

FEBRUARY 2014



Time for a cuppa



Summer holidays may be just a memory now as the year cranks back up to full speed. If looking after your health is on your list of things to do this year, come talk to us at Organic Living. One of the many things you can add to your daily routine to address specific health issues are teas or tinctures made from dried herbs. Did you know we have Palmerston North's largest selection of dried herbs, with over 80 to choose from! With the help of our reference books you can come in and look for a herb or selection of herbs to help address many common

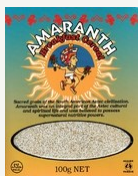
ailments. These herbs can be made into teas which are readily absorbed by the body, and can be brewed to whatever strength you need.

We also have a large selection of herbal teas in teabags, and loose leaf teas already formulated to address specific issues. We have a selection of formulations from Artemis Teas, formulated by Dunedin-based medical herbalist Sandra Claire. Each organic tea is based on traditional formulas and tested by modern research. Artemis also has a range of potent tinctures and creams to cover a range of conditions. We also stock a great range of herbal formulas from Waipu herbalist Malcolm Harker. These are some of our most popular products and have been around so long we now have multiple generations using them! Another very effective range is from Kiwiherb with an excellent range for the whole family. So come in and find the right herbs for you!

Ecotip: *Citronella and lavender essential oils make excellent natural fly deterrents for the home. Simply burn a few drops in an oil burner, or put drops on a damp cloth and wipe surfaces, windows and lightbulbs.*

New Products!

Artemis Tea introduces its new **Fertility Tea**, using a traditional swiss formula to promote optimal conditions for conception. From \$13.50.



Amaranth Australia's puffed amaranth makes a super-nutritious gluten-free breakfast. Amaranth is higher in protein, iron, calcium and many other minerals than most grains. Add nuts and dried fruit for a light and super tasty start to the day! \$8.95 for 100g.

NEWS NEWS NEWS NEWS

- ◆ If you haven't tried our new CoYo dairy free coconut yoghurt, come in to Organic Living on Friday 7th February for a free tasting! Our CoYo expert will be in store with a variety of flavours for you to try.

HERB OF THE MONTH: RASPBERRY LEAF

The leaf of the raspberry plant have been used for centuries medicinally. Today it is used for gastrointestinal tract issues such as diarrhea, upper respiratory issues including flu, heart conditions and diabetes. But it is most commonly used for women's health such as painful periods and easing of labour and delivery, although there needs to be more research done on this. It is thought that all these benefits come from the high antioxidant levels in the leaf that help relax blood vessels, which may also cause muscles to relax. [Click here](#) for further information and contraindications.

FEBRUARY SPECIALS

- ◆ Our organic coconut flour is at a great price at the moment, only \$7.50 per kg. Try a little in your baking!

GARDENING?

Every cloud has a silver lining, and the recent cloudy weather has had its own bonus—there are very few white butterflies around this summer! So this is the perfect summer to grow brassicas like broccoli and kale without them being eaten before you get to them. We have organic seedlings in store now, only \$3.90 for a punnet of six.

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Feature product - Fruit



As you may have noticed there has been a lot of talk recently about the impact of sugar on people's health. Refined sugar has been linked to obesity, cardiovascular disease, diabetes and hypertension. This seems to be largely linked to excess fructose consumption (For a good summary of this issue check out this [radio interview](#)). The main way to reduce the impact of fructose on the body is of course to avoid refined sugar. However, even less refined natural sweeteners like honey, maple syrup and coconut sugar contain fructose. This also

includes fruit, leading people to question whether fruit is actually as good as for us as we have always believed. Fruit, like all sugar sources, is made up of simple sugars glucose and fructose, as well as starches and sucrose which can be converted to glucose. Fructose and glucose have the same energy content, but the body utilises them differently. They are both used by the liver, where the glucose is converted to energy or stored in the liver for later use. Glucose is an essential energy source for the body. Fructose is either converted by the liver into glucose for energy, or used to help make fat. Fructose is sweeter than glucose making fruit more desirable, however it is not considered an essential nutrient.

So if the fructose in fruit isn't essential, could it be damaging? It is the context of fructose consumption that needs to be considered. When eaten in fresh fruit, it is combined with carbohydrates, fibre and water, and we need to chew it. This all slows down the liver's uptake of fructose to a level tolerable by the human body. Fruit also contains essential vitamins, minerals and antioxidants. Therefore eating a couple of pieces of fresh fruit a day will not have a negative impact on health, and is still considered very beneficial. However there are a couple of provisos. Organic fruit is best. An updated list of the 'Dirty Dozen' foods containing the highest amount of pesticides in New Zealand lists grapes, nectarines, oranges, strawberries, lemons and pears in the top dozen. Fruit juice is also now considered along similar lines to soft drinks due to its high fructose content. Even if it is 100% natural and a good source of nutrients, you are consuming the sugars from a very large quantity of fruit, and don't have the fibre and chewing factor to slow down absorption by the liver. Dried fruit also allows you to eat much larger quantities of fructose in one go than you would otherwise (it would be very hard to eat half a dozen bananas at once but you can easily eat six dried bananas without thinking!) so care needs to be taken. So to enjoy the many health benefits of fruit, enjoy the equivalent of a couple of servings of whole seasonal organic fruit however you like it! For more information listen to [this](#) or read [these articles](#).

Recipe—Nicole's Plum Sauce

1.5kg organic plums
750ml organic cider vinegar
1 cup organic honey
2 cloves organic garlic
1t ground organic pepper
1t ground organic cloves
1 small knob of organic ginger
Pinch of organic cayenne pepper

1 heaped teaspoon of salt

Add all ingredients to a large pot. Bring to the boil stirring regularly, then simmer until reduced and pulpy, stirring occasionally (this may take a few hours). Press through a sieve and pour into sterilised bottles.