

NOVEMBER 2012



Hello sunshine



Organic Living would like to welcome warmer weather back to the Manawatu. Although it wasn't a cold winter it did drag on somewhat so it is lovely to finally shed off the layers and start getting some much needed Vitamin D into our bones. It can be easy to forget over the colder months the power of our sun, especially in spring, and especially for us fairer skinned folk. As essential as it is for us to get those rays on our skin, it is very easy to get too much of a good thing. Time to protect ourselves from over exposure!

You may have noticed that many of the sunscreen products available contain chemicals we may not want our skin soaking up, especially when many newer sunscreens use nano-particles to increase absorbability. Fortunately there are a number of sunscreens available containing natural ingredients so you can apply them regularly with confidence. New to Organic Living is Andalou's Ultra Sheer Daily Defence Facial Lotion with SPF18 (\$32), perfect for sensitive skin. Our Natural Instinct range has Advanced Daily Protection Moisturiser SPF 30, (\$22.50), and for the body SPF 30+ Micro Mineral Sunscreen (from \$12.50). New Zealand brand Oasis Beauty also produces SPF30+ sunscreens for the face and body which get rave reviews for how well they absorb into the skin (from \$16.90). All our sunscreens use non-toxic zinc oxide to provide sun protection, and do not use nano-technology. And don't forget if you do accidentally over indulge, we are fully stocked in soothing and healing creams and gels to help you quickly recover. So get out there!

New Products!

Living Nature Tinted Moisturiser combines daily skin protection and sheer coverage in one product. It comes in three shades and can be used on its own as a light foundation, or with powder for extra coverage. \$52 for 50ml.



In time for summer are **Weleda's** new **body lotions** with beautiful fragrances of Wild Rose, Pomegranate, Sea Buckthorn and Citrus. One for all skin types, these would make the perfect gift. \$33.90 for 200ml



NEWS NEWS NEWS NEWS

- ◆ Check out the November/ December edition of the Organic NZ magazine, which has a feature on Margaret as a long time member of the Soil & Health Association.
- ◆ November is 5+ A Day Fruit and Vegetable Month!

HERB OF THE MONTH: MARSHMALLOW

The marshmallow plant (*Althaea Officinalis*) is native to Europe and parts of Asia. The roots contain a healing mucilage that is also the origin of our modern day marshmallow confectionary. It is a head to toe healer being useful for soothing coughs and asthma, inflammation and of the digestive tract, and for soothing urinary tract infections. Equally useful externally, it can be used to treat skin irritations and inflammations. For more information see <http://www.umm.edu/altmed/articles/marshmallow-000265.htm> . To try see our November special!

**NOVEMBER
SPECIALS**

- ◆ Traditional Medicines Heartburn Soother Tea contains our featured herb Marshmallow, and is now only \$7 (usually \$12.95) while stocks last

GARDENING?

If you do not have space for a compost bin, Bokashi is the solution! A sealed bucket holds your food scraps, and the addition of composting 'Zing' helps breakdown the scraps and release the juices that you can use as a liquid fertiliser. Only \$62 for one Bokashi set including one bag of 'Zing'.

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Feature product - Gluten-Free Food



Gluten-free diets seem to be the latest fad which claim to cure everything from eczema to obesity to heart disease. But what is gluten and why has it earned such a bad reputation? Gluten is a protein found in wheat and in lesser amounts in some other grains such as barley, spelt and rye. Gluten provides the 'glue' in baked preparations that gives them stretch and helps them rise. The higher the gluten content the more fluffy and elastic the end product.

Unfortunately gluten does not sit well with everybody. People with Coeliac Disease have an abnormal immune reaction to a gluten protein called Gliaden. This causes an inflammatory reaction which affects absorption of nutrients, and causes many symptoms including diarrhea, fatigue, and failure to thrive. People diagnosed with Coeliac Disease have to follow a very strict gluten free diet. Some people may not test positive for Coeliac Disease (this test can be done by your GP), but may find they do not produce sufficient enzymes to digest gluten, and may suffer from symptoms such as bloating, fatigue or eczema when they eat it. These people also benefit from cutting out gluten from their diet, but don't always need to be as strict as those with Coeliac Disease. Others simply find that eating more traditional strains of wheat that are lower in gluten, or slowly prepared products that have had time to break down the gluten (such as sourdough or essene bread) is easier for them to digest. If you do not fall into any of these categories, switching your loaf of white bread for a loaf of white rice bread will probably do little for your health or waistline, but everyone can benefit from swapping refined white flours for a greater variety of whole grains—especially if they are organic!

If you need to avoid gluten, there are now many palatable options available to you. Just about anything you can think of, from breads to pastries, baking and even pasta are available gluten free. Of course removing the gluten removes the lovely fluffiness and stretch of products made with wheat flour, but fortunately the gluten free alternatives are getting better all the time. Come in store and check out our extensive range of gluten-free products, especially our favourites such as Thoroughbread (makes great sandwiches), CuisAnn pies, pastries and baking and Orgran mixes for making your own breads, cakes and biscuits. We also have many gluten-free grains, flakes and flours; come chat to our staff about how to use them. And don't forget to check the labels of any products you are buying as gluten can be found in anything from baking to chocolate to dishwash liquid!

Recipe - Peta's Gluten-free cookies

These cookies are lovely and chewy and can be made super healthy with lots of fruit and nuts, or super decadent with lots of chocolate...

- 125g organic butter
- 1 organic egg
- 1 cup organic castor sugar
- 1 cup organic dried fruit, nuts or chocolate
- 1 ½ cups organic gluten free flour mix
- 1t gluten free baking powder

Cream the butter and sugar. Stir in the egg. Mix in dry ingredients. Place spoonfuls onto a tray with enough space to let them spread. Bake for 10-15 minutes until they are browning on the edges but still a bit doughy in the middle (this will keep them chewy).