Industry

John W., Mary, John M., Adam & Jennifer

Active Members of:
The Ontario Federation of Agriculture
The Elgin Federation of Agriculture
The Ontario Ratite Association



*Come Visit our Farm Today
and Learn More*



Home of
Rhealife
PRODUCTS...for a healthy lifestyle
and a Rhea-ly Eggciting Farm Store

Visit us on the web at:
www.rhealife.com

Cooking Tips

- DO NOT OVERCOOK or rhea meat will be significantly less tender
- Slow, low, moist heat or flash fry
- Best served medium to medium rare
- Stir fry-cook veggies first, add sliced rhea
- Best results are obtained when rhea meat is cooked just until a colour change from red to brown starts to occur then remove from heat and allow to "finish on the plate"
- Cook a roast of rhea meat at a low oven temperature until a meat thermometer inserted in the roast reads between 145-155°F. Let stand till it reads about 170°F.
- Aging rhea meat for 2-4 days before cooking, in your refrigerator, enhances the taste and texture
- Rhea meat is not suitable for poaching

Come sample our Rhea Meat and try our Rhea Oil.

Benefits of eating Rhea:

- satisfies the craving for the taste and texture of RED MEAT
- less fat, calories and cholesterol
- high in iron
- a rich source of dietary protein & calcium
- may help reduce weight and lower blood cholesterol
- smaller portions are more filling
- RHEA MEAT tastes great lean, tender and exquisitely flavoured
- may be substituted for virtually any meat or poultry in a recipe
- requires much less cooking time

Make Rhea Meat a part of your healthy lifestyle

Rhea Meat Cuts

May be substituted for virtually any meat or poultry in a recipe

Inside Strip	3/4 lb (340 g)
Back Tender	2/3 lb (302 g)
Top Strip	1/2 lb (227 g)
Fan	1 lb (454 g)
Oyster	1/3 lb (151 g)
Outside Strip	3/4 lb (340 g)
Tip	3/4 lb (340 g)
Outside Thigh	1 1/3 lb (605 g)
Drum	
Neck	

We also carry a selection of ground, burgers and processed meats

Available as a fresh or frozen product.
Allow us to satisfy your Rhea Meat needs.

Recipes

CherRhea Burger

4 oz. ground rhea
1/2 oz. ground cherries
rice cake or fine bread crumbs
1 kaiser roll
Combine and form into a patty. Cook over medium heat till desired doneness. Garnish and enjoy.

Warm Rhea Salad

2-3 oz. thinly sliced rhea
Salad
1/2-1 oz. flavoured cooking oil (try citrus)
Lemon and parsley
Place salad on a plate. Using a nonstick pan sear the sliced rhea being careful not to overcook. Place cooked rhea over the salad. Pour oil in the pan, gently heat and pour over the salad. Garnish with a lemon wedge and parsley. Bon appetit.

Executive Chef..Frank Hubert

"I enjoy the versatility and ease of cooking Rhea. My customers enjoy the delicious results."

Rhea Oil

Natural Properties of Rhea Oil

Rhea Oil has **Essential Fatty Acids** in **unique proportion** that allows for **deep penetration**. This also makes Rhea Oil a **Natural Carrier** for other healing substances and leaves a **non greasy** feel. Rhea oil is a **non-comedogenic**, it doesn't clog pores and is also **bacteriostatic** and **hypo-allergenic**.

Rhea Oil works wonderfully for:

- Massage Therapy
- Reflexology
- Accupressure/Shiatsu

Rapidly gaining recognition for:

- Anti-inflammatory preparation
- Skin conditioner
- Topical pain reliever

Benefits reported for Rhea Oil:

Arthritic Joints	Dry Hands
Parched Feet	Muscle Pain
Eczema	Psoriasis
Cold Sores	Wrinkles
Diaper Rash	Sports Injuries
Sunburn	Insect Bites
Cuts & Scrapes	Growing Pains
Age Spots	Dry Itchy Skin

Use is only limited by one's imagination!

Myristic Acid	1.3
Palmitic (16:0)	34.4
Palmitoleic (16:1)	4.5
Stearic (18:0)	5.4
Oleic (18:1)	30.6
Linoleic (18:2n-6)	21.0
Alpha-Linolenic (18:3n-3)	1.9

Rhea Food Supplements

Rhea meat and oil are precious resources that are highly regarded for strengthening a weakened body. In South America the Rhea has been revered for its **therapeutic benefits** for thousands of years.

By taking *Rhealife* **Food Supplements**, which is made from dried powdered Rhea Meat, we supplement our body with the same high performance structures that **energizes, heals and strengthens** the Rhea.

Rhea Meat is a complete protein product with a high percentage of the major minerals

- Calcium
- Magnesium
- Phosphorus
- Potassium
- Iron
- other vitamins

Some of the things we need protein for:

Cell Membranes	Hair
Muscles	Skin
Nerves	Blood Plasma & Vessels
Hormones	Toe & Finger Nails

Rhealife Food Supplements is the preferred choice for most people with allergies, diabetes, arthritis and other autoimmune disorders.

Also suitable for athletes and body builders.

Disclaimer: Health and Welfare Canada has not evaluated these statements. No medical claims are intended, please see your physician when necessary.