

OCTOBER 2011



Time for a spring clean?



KOWHAI BLOSSOM

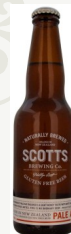
What a gorgeous time of the year. Its so exciting seeing the blossoms on the trees and the garden coming to life, despite the odd frosty morning still to contend with. Don't forget to come by and check out our selection of organic seedlings and seeds, including tomato seedlings!

It is also time for us to come out of our winter chrysalis, peel off the layers and shake off the winter blues. A great way to refresh at this time of the year is by doing an internal 'spring clean' or detox. There are a number of ways to go about this. Most detox programmes involve taking herbal formulas to cleanse and support the liver, kidneys or stomach. We have many products to help you, from tablets to tinctures and teas. Come in and have a chat to our staff about which products are best for you.

We also recommend having a dietary detox at the same time—taking a break from hard to process food and drink like animal products, coffee and alcohol. Increase organic fruits and vegetables and whole foods to increase antioxidants and fibre, drink lots of water, and you'll be feeling ready to face the summer!

New Products!

Just in time for spring we have NZ's only gluten-free beer in stock! **Scott's Brewing Co. Pale Ale** is made with sorghum, buckwheat and corn. The hops are predominantly the New Zealand-grown Cascade variety and fermentation is with an English ale yeast. A treat for those of us unable to tolerate gluten but still wanting a cool ale on a hot summer's day...
Only \$4.20 for 330ml.



Andalou Naturals is a range of skin and hair care made from all natural ingredients and containing at least 70% organic ingredients. Andalou uses Fruit Stem Cell Science which provides 'universal cells' to renew, repair and regenerate healthy skin and hair. As well as lovely shampoos and conditioners, the range has styling products too, including Full Volume Lavender & Biotin Style Spray and Moisture Rich Sweet Orange & Argan Styling Cream. Sounds good enough to eat!

NEWS NEWS NEWS NEWS

- ◆ 2 Oct is World Vegetarian Day!
Celebrate with a three course vegetarian feast with spot prizes and live music. Tickets \$20 available in store.
- ◆ 5 Oct "Our Rivers" The Grand Green Card Secret Artist Exhibition and Sale, with speakers, music and food. More information and tickets available in store.

HERB OF THE MONTH: MILK THISTLE

Also known as St Mary's Thistle or *Silybum Marianum*, Milk Thistle is most commonly used to help improve liver function and protect it from toxicity such as alcohol and drugs. It may also be helpful for problems with cholesterol and gallbladder issues, and even cancer. The active chemical in milk thistle is silymarin. Silymarin functions as an antioxidant, inhibiting the factors responsible for organ damage and promoting the growth of healthy cells. For more information and contraindications check out www.milkthistle.com

**OCTOBER
SPECIALS**

- ◆ Receive 15% off all Organix Pet Food for the month of October
- ◆ With every purchase of two Weleda Mother & Baby products receive a free Calendula Nappy Change Cream

GARDENING?

Now is the perfect time to try growing your own plants from seed. Ecoseeds sell a large range of vegetable, herb and flower seeds. All are open pollinate (naturally pollinated by insects, birds, wind etc) and are therefore non-hybrid (heirloom) meaning they will reproduce true to variety, year after year. Give it a go! Only \$3.95 a packet.

CONTACT US

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Feature product - Vitamin C



Vitamin C is an essential vitamin that we need to replenish daily as humans are one of the few mammals that do not produce it themselves. Vitamin C is needed for the growth and repair of tissue. It also helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels. We need Vitamin C to heal wounds and repair and maintain bones and teeth.

Vitamin C is also an antioxidant. Antioxidants block some of the damage caused by free radicals, substances that damage DNA. The build-up of free radicals over time may contribute to the ageing process and the development of health conditions such as cancer, heart disease, and arthritis.

Some studies suggest that vitamin C, as an antioxidant, can slow down hardening of the arteries, helping reduce heart disease. Foods rich in antioxidants such as Vitamin C have also been shown to contribute to a lower risk of high blood pressure. It can help reduce the length and severity of the common cold. Research from Otago University has found that vitamin C can help curb the growth of cancer cells. People who eat diets rich in vitamin C have also been found to be less likely to be diagnosed with arthritis. Vitamin C appears to work with other antioxidants to protect the eyes against developing macular degeneration, one of the leading causes of blindness in people over 55.

There are many foods rich in Vitamin C, such as oranges, peppers, watermelon, papaya, grapefruit, strawberries, kiwifruit, mango, broccoli, tomatoes, brussel sprouts, cauliflower, cabbage, and citrus juices. Leafy greens, red potatoes, pumpkin, raspberries, blueberries, cranberries and pineapple are also rich sources of vitamin C. Vitamin C is sensitive to light, air, and heat, so it is best to eat these fruits and vegetables raw or lightly cooked. To take larger doses of vitamin C as some recommend, you can supplement these dietary sources with capsules, tablets or powders. We have many different types available in store.

For more information see: umm.edu/altmed/articles/vitamin-c-000339.htm

vitaminc.co.nz

ncbi.nlm.nih.gov/pubmed/20570889

naturalhealthreview.org/articles.cfm?ID=110

Recipe - Margaret's Organic Vegetable Pie

1 large finely chopped organic onion
1-2 teaspoons minced organic garlic
2 large grated organic carrots
1 cup finely chopped organic vegetables (eg silverbeet, broccoli, leeks)
5 organic eggs
1/2 cup organic flour (gluten-free is fine)
1 teaspoon organic herb salt
1/2 cup organic milk

Heat the oven to 170 degrees. Grease a medium size baking dish. Lightly sauté the cup of vegetables. Mix together with all other ingredients. Sprinkle with grated cheese or chopped bacon if desired. Pour into the baking dish and bake 30-40 minutes. Serve with baked potatoes and salad.