

DECEMBER 2013



Many season's greetings



Wow another year has flown by, and now we are in that last month where we have a million things to do before we get to relax and enjoy a well-deserved summer break with friends and family! Don't forget if you are finding this month a bit much, come in store and have a chat to us, we have a great range of herbs and supplements to help ease you through the silly season.

It has been wet and warm weather, so our lovely spring and summer produce has started arriving. We have had beautiful local asparagus and strawberries, and the first of the new potatoes, courgettes and plums have arrived. We are very lucky in New Zealand that our Xmas break coincides with summer, so we can have a fresher, lighter take on the traditional Xmas meal if we choose. We can have summer salads with fresh new potatoes to complement our meats, and nothing beats a Xmas barbeque. Organic Living has organic chicken in store for your Xmas table, as well as organic sausages and beef for the barbeque, or free range nitrate-free bacon for your Xmas brunch. And don't forget our great selection of vegetarian foods such as our Linda McCartney bbq pack and vegetarian sausages. But the best part is always dessert... Our organic eggs are perfect for pavlova, and the yolks make the yellowist custard you've ever seen. If you are making Xmas mince pies, cake or puddings, try our new organic fruit mix, especially selected so you don't have to buy a little pack of every ingredient, the leftovers of which will gather dust till next Xmas... Or try our readymade baking. We have gluten-free Xmas cakes and mince pies in store now, and our lovely Celebration cake is a dense fruit cake that is popular all year. But regardless of what is on your Xmas table, we would like to wish you all a peaceful and joyous break!

New Products!

Logona Color Crème is a new 100% natural hair dye that is ready to use—no mixing required! The henna-based dye can be used for multiple applications making it ideal for touch-ups. \$49.90 per bottle.



Explore Asia has developed a great range of organic, gluten-free legume-based pastas, such as mung bean fettuccine and black bean spaghetti. High in protein and fibre, these make the ultimate vegetarian meal. Only \$5.95 a 200g pack.

NEWS NEWS NEWS NEWS

We are please to announce that from this month we have increased our opening hours on Saturdays. We are open 9am-3:30 on Saturdays, and 9am-5:30pm Monday to Friday. We will be closed on Xmas & Boxing Day, New Year's Day and the 2nd January.

HERB OF THE MONTH: FRANKINCENSE

Frankincense is the resin taken from the *Boswellia* tree, a tree native to tropical regions of Africa and Asia. It has been used for thousands of years, often as a resin burnt on hot coals as incense. It is also famous for being one of the gifts given to baby Jesus by the three wise men in the Bible. Frankincense may benefit the immune system and have cancer fighting properties. It is an anti-inflammatory, making it useful for conditions such as arthritis, and eczema. It is also a natural antiseptic, and has calming qualities. See [these links](#) for further information .

DECEMBER SPECIALS

- ◆ With every 1.25 litres of Lifestream Aloe Vera juice get a 100g tube of Aloe Vera gel free! While stocks last.

GARDENING?

Have you tried growing your own vegetables and herbs from seed? We have just had a new selection of Ecoseeds arrive in store. These seeds are certified organic and non hybrid (open pollinate) seeds, so you can save your own seed for future crops. Now is a good time to try planting sweet corn direct for an autumn harvest. All seeds are only \$3.95 a pack.

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Feature product - Fibre



Yes 'tis the season to indulge, and far be it for us to tell you not to! But we can suggest one trick to help reduce that heavy or bloated feeling that often comes with the Xmas period - ensure you get plenty of fibre and (non-alcoholic) fluids at the same time.

So what is fibre? Fibre is the indigestible portion of the food you eat. Although your body does not absorb fibre, fibre plays a very important role in how our body processes the rest of our food.

There are two types of fibre, insoluble and soluble. When we think of fibre we most often think of **insoluble fibre**. This fibre is found mainly in the skins of whole foods, including the bran (outer husk) of whole grains. This fibre adds bulk to the food we have eaten, promoting regularity and reducing constipation—helping it get out of our system in a timely manner so to speak. The other type of fibre that is just as important is **soluble fibre**. Soluble means it dissolves in water, where it forms a gel. Soluble fibre is found in many fruits and vegetables, legumes, and grains such as oatmeal, psyllium husks, linseed and chia seed. The gel formed when these foods combine with water helps slow down the digestion of food which has a number of benefits. It helps keep you fuller for longer, helping with weight loss. This also helps balance your blood sugar levels as it slows down the absorption of sugars and carbohydrates. As it slows the absorption of dietary cholesterol, it can also be important in keeping cholesterol levels low. Soluble fibre is also prebiotic, meaning it ferments in the gut and provides nourishment to our existing gut flora. It can help regulate your bowels, so can be useful for people with diarrhea, including some people with Irritable Bowel Syndrome. However, because of its fermenting nature it can cause gas, so any increase in soluble fibre needs to be done slowly and with plenty of water to prevent constipation.

So as you can see a good balance of both types of fibre is essential in the diet. However you don't need to sit down and calculate how much of each you are getting, simply ensure you are getting good quantities of whole fruits, veges, grains, nuts and legumes in your diet to balance out the less fibrous food you may be consuming! This can be as simple as eating as many raw salads as you can over summer with your barbecued meats, eating carrot and capsicum sticks with dips instead of refined chips or crackers (these will contain very little fibre if any), and having lots of fresh fruit with your summer puddings. When you do have prepared snacks, go for whole grain crackers, breads and pastas, and keep the skin on things as much as possible. Or try making the chia seed cracker recipe below.

Recipe - Chris's Chia Chips

1 cup organic chia seeds
3.5 cups warm water
4 T organic coconut oil
Organic garlic granules (optional)
Salt & pepper to taste

Heat your oven to 100°. Mix together all ingredients, stirring every few minutes until set. Line two trays with baking paper. Put spoonfuls of the chia gel on the trays. Bake in the oven at 100° overnight.