

OCTOBER 2012



Flower power



Face Cream.

Not only are the beautiful flowers popping up everywhere at the moment a feast for the senses, many of these flowers harness medicinal qualities as well. Take for example the rose. Not only is rose one of the most heavenly smells on the planet, rose oil has been used for centuries for its aphrodisiac, calming, healing and hormonal benefits. We stock 3% rose essential oil in a jojoba base from local company Kereru, and it is also a common ingredient in many skin preparations such as the Herb Farm's Rose

For more mature skins the Herb Farm's Rosehip Face Cream is also very popular. Rosehip is an amazing product. See our 'Herb of the Month' section for more information on the benefits of taking rosehip internally. For external use, rosehip is fantastic for treating dry skin, eczema, and skin damaged by scars, stretch marks and burns. It is also great for treating fine lines and wrinkles.

As well as the prepared lotions containing rosehip, we stock pure rosehip oil which can be used neat on the skin. This is an excellent natural alternative to mineral-based oils for the healing of damaged skin. And we believe we sell the best priced organic rosehip oil in town! Only \$29.95 for 100ml.

New Products!

LifeStraw is a portable water filter that is perfect for camping and tramping, international travel and for your emergency kit at home. Simply sucking water through the straw will remove bacteria and parasites including Giardia, and will filter 1000 litres. And for every straw you buy, one is donated to those in need! Only \$35.



The Kefir Company **Young Coconut Water Kefir** is a ready-made probiotic drink made from the juice of the young coconut. It has so many great benefits such as being great for digestion, immune support, a natural source of probiotics for healthy gut flora, an excellent source of electrolytes and lots more. \$17.50 for 300ml.

NEWS NEWS NEWS NEWS

- ◆ If you have been missing Dovedale's fabulous breads you will be pleased to know they are back in store! Dovedale has also taken over production of Eatright snacks, so we also have some of your old favourites like Nut Corners back too.

HERB OF THE MONTH: ROSEHIP

Rosehips are the little hard berries that appear after the rose plant has flowered. These buds are highly nutritious, being a natural source of Vitamin C, A & B, and the antioxidant lycopene. They have been used to treat arthritis, urinary tract infections as well as colds and flus. It is most commonly taken as a tea or as a syrup. To make your own syrup try this recipe: <http://www.guardian.co.uk/lifeandstyle/2006/oct/21/recipes.dessert>
For further information see <http://www.livestrong.com/article/104164-health-benefits-rosehip-tea/>

MONTH SPECIALS

- ◆ Buy any two Karen Murrell lipsticks and receive a free lip brush! While stocks last.
- ◆ Bring in your own container for bulk Coral Tree Organic Cider Vinegar—10% off for October!

GARDENING?

Its time to start thinking about your summer garden! We have organic tomato, zucchini, eggplant, cucumber, bean and capsicum seedlings in store now. Only \$3.90 a punnet.

CONTACT US

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Feature product - Probiotics



Probiotics are “good” bacteria that can help maintain a healthy balance of flora in our gut. Our tummies contain an ecosystem of microorganisms which are critical to our good health. Many things in our current diet such as processed foods, sugar and alcohol can cause an imbalance in this ecosystem. Medications such as the pill, steroids, and antibiotics can also destroy the good bacteria causing an overgrowth of bad bacteria. This can result in symptoms such as gas, irritable bowel syndrome, candida, urinary tract infections, and skin conditions such as eczema. Taking probiotics helps address this imbalance by putting millions of the beneficial bacteria back into our system.

There are so many ways you can take these probiotics. In acute cases, such as to address a specific symptom like eczema or after a course of antibiotics, probiotics can be taken in capsule form. We have many different brands of probiotics at Organic Living, from general ones covering a broad spectrum of bacteria to those targeted at specific health conditions. For example Inner Health Plus IBS support uses the bacteria *Lactobacillus plantarum*, which has been shown to help in the management of medically diagnosed irritable bowel syndrome. Go Healthy Antibiotic Support has been designed specifically to be taking during and after antibiotic use. There are powders available too, and probiotics in formulation with other products to help with general health, such as LifeStream’s BowelBiotics, a unique blend of fibre, probiotics and prebiotics to help maintain regular bowel movements and overall bowel health.

For the day to day maintenance of healthy gut flora there are many foods that can be taken in conjunction with a diet low in processed foods, sugar, alcohol and certain medications. The one we are most familiar with is yoghurt. BioFarm’s organic yoghurt (\$6.40 for 1 litre) is made using three types of probiotics, and is a very yummy way to get a daily dose of good bacteria. See the recipe below for a way to make it even yummier! Tonzu soy yoghurt (\$4.90 for 500ml) is also made with beneficial bacteria. Kefir is another natural source of probiotics. We have kefir granules that can be used to make your own kefir yoghurt, or try our new young coconut water kefir. Fermented foods in general are a natural source of probiotics, so are a great addition to the diet. Try a sparkling kombucha drink, or fermented foods such as miso and tempeh.

Recipe - Pineapple Ambrosia

The perfect probiotic dessert as the weather warms up.

300ml cream
500ml organic yoghurt
1 can organic pineapple pieces
1/2 cup organic shredded coconut
1 packet of organic ginger nuts (gluten-free fine)

Crush the ginger nuts into small pieces. Whip the cream. Combine with all other ingredients in a bowl. Chill before serving.