

AUGUST 2012



Be prepared!



Here at Organic Living we are well known for our organic produce which is a great way to keep healthy naturally. But we also know that sometimes we might not be eating as much nutritious food as we could, and stress and environmental factors can contribute to less than optimal health. That is why

Organic Living also stocks a large range of quality supplements for those times when extra support is needed.

This year's 'flu strain seems to be making its way up the country, so it's a great time to take preventative action. Products like Echinacea, Olive Leaf Extract, Vitamin C and Zinc are great for helping boost our immune system, both for helping us avoid winter nasties and reducing their duration and severity if they do get us. There are many different versions of our herbs and supplements depending on what best suits you and your family—from tinctures and homeopathic formulas to capsules, tablets, teas and powders. Come in store and have a look at our selection!

While you're there treat yourself to something from our comprehensive natural skin and haircare range—from shampoos to lotions and soaps we literally have you covered from head to toe. This includes a fabulous range of natural make-up including lipsticks from Karen Murrell, Couleur Caramel, Dr Hauschka and Living Nature. Have you ever thought about how much lipstick you eat in a lifetime? If you'd like to reduce your intake of chemicals these products are for you. And see page 2 of this newsletter for our lipstick special!

New Products!

Lugol's Iodine Solution is a great way to increase your iodine levels. Iodine is essential for many things such as thyroid function, metabolism of fats, carbohydrates and proteins, and growth and development. Only \$13.90 for 25ml.

Totally Devoted's Cookies are a nourishing and tasty package full of love. Available in three types; Pregnancy Cookies for reducing the effects of morning sickness and other pregnancy related side effects, Nursing Cookies to support healthy lactation and Family Cookies, a yummy treat packed full of herbs to promote immunity and general well being for the whole family! \$6.95 a bag.



NEWS NEWS NEWS NEWS

- ◆ Staff member Nicole is shaving off her beautiful golden locks to raise money for Jaynie, a young mum with cancer. Come in store to find out more!
- ◆ Fermented foods and sourdough workshops are being run in Ashhurst on 18th & 19th August. For more info see recap.org.nz

HERB OF THE MONTH: LIQUORICE

The liquorice plant (*Glycyrrhiza Glabra*) is a legume native to southern Europe and parts of Asia. Its sweet root has been used traditionally for its flavour, but it also has health benefits. It is anti-inflammatory and an expectorant, so great for congestion. It is also useful for excess stomach acid. It can also be used as a laxative. It contains glycyrrhizin which acts in a similar way to adrenal hormones, making it useful for treating adrenal fatigue. For more information see <http://www.medindia.net/alternativemedicine/Liquorice.asp>

AUGUST SPECIAL

- ◆ 20% off all our lipsticks for the month of August when you mention this ad!

GARDENING?

It is time to start preparing your soil for spring! ROK is a fertiliser made from volcanic rock made into a fine dust, containing more than 60 minerals, and blended with a liquid fish and seaweed concentrate creating a complete food for your plants. It is very easy to use and economical, a small handful per square metre is all that is needed. Only \$25.90 for 4kg

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Feature product - Dairy-free foods



You may have noticed that dairy intolerances and allergies appear to have become more prevalent in recent decades. More and more people find digestion or skin issues relieved with the elimination of dairy from their diet. The two main reactions to dairy are lactose intolerance or milk protein allergy. People with lactose intolerance produce insufficient amounts of the enzyme lactase which helps metabolise lactose, a sugar found in milk. This causes symptoms such as bloating, nausea, cramps and diarrhea, and is surprisingly common. Lactase

persistence, the ability to consume lactose beyond weaning, is most commonly found in cultures where dairy products have been a necessary staple, but for some Asian and African populations lactose intolerance can be as high as 90%. Milk allergy is most commonly found in infants and small children and is the result of an allergy to the protein (either whey, casein or both) found in milk. Most children will have outgrown this by the age of three. A milk allergy can cause vomiting, diarrhea, eczema and asthma.

If you have an allergy or intolerance to dairy it may seem hard to avoid dairy products as they are in so many foods. Fortunately there are so many alternatives now available you no longer need to feel left out! Dairy milk can now be replaced with a number of alternatives, with milks available at Organic Living made from soy, rice, oats, almonds, coconut, and even hemp. Most other dairy products have quite clever dairy-free replacements too. We have soy-based alternatives for cheddar, gouda, mozzarella and cream cheese, and a soy-free dairy-free cheese too. For those with a sweet tooth we have soy condensed milk. We also have soy-free yoghurt in plain and honey flavoured. If you are lactose-intolerant we have a beautiful greek-style yoghurt made from cow's milk but with the lactose removed. For baking we have organic coconut oil and palm oil, both saturated fats that are solid at room temperature making them great butter substitutes.

Many brands are coming out with pre-made dairy free products too. We have a number of dairy free chocolates, including organic ranges from Green & Blacks and our very popular raw chocolate range from Loving Earth. Little Bird also has dairy free raw macarons in beautiful flavours such as cacao and raspberry. Or come and try Venerdi's coconut and cranberry brownie for a dairy free afternoon treat. CuisAnn makes a number of gluten and dairy-free savouries. And as always, our friendly staff are all able to help you out with any questions you have and offer their favourite tips for dairy free cooking. We also have the ingredients for the below muffins—give them a try!

Recipe - Banana chocolate chip muffins

These muffins are gluten and dairy free, and can be sugar-free, adapted from a recipe by "Ancient Harvest"

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| <i>½ cup organic brown rice or buckwheat flour</i> | <i>½ cup organic quinoa flakes</i> |
| <i>2t gluten free baking powder</i> | <i>2t baking soda</i> |
| <i>1t guar gum</i> | <i>½ t salt</i> |
| <i>2 very ripe organic bananas</i> | <i>2T organic honey</i> |
| <i>2 organic eggs</i> | <i>100g dairy free choc chips (or sugar-free cocoa nibs)</i> |

Preheat the oven to 200°C. Mix the dry ingredients together. In a separate bowl, mash the bananas, and combine with the egg, honey and chocolate chips. Mix with the dry ingredients and pour into greased muffin tins until half full. Bake for 15–20 minutes or until an inserted skewer comes out clean.