

# JULY 2015



## *Safe enough?*



There has always been a gulf between the views of the organic community and mainstream scientific research when it comes to how harmful the chemicals in our environment are. Although many chemicals in our environment have individually been approved as safe for human use, those of us with an interest in health from a holistic perspective have been concerned about the possible cumulative effect of these chemicals over a lifetime, especially when combined with other 'safe' chemicals into a cocktail with unknown effects. This gulf may be reducing thanks to a large international study just completed, as reported in the [Dominion Post](#) last week.

According to the article, the study found that many chemicals found in everyday items previously thought to be benign may in fact have potential to cause cancer-like behaviour at low doses. Although the study does not directly prove the link between these chemicals and cancers, it suggests the link is a lot stronger than thought, and further research is needed. It also says the combination of these chemicals in our environment in a "chemical soup" can create dangerous and unpredictable mixes.

The article goes on to suggest that we shouldn't drastically change our lifestyle in light of this research, as it is impossible to avoid all chemicals. However at Organic Living we do believe you most certainly can reduce exposure to these chemicals in your diet and environment by eating as much organic food as possible, and using natural home and skin care. A nutrient-dense wholefood diet also helps your body stay strong and healthy to help fight any negative impacts of chemicals you may not be able to avoid. Every bit helps!

## *New Products!*



**Food Garden** is a Tauranga-based company that has developed a beautiful range of vegan foods from walnut sunflower sausages, to almond flaxseed pizza bases, to tomato pesto. All products are also gluten free and super tasty! Find them in our fridge and freezer.

Come try **Kombucha King's** new Noni-flavoured kombucha! Combining the probiotic and digestive benefits of kombucha with the antioxidant and anti-inflammatory benefits of the Noni plant, this drink is also very tasty and refreshing. Only \$5.50.



## NEWS NEWS NEWS NEWS

- ◆ The Government has announced its [new policy](#) on raw milk sales. From 1 March 2016 raw milk sales will still be legal, however collection points such as our shop will no longer be allowed. The new compliance costs may also be too much for some farmers— watch this space.

## HERB OF THE MONTH: WORMWOOD

Wormwood (*Artemisia absintium*) is a plant related to the daisy that grows wild in a number of northern countries. It has been used for centuries for its health benefits, and as a flavouring in alcoholic drinks such as absinthe, vermouth and bitters. It is often used to increase appetite, relieve indigestion and intestinal cramps. It has also been found to help with Crohns' disease. It is anti parasitical and anti microbial so is a common ingredient in stomach cleansing and detoxing formulas. It is very potent so does need to be taken with caution. [Click here](#) for further information and contraindications .

## JULY SPECIALS

- ◆ Choose any 2 products from our Dermalab range and receive a free 60ml Soothe & Repair Oil! While stocks last.

## GARDENING?

Have you tried growing garlic? There is still time! It's dead easy with locally-grown organic garlic cloves. All you need is a space of well-fed soil that you can use till summer (the crops take a good 6 months to grow). Plant the bulbs about 3cm deep, 15 cm apart. Keep weeded and fed, then pick when the leaves start to die off. We have packs of organic cloves for only \$3.

## CONTACT US

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## Feature product– Carob



It's very seldom we ever find someone who doesn't like chocolate! But as fabulous as chocolate is, unfortunately it doesn't always agree with everyone. There are a number of diets that may require people to be cocoa-free, for example if they are on a low salicylate diet, a Paleo Auto-Immune Protocol diet, or a caffeine-free diet. Many parents also want to reduce caffeine in their children's diet. For diabetics or people trying to cut down on sugar, pre-made chocolate products are usually best avoided due to their high sugar content. But do not despair—there is an alternative!

Carob is a pod that grows on an evergreen shrub in the Mediterranean and Northern Africa. It has a similar flavor to cocoa, however it is naturally sweeter than cocoa, whereas cocoa is naturally higher in fat (cocoa butter). Carob is also higher in calcium and phosphorous than cocoa, and is a good source of protein, fibre, Vitamin A, Vitamin B1 and Vitamin B2. Carob also helps improve digestion, and is a useful treatment for diarrhea. Its natural sweetness means there are many sugar-free carob products now available.

Carob does not quite have the depth of flavor (or instant feel good compounds!) as chocolate. However carob powder can happily be used anywhere cocoa powder is used, in baking, sauces, hot drinks or chocolate making. Mixed half-and-half with cocoa in any recipe, it softens cocoa's bitterness. Try it in fudge and brownies! In a hot drink, mix with a pinch of cinnamon and some coconut sugar—have with hot milk for a perfect drink to help you sleep. As well as carob powder we also stock carob kibble nibbles—chunks of dried carob that can be added to scroggin or muesli or eaten straight out of the pack when chocolate cravings hit.

Or try any of our pre-prepared carob products, such as our sugar-free carob buttons, raisins, apricots and almonds, or sugar-free carob bars or bears. We also stock The Carob Kitchen carob syrup which can be used for sweet or savoury dishes or anywhere you would use chocolate syrup (try adding to spicy chilli dishes). For a golden syrup alternative—try Sweet Freedom liquid sweetener made entirely from carob and fruit. This is more of a rich liquid sweetener than a chocolate syrup, making it perfect over ice-cream or pancakes (try on Tracey's fritter recipe below!)

## Recipe - Tracey's Coconut Banana Fritters

(Gluten, grain, dairy and sugar-free)

3 organic eggs  
1/4 cup organic coconut flour  
1/2 organic banana  
1 T organic honey  
1/4 cup organic coconut milk

Blend all ingredients together. Heat a frypan with a little organic oil and cook in four large fritters. To make into pancakes or crepes, add up to 1/4 cup of water to the blend (will make up to 8 crepes).