

MARCH 2013



Phrase



At Organic Living we are big proponents of nutritious food and supplements to help keep us healthy. But have you seen our large selection of natural remedies for when your body requires a little extra help? Many of these are effective natural alternatives to common pharmaceuticals. For example, white willow bark can be used for treating headaches, osteoarthritis and lower back pain (see the herb section below). Tui Bee Balm is a great alternative to petroleum jelly, perfect for nappy rash. St Johns Wort (shown in the picture) has been shown to be an effective treatment for mild depression and anxiety. Xma Ease cream is a natural alternative to hydrocortisone or aqueous cream for eczema. Tea tree oil is a great treatment for a number of fungal conditions such as athlete's foot , and even works for nits! Many foods can also help treat illness or correct imbalances, such as the ones on page 2 that help lower cholesterol levels.

Why bother when there are synthetic options readily available you might ask? All health treatments can have potential side effects, including natural products. However natural products are often more readily accepted by the body as they are in a more 'bio-available' form—ie a form the body can more easily assimilate. Many people can be sensitive to synthetic products, or the fillers and preservatives used. And because natural products are often in their whole form, they can have multiple benefits—for example tart cherry juice can help you sleep due to its naturally high levels of melatonin, but it is also a great source of anti-oxidants and a natural anti-inflammatory. Food for thought!

New Products!

Clinical trials of Go Healthy's new **Cholesterol Shield** have shown a reduction in cholesterol levels in just two weeks. These capsules can also be taken safely with prescribed statins. Only \$54.90 for 60 capsules.



Cherub Cream Cheese Alternative is a dairy and soy-free cream cheese made right here in New Zealand. Use as a spread on sandwiches or crackers, or mix one tub with 1/3 cup icing sugar and 1t vanilla extract for a cheesecake filling or a cream cheese icing. Yum! \$8 for a 250g tub.



NEWS NEWS NEWS NEWS

- ◆ The Kapiti Sustainable Home & Garden Show is being held at Kapiti Primary School, Kapiti Road, Paraparaumu, on 23 & 24 March. Great informative stalls and workshops on eco-friendly lifestyle tips. For more info visit www.kapiticoast.govt.nz/Our-District

HERB OF THE MONTH: WHITE WILLOW BARK

The bark from the White Willow (*salix alba*) tree has been used medicinally since Egyptian times. Used to treat pain, inflammation and fever, a derivative of the active ingredient salicylic acid is now produced synthetically and sold as aspirin. Studies have found white willow effective in treating headaches, lower back pain and osteoarthritis. For more information see these links at www.altmedicine.com and www.umm.edu

MARCH SPECIALS

◆ text

Feature product - Cholesterol-lowering foods



Many people today are diagnosed with high cholesterol levels. Cholesterol is a type of fat essential for our cell structure. However high levels of cholesterol in certain types of lipoproteins (protein particles used to transport cholesterol in our blood plasma) has been associated with an increased risk in atherosclerosis and coronary heart disease. There are a number of treatments available to help lower cholesterol levels, but more and more research is coming out on the benefits of certain foods for reducing levels.

GARDENING?

Eden's pet care products are a new range in store designed for the physical and mental health of your pets no matter their size! From flea treatments to antiinflammatories to Rescue remedy, they are all herbal formulas and made in New Zealand. For more information check out their website

Oats contain soluble fibre which reduces your LDL (low density lipoprotein) levels—the 'bad' lipoprotein measured when you have your cholesterol levels tested. Soluble fibre reduces the level of cholesterol in your bloodstream. Simply have a bowl of muesli or porridge a day topped with fruit that also contains soluble fibre, or try the cake recipe below!

Omega 3 essential fatty acids can reduce your blood pressure and your risk of heart attack. Oils containing omega 3 include fish oils and flaxseed oil. Foods include oily fish like sardines, tuna and salmon, meat and dairy from grass-fed animals, and seeds such as flaxseed and chia seeds.

The polyunsaturated oils in most **nuts** have been found to reduce the risk of heart disease. A [study](#) released this week shows eating a Mediterranean diet high in olive oil and nuts can decrease incidences of heart disease by 30%. A handful of nuts a day is sufficient, raw is best! It is the antioxidants in **olive oil** that are thought to reduce LDL levels. This is another easy food to include in your diet, simply use a good quality extra virgin olive oil in your dressings and for light sautéing (not frying).

Soy lecithin may also be of benefit in lowering cholesterol. A 2010 [study](#) found a small amount of soy lecithin taken daily reduced LDL levels, although it appears more research is needed.

For further information see the information on [Mayo Clinic](#) or [Livestrong](#) websites.

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Recipe - Oat & Walnut Cake

- 1 cup organic rolled oats
- 1 cup hot water
- 2 organic eggs, beaten
- 1/4 cup organic sugar
- 1/4 cup organic honey
- 1/4 t organic salt
- 1 1/2 cups oat flour
- 3 t baking powder
- 1/4 t baking soda
- 1/4 cup chopped organic dates
- 1 cup chopped organic walnuts

First soak the rolled oats in hot water, and leave to cool. Once cool preheat the oven to 150 degrees. Mix the eggs, sugar and honey with the oats and water. Mix in the dry ingredients till smooth, then combine with the dates and walnuts. Pour into a greased 20cm cake tin. Bake for 30 minutes.