

# JANUARY 2014



*Happy New Year from the team!*



We hope you are in the midst of a lovely break. As people are taking some time out to reflect on the year that was, and come up with resolutions for the coming year, we thought it time we did the same. 2013 has been our busiest year yet, with more and more new customers discovering the health benefits of organic foods and natural supplements and cosmetics. But many people come to organics for its benefit to the environment as well as their own health. This is very true for us here at Organic Living. So our New Year's resolution for 2014 is to formalise our commitment to sustainability as a store. We have clarified what we can and can't recycle with the Council, and now have a waste management plan to ensure we are all reusing or recycling everything we possibly can. We are also encouraging our customers to use boxes or their own bags, or paper or biodegradable bags if necessary (Don't forget we also have reusable bags for sale instore—only \$2 each!). We are continuing to search for products that are as local as possible to reduce our carbon footprint, which is quite difficult given New Zealand's size and location and the niche products we sell. However nearly all our fresh produce is New Zealand grown, and more and more of our food products, supplements and cosmetics are New Zealand made. We will now also bring you an ecotip in the newsletter each month, a simple idea that may help you to help our environment too!

***ECOTIP: The bags we use for our bulk products are cellophane and are biodegradable, so you can throw them in your compost bin.***

## *New Products!*



**Eco Tints** moisturising lip balms are 90% organic, beautifully scented and come in a choice of three tints; rose quartz, plush red and mocha velvet. Perfect for summer, they are only \$12.50 each

Have you tried our new **Garden of Eatin' organic Sweet Potato Corn Chips**? Corn chips with a hint of sweet potato flavour, they join our popular Blue Corn chips, and are great with refried beans or salsa. \$7.95 for a large bag.



## **NEWS NEWS NEWS NEWS**

We would like to welcome our newest team member Tracey (sadly absent from our team photo) who has been indispensable over the silly season!

For an updated list on the 'dirty dozen' foods containing the highest levels of pesticides in NZ, see the latest edition of Organic NZ instore now.

## **HERB OF THE MONTH: SAW PALMETTO**

Saw Palmetto is a small palm tree native to the United States. The berries of the palm have been used for centuries by Native Americans for urinary and reproductive health issues. In modern times it has become popular for treating the symptoms relating to an enlarged prostate, including difficulty urinating and increased frequency of urination. It may also help reduce prostate tumours and help balance hormones, although more research is needed. [Click here](#) for more information and contraindications .

## JANUARY SPECIAL

- ◆ Buy any 2 Plantae products and receive a free facial serum (a rich facial oil), valued at \$44.90! While stocks last.

## GARDENING?

If you would love to compost but do not have the space, try a Zing bokashi bucket. Food scraps can be stored inside in a sealed bucket, eliminating any odour issues. Adding a handful of the 'zing' activated shavings help break down the scraps and produce a rich liquid fertiliser. The scraps can then be dug into your garden or disposed of as green waste. Only \$65 a set.

## CONTACT US

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## Men's health



Yep it's the new year and you may be thinking its time to try something different. If you have been feeling a little more lethargic than you'd like to be, and you have not yet figured out how your washing machine keeps shrinking your clothes, then the summer break can be a good time to be reflective and think about ways to get your groove back. A simple new year's resolution to eat your 5+ fruit and vege a day (organic of course!) is a great start. And there are many foods that have been found to be specifically beneficial to men's health, such as oysters, fatty fish, whole grains, brazil nuts and broccoli (see [here](#) for more information).

If there is a specific concern you would like to address, there are a number of herbs and supplements you can add to your diet to help prevent or treat common health issues for men. For all round daily support, a multi such Thompson's Men's Multi (\$36.90) contains a good range of vitamins and minerals that may be lacking in your diet, as well as ingredients such as Medicaco Sativa (alfalfa) for boosting energy and increasing muscle, and grape seed extract for heart health. Martin and Pleasance 'He' (\$52.50 for 45 tablets) contains western and traditional chinese herbs like Korean Ginseng and Shisandra for increased concentration and sexual performance.

As men age testosterone levels may decrease affecting mood, energy, libido and bone and muscle mass. Vital X (\$59.90 for 90 capsules) contains Tongkat Ali which supports natural testosterone production. Maca root is a natural hormone balancer, helping replenishing fatigued adrenals and increase low testosterone levels. Maca comes in a powder that can be added to smoothies.

Prostate health can become a common concern for men, as the risk of prostate cancer increases with age. Keeping fit and maintaining a healthy weight, as well as eating antioxidant rich fruit and vegetables, selenium rich brazil nuts and soy products can help maintains a healthy prostate (see [here](#) for more information). There are also herbs and supplements that can help protect the prostate such as Saw Palmetto (see the herb section on the previous page). Go Healthy Prostate Protect contains Saw Palmetto and other ingredients in a special formula designed to support prostate health. Saw Palmetto is also available as a loose herb that can be made into a tea.

## Recipe - A very manly Japanese rice salad

3T organic toasted sesame oil  
3T organic soy or tamari sauce  
1T organic honey  
2T organic rice wine vinegar  
2 cups cooked organic brown rice  
300g cooked salmon or tuna in small pieces (canned is fine)  
3 cups steamed organic green vegetables such as broccoli, spinach, bok choy, beans  
Handful of karengo leaves  
2T toasted organic sesame seeds  
1T finely chopped pickled ginger (optional)  
Mix the liquid ingredients together. Mix all other ingredients in a large bowl, then stir through the sauce. Serves 4.