

# DECEMBER 2012



## *Merry Xmas!*



We hope you are heading towards a lovely relaxing Xmas break filled with sunshine, family, great food and good times. If you are getting stuck for Xmas ideas don't forget to pop in, we have some beautiful stocking fillers including natural beauty products, gifts for the gardener in the family and sweet treats for those with allergies such as

sugar-free santas, gluten-free xmas cakes and raw vegan macaroons and chocolates. And if you still can't decide, treat them to an Organic Living gift voucher!

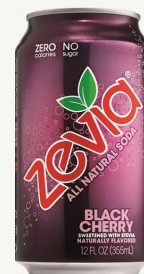
Dairy intolerances can be especially hard at this time of year with the lashings of desserts, cakes, custards and creams around. If you want to treat yourself without suffering there are many great products available. We have dairy-free Celebration cake, chocolate brownies, macaroons, chocolate santas, shortbread hearts and xmas scroggin to name a few. We also have a number of packet mixes that can be made dairy-free such as chocolate mud 'Love' cake, brownie mixes and muffin mixes, and ingredients for your favourite xmas dish such as milks made from soy, almond, rice or hemp, almond and cashew 'cream', soy cheese, and coconut or palm shortening. And if you have to eat out don't forget products such as Radiance's 'Dairy Digest' which can ease the symptoms of lactose intolerance by providing the enzymes necessary to digest dairy. Great to keep on hand through the silly season!

## *New Products!*



**Andalou Naturals BB (Beauty Balm) cream** is your summer essential product. Using its Fruit Stem Cell Science to brighten and even skin tone and nourish the skin, this cream is also SPF30! It is also available in a sheer tint meaning you can wear it instead of foundation or as a base. Only \$29.95 for 50ml.

**Zevia sodas** are sugar-free sodas that use all natural ingredients! Sweetened with stevia and erythritol (a sugar alcohol made from fruit), Zevia is perfect for those trying to reduce sugar in their diets. We have cola and black cherry flavours in store. \$3 a can.



## NEWS NEWS NEWS NEWS

- ◆ There will be a public meeting on GE in the Wellington Library at 6:30pm on 5 December, run by the Safe Food Campaign. For more information go to <http://www.facebook.com/safefoodnz>

## HERB OF THE MONTH: ST JOHN'S WORT

St John's Wort (*Hypericum Perforatum*) is a yellow flowering herb indigenous to Europe. A number of studies have found St John's Wort to be effective in the treatment of mild to moderate depression, and it is also commonly used to treat anxiety. Its anti-bacterial and anti-inflammatory properties mean it is popular as a topical treatment for skin irritations and nerve conditions such as sciatica and shingles. For more information and contraindications see <http://altmedicine.about.com/od/stjohnswort/a/stjohnswort.htm>

**MONTH SPECIALS**

- ◆ Buy a 250g of Natural Instinct Sunscreen and receive a free 125g Aloe Vera gel! While stocks last.

**GARDENING?**

If you are having any trouble with bugs or diseases on your plants we have a natural solution for you. Ocean Organics Foliar Concentrate contains certified organic seaweed and herbs that strengthen plants and trees against many pests and diseases such as leaf curl, black spot, aphids and white fly. Only \$27 for a litre of concentrate.

**CONTACT US**

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*Feature product - Calcium*



Calcium is an earth metal or mineral that is essential for many living organisms as it's movement is a signal for a number of cellular functions. In humans, it plays an important role in bone strength and density. 90% of calcium is found in our bones and teeth, with the rest being used for neurotransmitter release, muscle contraction, and the electrical conduction system of the heart. If your body does not have sufficient calcium, it will take this from your bones. Long term calcium deficiency can lead to rickets, blood clotting and osteoporosis, especially in post-menopausal women.

Although dairy products are the most well-known source of calcium in our diets, there are many other non-dairy sources such as sesame seeds and tahini, almonds, hazelnuts and pistachio nuts, seaweeds such as kelp and wakame, blackstrap molasses, beans (especially soy beans and products such as tofu), figs, quinoa, swedes, spinach, silverbeet, broccoli, kale and fish bones such as salmon and tuna. Himalayan salt also contain more calcium than regular salt. It is recommended a good amount of all vitamins and minerals, but especially Vitamin D and magnesium, are taken with calcium to help absorption. Addressing gut absorption issues (eg Celiac disease) can also increase the amount of calcium absorbed by the body.

One of the premises of the alkaline diet is that an over-acidification of the body from certain foods such as processed foods will lead to the body stripping calcium, among other minerals, from your bones to adjust this acidification. This diet recommends alkaline foods like leafy greens to address this imbalance, improving calcium levels in the body.

If you are unable to eat a balanced diet including regular quantities of the above foods, or you may be at risk of low calcium levels, you can obtain additional calcium from supplements. A good multimineral can provide a mix of essential nutrients, and there are also specific calcium supplements such as Sykybright Dolomite capsules (providing a high dose of calcium and magnesium) and Lifestream calcium capsules made from a certified organic sea vegetables. Come and have a chat about the best product for you.

For further information see:

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(07\)61342-7/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(07)61342-7/fulltext)

<http://nutritiondata.self.com/>

<http://altmedicine.about.com/od/popularhealthdiets/a/alkalinediet.htm>

<http://www.bones.org.nz/>

*Recipe - Margaret's Tahini Dressing*

This calcium-rich dressing is great poured over your favourite summer salad or any barbequed or steamed vegetables like broccoli or cauliflower.

- 1/4 cup tahini
- 2 cloves garlic
- 1/4 cup water
- 3T soy sauce
- Juice from a lemon
- Salt and pepper to taste

Put all ingredients in a screw top jar and shake till combined. You can keep any left over dressing in the fridge.