

# JANUARY 2013



## *Happy New Year*



We hope you're able to have a relaxing break and a chance to recover from all the hustle and bustle of Christmas. If you get the opportunity, January can be a great time to reflect on the last twelve months, and see what you'd like to continue into the new year and what you'd like to change. A good question to ask yourself at this time is how has my health been in the last year? Sometimes we are so busy we don't get a chance to think about any but the most urgent health needs we have. It can be worth stopping and thinking about the more subtle changes in your health you may have noticed. For example, are you sleeping well? Do you wake up in the morning bounding with energy or is getting out of

bed a struggle? How is your energy through the day? How is your appetite and your digestion? What about your mood? And do you have any niggling pains you've been ignoring? If you do have concerns now can be a good time to get these checked out, and of course at Organic Living we have natural products to help treat many of these conditions. From organic fruit, vegetables and wholefoods to improve your intake of nutrients, to superfoods such as those mentioned on page 2, to a large number of supplements to help address specific problems such as insomnia, digestive issues, and joint pain. It can be easy to forget to look after yourself as the year gathers speed, so grab the opportunity now to stop for a moment and listen to your body, and make your new year's resolution to show yourself some love!

## *New Products!*



**Nuzest** introduces two fabulous products to Organic Living. Good Green Stuff is a power combo of nutrient-dense greens, fruits, veggies and berries with added vitamins and other goodies to make it a complete daily supplement. Clean Lean Protein is a nearly 90% protein powder made from Golden Pea Protein - one of the most highly absorbed proteins—and it is alkaline! Both from \$3.95 a sachet.

Niche's food-grade **Diatomaceous Earth** has so many uses. It is a natural source of silica making it great for bones, tendons, skin, nails and teeth. It is also a natural internal cleanser (eg of parasites) and detoxer, especially of metals. This makes it a useful treatment for skin conditions such as eczema. Only \$24 for 500g

### News news news news

- ◆ "Let's Play" is a creative workshop held over 2 days in Palmerston North on January 14 & 15. Play with words, image, music, movement and animation guided by four talented sisters. For information and registration contact [suzy@airstream.net.nz](mailto:suzy@airstream.net.nz) or call 06 328 7801

### HERB OF THE MONTH: SHEPHERD'S PURSE

Shepherd's Purse (*Capsella Bursa-Pasoris*) is most commonly thought of as a weed. It can decrease bleeding, stimulate muscles and increase uterine contractions. It is most commonly used to stop internal bleeding including excessive menstrual bleeding, and reduce chronic diarrhea. It can also help relieve cystitis. It can be used externally to reduce bleeding and speed up healing, and used to treat eczema. For more information see <http://health.howstuffworks.com/wellness/natural-medicine/herbal-remedies/shepherds-purse-herbal-remedies.htm>

**JANUARY  
SPECIALS**

- ◆ For the month of January take \$1 off Retro Organics lactose-free yoghurt! Now only \$5.90.

**GARDENING?**

If you are growing your own produce, superfoods require super soil. Try enhancing yours with organic chicken manure. Chicken manure is a super-rich fertiliser providing many essential nutrients to your soil, your plants and you! Only a small amount is needed, and it is only \$6 for 3kg.

**CONTACT US**

**Broadtop Shopping Centre,  
Terrace End,  
Palmerston North  
Phone 06 353 0549  
Fax 06 353 0546  
Email:  
organic\_living  
@xtra.co.nz  
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*Feature product - Superfoods*



Do you feel overwhelmed by the amount of foods out there claiming to be 'super'? What ever happened to good old fashioned 'food'? To be honest, **all whole foods are super** (especially when organic) and it is the combination of foods, the variety, seasonality and freshness of food that provides us with the nutrients we need. That said, we don't always eat the perfectly balanced diet of seasonal, fresh, organic wholeness that would keep us in top form, and if we are sick or stressed we may need a bit extra to help keep our bodies strong. So-called 'Superfoods'

are foods that are particularly high in certain nutrients meaning that although they can be taken as part of our regular diets with other foods, they can also be taken as a supplement when our bodies need an extra boost. Some examples of these are:

**Acai berries** (pictured) contains anthocyanins and flavonoids, powerful antioxidants that help defend the body against life stressors, and neutralise free radicals that may contribute to diseases such as heart disease and cancer.

**Maca** is a peruvian root vegetable that contains high levels of nutrients that support the endocrine system, including amino acids, essential fatty acids and a number of vitamins and minerals. These seem to help balance out hormones, making maca useful in treating pre-menstrual syndrome, menopause symptoms, low testosterone levels and libido, low fertility, and exhaustion or anxiety from adrenal fatigue.

**Spirulina**, a microscopic fresh water algae, contains high amounts of many nutrients including iron, GLA ( a natural anti-inflammatory), carotenoids (an antioxidant), chlorophyll (a cleanser & deoderiser), and all essential amino acids. It is also a great source of protein.

**Goji berries** also contain many nutrients including high amounts of vitamin C and carotenoids, sesquiterpenoids (antioxidants that may strengthen the immune system and pituitary gland), zeaxanthin and lutein (antioxidants good for eye health).

**Chia seeds**, as well as being high in antioxidants, are also a good source of protein, fibre and omega three essential fatty acids. Omega three is necessary for healthy skin and hair, and a strong immune system, and is helpful in reducing inflammation, lowering bad cholesterol and for brain health.

Try any of these in the below smoothie, or try the Nuzest "Good Green Stuff" mentioned on page 1!

*Recipe - Super Smooth Me*

This is a great way to start the day, or as an afternoon pick-me-up. Make regularly for best results.

For 2 serves:  
2 t spirulina powder  
2T ground chia seeds  
2T maca powder  
2t acai or goji berry powder  
1 organic banana  
1 1/2 cups organic fruit juice or water

Blend all ingredients and serve in a tall glass.