

DECEMBER 2014



It's summer!



This early in December, when it is still on the cool side and we have so much to do before Xmas festivities begin, it can be easy to forget that soon if we are lucky, we may get some time off to enjoy this beautiful country—even if it is day trips to the beach or bush. But when you pop in store for your grocery or Xmas shopping, don't forget we also have a lot of your summer supplies too. We have beautiful organic food for your summer barbeques and picnics including vegetarian sausages, hummus, hand-made breads, fresh veges and our exceptionally good organic salad. And don't forget our new range of sustainable plates and bowls, reusable food wraps and bpa-free water bottles—perfect for trips to the beach or bach. If you are going to be out in the sun check out our range of natural skin care products including sunscreens (perfect for sensitive skin), moisturisers and aloe vera gels if you stay out too long, and we even have a selection of natural sunless tanning lotions! Come and check out Herb Farm's newest lip balm with Waihi Bush organic flaxseed oil. This balm also contains zinc to help protect your lips in the sun. And if the little critters start attacking, try our natural insect repellents—they can also help keep flies at bay around the house.

But if the thought of a summer break is too far off at the moment—never fear—we are also here to help you with your Xmas shopping. With everything from natural skincare products to microgreen kits, from recipe books to truly divine chocolate (including sugar, cocoa, dairy and gluten free options), come in and let us help you if you are stuck for ideas. Ask us nicely and we will even gift wrap for you! Merry Xmas and happy holidays from us all at Organic Living.

New Products!



Alimir Bakery's organic **Lebanese Snack Hummus** is made to a traditional recipe with organic chickpeas, and is the perfect snack for summer. Or grab a pottle with some of our organic crackers for a healthy lunch on the run! \$5.50 for 200g.

We have two new colours to add to our Karen Murrell lipstick collection—Racy Rata and Poppy Passion (pictured). If you haven't tried this fabulous natural lipstick range yet come and check out it out! \$29.90 each. Receive a free flower headband with each purchase, while stocks last.



NEWS NEWS NEWS NEWS

- ◆ Registration is open for February's [Food Matters Aotearoa tour](#). This conference has amazing national and international speakers such as Professor Don Huber, Dr Vandana Shiva and Meriel Watts. The tour will be in Auckland, Hawkes Bay, Wellington & Christchurch.

HERB OF THE MONTH: LEMON BALM

Lemon Balm (*Melissa Officinalis*) is related to mint, and, like mint, is a very handy herb to have fresh in the garden or dry in your pantry. If you over-indulge in the silly season, it is great for an upset stomach, bloating and gas, even for colic. It is also helpful for mild anxiety, restlessness and insomnia, and can be calming for people with ADHD and dementia. It has successfully been used to treat cold sores. It may also help with pain such as menstrual cramps, headache and toothache, although further research is required. [Click here](#) for more information.

MONTH SPECIALS

- ◆ Buy Living Nature's new 'Bloom' lipstick and receive a their new lip hydrator, valued at \$29, free! While stocks last.

GARDENING?

Although the weather has not been tropical the soil has still been warming up, so its not too late to put in summer veges and herbs like corn, zucchini, salad greens, basil and calendula. Don't forget to start watering and mulching now, and if you go away over the summer break make sure you have a friendly neighbour to give everything an occasional water.

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Feature product - Paleo Food



You may have heard about the 'Paleo Diet' or 'Caveman Diet' and wondered what it is all about. The diet is based on food eaten by humans in the Paleolithic era, the period of about 2 million years that existed until 10,000 years ago, when humans developed agriculture and domestication of animals. Before that time we were hunter-gatherers, and the idea behind the diet is that our bodily systems have not evolved as fast as our technology, leading to health problems from the consumption of harvested and processed foods such

as grains, legumes and dairy. This is especially true for the highly processed foods we have begun consuming in the last two hundred or so years since industrialisation of much of our food production. Proponents of the Paleo diet believe eating a diet based on meat, seafood, nuts, seeds, fruit and non-starchy vegetables can eliminate some of the major health issues of our time including obesity, heart disease and diabetes. This theory also helps to explain the high levels of less serious health issues such as gluten and dairy sensitivities, as not everybody's systems have yet adapted to these 'modern' foods.

Critics of the diet say that the diet of Paleolithic peoples, as with modern-day hunter gatherers, was too diverse to simply categorise in one diet. It is also argued that the very low levels of modern-day diseases amongst our Paleo ancestors was because they died at much earlier ages (for example from infections, starvation, childbirth or animal attacks) so did not have a chance to develop such diseases.

Regardless of the historical accuracy of the Paleo diet, is there any advantage to eating Paleo in the modern age? Certainly, some people have found by switching to a Paleo diet they have lost weight, increased energy levels, and reduced blood pressure and cholesterol levels. [Click here](#) for some recent studies showing benefits. However, much of this could be due to cutting down processed foods and refined sugars out of the diet, which is good for everyone! It must also be noted that increasing protein and fat levels in the diet can only help if the carbohydrates are likewise reduced and exercise levels increase (Paleo peoples were not sedentary like us). As with any diet, it may not be for everyone, and you need to listen to your own body. Here is some [more information](#) on a primal diet and lifestyle.

If you would like to try a more paleo way of eating feel free to come and chat with us. There is a lot more to the diet than just meat and salad, including paleo mueslis and 'bread', snacks like the recipe below, natural dairy substitutes, and of course the paleo diet was organic!

Recipe - Xmas coconut fudge

400-500g organic dessicated coconut
1/2 cup halved organic almonds
2/3 cup whole dried organic cranberries
Splash organic vanilla essence

Blend the coconut in a food processor on a low speed until melted (takes about 5 minutes). Alternatively, use 1 1/4 cups coconut butter, melted. Toast the almonds lightly. Mix all ingredients together till the nuts and fruit are evenly spread through the mixture. Pour into a flat square container (preferably a flexible one or lined with baking paper) and put into the fridge to set for a minimum one hour. Once set, remove the slab, then carefully chop with a large knife into squares (a wet knife helps). Keep in an airtight container in a cool place. Make a very pretty Xmas gift too!