

# AUGUST 2014



## *From head to toe*



Often when we think about changing to a healthier lifestyle we focus on diet, as this is the most obvious way to improve our health and reduce the amount of chemicals we are consuming. However it is not just what we put in our bodies but also what we put on

our bodies that can impact on our short-term and long-term health. It can be tough letting go of our favourite skin and hair care products though, as it's hard enough to find the perfect product for your particular skin and hair type, let alone finding one with natural ingredients! Fortunately natural skin and hair-care products have come a long way in recent years, meaning that you now do not have to compromise on quality in to find the perfect natural product for you. Take for example our new ranges of Giovanni hair care. Giovanni is well-known for producing salon-quality hair care containing all natural ingredients, with products to suit many different hair types. Most recently they have come out with three new ranges, 2chic Ultra-Sleek, 2chic Ultra-Moist and 2chic Ultra-Volume. The 2chic Ultra-Sleek range contains a smoothing complex of argan oil and Brazilian phyto-keratin for super smooth locks. The 2chic Ultra-Moist range contains avocado and olive oil for helping treat dry and damaged hair. 2chic Ultra-Volume contains tangerine butter and papaya for adding volume to fine and limp hair. All ranges have a number of products within the range from shampoos and conditioners to leave-in elixirs, mousses and hair-sprays. And they smell delicious! Another advantage of the Giovanni range is that many of their products come in a bambini size, perfect for trying or for travelling. Speaking of travelling, come in and ask about our homeopathic jet-lag formulas if you are heading to warmer climates for a winter break. These formulas are also great for shift workers!

*Ecotip: most plastic containers have a recycling number on it, if they do, rinse them and throw them in your recycling. Clean plastic shopping bags can be brought in to us for re-use!*

## *New Products!*



**Mad Millie** cheese making kits are both useful and fun! We have kefir-making, fresh cheese (such as mozzarella and ricotta) making and greek yoghurt-making kits in store now, from \$19.95. We also have vegetarian rennet tablets, only \$2.95 a sheet of 10.

**Redding** puffed cereals are organic, puffed right here in New Zealand, using buckwheat, millet and rice. These are whole puffed grains, nothing like the extruded paste of cereal and sugar used to make most cereals. With no other added ingredients they are beautiful by themselves or as a base for your favourite gluten-free muesli. From \$7.50 for 120g.

## NEWS NEWS NEWS NEWS

- ◆ An [international review](#) of 800 peer-reviewed research papers on neonicotinoid pesticides has confirmed they are causing significant damage to a wide range of beneficial invertebrate species such as earthworms and are key in bee number declines.

## HERB OF THE MONTH: RED CLOVER

Red clover is most commonly known as a fodder crop for sheep and cattle, and as a nitrogen-fixing crop. However it can also be used for human health. It is a source of phytoestrogens therefore has been used for menopausal symptoms, and for PMS. This estrogen-like effect may be useful in reducing osteoporosis and heart disease, and hormone related cancers, however more research is needed. It may also have blood-thinning and anti-inflammatory effects, being used to treat children's coughs and skin conditions. [See here](#) for more information.

## AUGUST SPECIALS

- ◆ With every container of Sanderson Vitamin C tablets (only \$19.90) receive a free drinking mug!

## GARDENING?

It is still feeling too cold to get out there and potter in the garden, but if you're hankering for some greens you can start with salad greens indoors. We have some great sprouting mixes that can be grown on to make baby salad greens, or check out our Ecoseeds range. Simply spread the seeds on a tray with some potting mix and water daily, taking outside on a sunny day.

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## Protein



In recent years protein has been given a lot of publicity due to diets such as the Atkins and Paleo diets, and its use for building muscle in the body building industry. But what is protein, how much do we need and how do we get it? Protein is found in many foods, and is a macronutrient that helps provide energy, and growth and maintenance of body tissue. It is found in all our cells and provides essential amino acids which carry out many functions in the body including repair (especially in muscles bones skin and hair), removing waste and metabolism. Protein also has the added bonus of keeping us fuller for longer as it is slowly metabolised, which is where it has become popular in diets that reduce carbohydrates and increase protein and fats. The most common agreement on the protein we need is .8 grams per kilogram of bodyweight for a sedentary adult, although you will require more if you are more active or have a high metabolism. How does this look in real terms? For a women of 60kg this would mean about 48g protein a day. For a man of 90kg this would be 72g.

Protein is found in most foods, but is highest in meat, dairy products and eggs, nuts, seeds, legumes and some grains. Meat, cheese and most nuts contain are made up of about 20-25% protein. Next is eggs, soy beans, tempeh and tofu at 13-18% protein, followed by milk and yoghurt and most other legumes such as lentils and chickpeas, and some grains such as quinoa and buckwheat at 3-9%. Fruit and vegetables and most other grains have amounts less than 3%. So that would mean to get 50g of protein in your day you would need 100g piece of meat (25g), 1 large egg (6g), 1/4 cup almonds (8g), 1 glass milk (8g) and some high protein grains or legumes with your fruits and vegetables. Vegetarians or vegans would need to replace meat with high protein nuts and seeds, legumes and grains. Animal –based proteins are considered 'complete proteins' as they contain all essential amino acids, however if you are consuming a variety of different proteins in a day you will get all amino acids you need.

There are other ways to increase protein in your diet if needed, for example legume flours such as chickpea flour are very high in protein and can be used to replace regular flour in some recipes (try our bean pastas with very high protein levels!) and protein powders can be added to smoothies for an instant protein hit. Sprouting also increases the protein levels of grains, legumes, nuts and seeds (check out our sprouted snacks by Little Bird for an example). There are also many high protein recipes around now, such as the below muesli bar recipe a customer recently shared with us.

## Recipe - Grain-free Muesli Bars

5 cups dried fruit eg sultanas, raisins, chopped dates, figs  
1 cup seeds eg pumpkin, sunflower, sesame  
1 cup almonds  
6 beaten eggs  
4 tsp cinnamon or ginger

Press firmly into slab tin 20 x 30cm. Bake 180° for about 30 minutes.

*Organic Living tip : Try adding some chocolate chips or cacao nibs for a decadent treat!*