

# JULY 2011



## WELCOME TO OUR 1st EDITION!



MARGARET MCKENZIE, STORE OWNER AND FOUNDER

..and welcome finally to winter! The thermals and crock pots have been dug out of storage, Mid Winter feasts are taking place, and the snow is falling. And of course the coughs and colds have begun!

Things are busy in the store with some fabulous new ranges, especially in our gluten-free section. We now have Marx gluten and dairy free baking and savouries, and their no hassle frozen pastries - perfect for a hearty winter pie. We also have the very popular range of Little Bird cereals and snacks. These are gluten, dairy and sugar free, and raw! We have some new coconut products in store, such as Zenian organic fermented coconut oil, and coconut water—full of electrolytes making it great for refueling after a day on the slopes. And fresh spray free coconuts! See the feature later in this newsletter on the benefits of the humble coconut.

If you are preparing for winter don't forget to pop in to our store. We have lovely organic root vegetables, herbs and spices for your winter soups, many products to help prevent colds and flus, and treatment if you haven't managed to avoid them, and even capsicum capsules and ginger capsules to help ward off those pesky chilblains. You can also purchase a nice cup of tea or coffee to warm you as you stroll around the shop.

### *New Product! Olivado Oils*

**Avocado oil:** A premium, extra virgin, organic cold-pressed oil which makes a superb food dressing or cooking oil and is also an extremely healthy product that can assist in lowering cholesterol levels and help in the fight against heart disease. *250ml \$14*

**Omega Plus Oil:** An absolutely delicious, perfectly balanced blend of extra virgin avocado, olive and flaxseed oils, carefully selected and blended to produce an optimal combination of omega 9, 6, & 3 fatty acids, designed to keep your heart beating strong. *350ml \$12*

**Macadamia oil** contains one of the highest levels of mono-unsaturated fat (80%) among all food oils. This golden coloured oil with a delicate nutty flavour is ideal as a salad dressing and great for frying, roasting and cooking a variety of meats, fish, chicken and vegetables. It can also be used in baking, making muesli and is especially good in pastries. *250ml \$12*

### NEWS NEWS NEWS

- ◆ The Wellington Gluten Free and Allergy Show is on the 9th and 10th of July at the TSB Arena, Wellington. Come in store to grab a flyer that gets you a free bag on entry.
- ◆ Brazil nuts are back !
- ◆ Garlic bulbs for planting in store now

### HERB OF THE MONTH: PAU D'ARCO

Pau' Darco is the inner bark of the *Tabebuia* (Taheebo) tree. It contains the active components lapachol, quercetin and other flavonoids. These have been found by some to help reduce cancer tumours and alleviate the symptoms of chemotherapy. It has also been used as an expectorant for deep coughs. It is considered to be antiparasitical and antifungal so may be useful in the treatment of various fungi and bacteria such as *Candida*, *Streptococcus*, and *Helicobacter Pylori*. For further information and precautions see [www.paudarco.com](http://www.paudarco.com)

## JULY SPECIALS

- ◆ Spend over \$30 on any **Natural Instinct** products and receive a free Face scrub. While stocks last.
- ◆ With every 300g of **Planet Organic** maca powder receive 125 organic spirulina tablets free

## GARDENING?

The cold doesn't seem to put off the slugs and snails, so try **Bettacrop's Diatomaceous Earth**. It is an organic, non-toxic, biodegradable barrier that can be used around your vegetable plants. It can also be used in the home (for example behind fridges and washing machines) to deter ants, cockroaches and other crawling insects.

## CONTACT US

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## Feature product - Coconut oil



Coconut oil is oil extracted from the meat of the matured coconut from the coconut palm (*cocos nucifera*). Due to its high saturated fat content it is a very stable oil and ideal for frying and cooking at high temperatures. It makes a great butter substitute for baking and pastries. Raw virgin (cold pressed) coconut oil is also very delicious!

It has been used for generations by many people in tropical countries, often being their primary source of saturated fat. Over the years users have found it to have some remarkable health giving properties.

Despite being a saturated fat, coconut oil may in fact help reduce some common western health problems such as heart disease and diabetes. This is because the saturated fats contained in coconut oil are predominantly medium chain tryglerides (MCT). MCTs support thyroid function, help increase energy expenditure by being converted by the liver into energy rather than fat, and improving insulin production and sensitivity, helping relieve the symptoms of diabetes and may possess anti-cancer properties by stimulating the production of white cells and inhibiting tumour growth.

Coconut oil also contains lauric acid which may have a more favourable effect on total LDL ('bad') /HDL ('good') cholesterol than any other fatty acid. Therefore, although, total cholesterol levels may increase from consumption of coconut oil, as the ratio of LDL to HDL is improved it in fact reduces the risk of heart disease. Lauric acid is also converted by the body into monolaurin which has antiviral, antibacterial and antifungal properties, which may make it useful in the treatment of candida, herpes, giardia, listeria and helicobacter pylori, even the flu. It may also be a treatment for Alzheimer's disease.

There is still more research needed to be done about the health-giving properties of coconut oil, and the benefits or harm of saturated fats is still disputed. However, even conservative estimates recommend up to 10% of our daily calories come from saturated fat, allowing for a couple of tablespoons a day for the average woman. For further information, see:

<http://www.coconutresearchcenter.org/>    <http://www.coconutketones.com>  
<http://www.westonaprice.org/know-your-fats/541-new-look-at-coconut-oil>  
<http://www.healthyfood.co.nz/articles/2009/january/ask-the-experts-coconut-oil>

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## Recipe - Peta's Fabulous Fudge

You will need:

- 1 cup organic virgin coconut oil
- 1 cup organic carob powder
- 1/2 cup organic molasses
- 1 cup organic peanut or almond butter
- 1 cup chopped organic fruit & nuts (optional)

To make:

Heat the oil to soften. Mix in the carob powder, then molasses, till you have a smooth paste. Add the nut butter and fruit & nuts if using. Pour into a lined square baking dish, and refrigerate. When solid cut into squares. Keep refrigerated.