

# JANUARY 2012



## *New Year, New You?*



SUMMER GOODNESS

*"When diet is wrong, medicine is of no use, when diet is correct, medicine is of no need"*  
Ancient Ayurvedic wisdom

'Tis the season of making inspired New Year's resolutions, often involving improving one's mental or physical well-being. This is a fabulous time-honoured tradition but can be very hard to maintain. Often it is simply a matter of

setting too great a goal that will inevitably lead to failure. You'll have a far better chance of success if you set a goal that you can imagine yourself still sticking to in the depths of winter! This way you know you have chosen a resolution that can be sustainable for the rest of your life.

For example, many people decide to go on a detox diet after Christmas and New Year indulging, and then return to their old diet in a week or two. Rather than setting a goal to radically overhaul your diet, try picking one small goal, like eating your 5+ vegetables a day (organic of course!). Setting a positive goal (eg doing your own baking) can be easier than a negative one (eg stop eating processed foods). It can also help to set the same goal as a friend so you can encourage each other, share ideas and celebrate your successes. And don't forget if you need any support or ideas such as a million ways with broccoli, come in for a chat!

## *New Products!*

**Eskal gluten free** are the perfect treat for those who usually miss out on such goodies. New products in store include marshmallows and chocolate-coated pretzels, yum!



**Hakanoa Ginger Syrup** is a beautiful new drink concentrate containing organic raw sugar, dried



ginger and sultanas, and fresh ginger and lemon juice. Although perfect for a hot drink it is also fabulous with a squeeze of lemon juice over ice or drizzled over ice cream on a hot summers day. For more recipe ideas see [hakanoa-handmade.co.nz](http://hakanoa-handmade.co.nz)

## NEWS NEWS NEWS NEWS

- ◆ The Government is currently reviewing laws around food security, culminating in the Food Security Bill currently out for consultation. Next months newsletter will feature more information on how the proposed changes may impact you.

## HERB OF THE MONTH: DANDELION

Tea made from the common dandelion plant (*Taraxacum Officinale*) has many benefits. It helps relieve digestive upsets, including constipation and diarrhea. Dandelion is used to purify the blood and detoxify the liver. It is a diuretic and helps reduce inflammation. It is used for weight loss and building muscle, and makes a great tonic as it contains high levels of minerals, vitamins and antioxidants, especially the leaves. For further information and contraindications see: [dandeliontea.org](http://dandeliontea.org), [naturalherbsguide.com/dandelion.html](http://naturalherbsguide.com/dandelion.html)

**JANUARY**

**SPECIALS**

- ◆ **Himalayan Harvest Natural Mineral Salt is now only \$4.95 for 400g and \$9.95 for 1kg**

**GARDENING?**

The little bug(ger)s have started arriving in the garden thanks to the warm weather. Don't let them destroy all your hard work by eating your vegetables before you do! Ocean Organics Garlic Spray is an organic ready-to-use spray that repels slugs, snails and other insects including aphid and white butterfly. \$21.00 for a 1.25 litre spray.

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*Feature product - Raw Food*



Raw food diets are primarily made up of food that has not been cooked, or has been heated only to a low temperature (usually below 40-45 degrees). It can be a vegan diet made of mainly fruit and vegetables, vegetarian including raw milk and egg, or can include raw meats such as steak tartare or sashimi. Foods that are less digestible in their raw state such as grains, seeds, nuts and legumes are often soaked and sprouted, 'activated' (soaked to activate dormant enzymes), or fermented. This also allows more 'gourmet food products to be made such as crackers, breads, desserts and chocolate.

Raw foodists believe raw and living foods contains natural enzymes which aid in digestion and absorption of the natural vitamins & minerals present in the food. They also populate the gut with beneficial flora. Eating food raw also ensures you get the most nutrients out of the food, as no nutrients are destroyed in the heating process. Some also believe heat causes chemical changes in the food creating toxins that are associated with many of today's diseases.

Raw fruit and vegetables are also thought to be very alkalizing for the body. 'Alkaline' foods are foods that leave an alkaline ash residue after metabolism. Excess acid residue is believed to cause many ailments, from digestive issues to long term chronic health disease.

Most followers of raw food diet eat the largest percentage of their diet raw, although the percentage may vary with the seasons. However any increase in raw food in your diet can be beneficial to your health. And due to the increasing interest in raw food, there are a range of new gourmet raw food products that are convenient and super tasty as well as nutritious!

New Zealand company Little Bird produce beautiful raw macaroons, granolas and crackers. And Loving Earth makes divine organic raw chocolate products as well raw cacao powder and cacao butter allowing you to create your own treats. Ceres organic Raw bars are delicious snack bars made from raw nuts and dried fruits, and Megaburn Australia have a range of live food bars that are highly nutritious and protein-packed. We also stock a large range of raw organic food, from our fresh produce to dried fruit, nuts and grains, as well as dehydrated superfoods like spirulina, maca, acai berry, barley and wheatgrass. If you would like to try sprouting we have a large selection of seeds for sprouting as well as sprouting containers and lids. For more information see: [rawfoodlife.com](http://rawfoodlife.com), [livingfoods.com](http://livingfoods.com)

*Recipe - Aunty Michele's chocolate mousse*

This recipe is raw as well as sugar, dairy, nut, soy, egg, and gluten free, and makes a great summer dessert. Serves 2.

- 1 cup organic dates
- 1 large or 2 small organic avocado
- 1/2 cup organic raw cacao or carob powder

Soak the dates in just enough water to cover them for at least one hour. Blend with the liquid and the avocado and carob or cacao powder until smooth. Serve immediately.