

# SEPTEMBER 2012



## Aaa-choo



Welcome to spring; to the sun, the wind, the rain, the frosts... all in one day! Its lovely to see the garden coming back to life, lambs frolicking and blossoms out. For some, those blossoms are not something to look forward to. If you are one of the many to suffer from hayfever every spring, do not despair, come and talk to us. Hayfever is best tackled in two ways;

by boosting your own natural immune system and by helping to alleviate the symptoms. We have many products that can help you on both fronts.

Kiwiherb has two great liquid products. Destuff can be used for any congestion whether from a cold or hayfever, and Herbal Allergy Formula. Go Healthy Go Allergy Support helps support the body's ability to naturally deal with allergens. Go Decongest triple strength helps clear airways for allergy or cold and flu sufferers. GoodHealth Allergy Check balances our own immune response and helps to soothe and clear eyes and nose.

We also have a number of homeopathic formulas available that seek to stimulate the body's own defence system such as Naturopharm's Allermed relief and Weleda's Gencydo eyedrops & nasal spray. And don't forget to ask us about different teas and foods that can help strengthen your immunity and reduce your symptoms. Here's a handy tip - try reducing mucus forming foods such as dairy for a while and see if this reduces your congestion. Happy spring!

## New Products!



**Mimiccreme** is a new dairy-free and soy-free cream made from organic almonds and cashew nuts. It is perfect for serving with your favourite dessert as it is, or adding to smoothies, making your own icecream and heaps more! Only \$10.50 for 473ml.

Just in time for the warmer weather is **Stophair**, a 100% natural hair inhibiting spray. Safe and easy to use, Stophair is a unique product that can be used in conjunction with an other methods of hair removal. It is permanent and comes with a 100% money back guarantee. \$79.90.

## NEWS NEWS NEWS NEWS

- ◆ On 17 Aug staff member Nicole shaved off her golden tresses to raise money for her friend Jaynie's cancer treatment, and would like to say a huge thank you to all our generous customers who made donations. She has raised nearly \$500 so far! Donations can still be made in store.

## HERB OF THE MONTH: SCHISANDRA

The Schisandra plant is a vine native to parts of Asia and Russia. The berries of the plant have been used traditionally for immune boosting, liver strengthening, concentration and endurance. Schisandra is an adaptogen, which helps the body adapt to mental and physical stress. It is known to be an antioxidant and anti-inflammatory, to help improve concentration and memory and boost both physical and mental energy. It may also help balance blood sugar levels and cholesterol. For more information see [http://www.webmd.com/search/search\\_results/default.aspx?query=schisandra](http://www.webmd.com/search/search_results/default.aspx?query=schisandra)

**SEPTEMBER  
SPECIAL**

◆ **System Well  
Ultimate  
Immunity  
tablets— buy 90  
for \$48.90 and  
receive 45 free!**

**GARDENING?**

The soil is warming up so its time to get planting! We have a great range of seeds in store from Wellington supplier Ecoseds. Ecoseds are non-hybrid so you can save your own seed and they will grow true to type. Ecoseds also specialise in old and unusual types of seeds, many that are hard to find commercially today. Only \$3.95 a pack.

**CONTACT US**

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*Feature product - Oily fish and fish oils*



The health benefits of Omega 3 oils have been well established. Omega 3 essential fatty acids can help with brain function, inflammation and growth and development. As such they may help lower risks of chronic disease such as heart disease (including high blood pressure and high cholesterol), cancer and diabetes, they can help with brain function such as memory, concentration, depression and behavioural problems such as ADHD. They are also used for inflammatory conditions such as arthritis, inflammatory bowel disease and menstrual pain, and skin conditions such as eczema and dermatitis, even

gum disease. Think of Omega 3 as a lubricant for the mind and body!

Omega 3 essential fatty acids are called essential as our body does not produce them naturally, so we need to consume them regularly in our diet. The best way to do this is to regularly consume oily fish or take fish oil as a supplement, as well as eating other foods containing Omega 3 such as chia seed and flaxseed, and meat, dairy and eggs from pasture-fed animals.

Due to the popularity of oily fish and their oils, concerns have been raised about the sustainability of some fishing practices. Fish such as tuna are often caught using luring devices that also lure unwanted species, which are considered bycatch. Sustainable methods like pole and line fishing can reduce this bycatch by as much as tenfold.

You will be pleased to know that our fish products have been sustainably harvested. For example the organic distributor Ceres imports our Fish 4 Eva Skipjack Tuna in Brine (\$6.50 for 185g), and was the first provider of sustainably caught tuna in New Zealand. Ceres has also recently won the Greenpeace Tuna Sustainability Award. We also sell sustainably harvested Brisling Sardines (\$8.95 for 106g) and Pink Salmon (\$9.90 for 213g).

For convenience some people prefer to take a fish oil supplement. We have a wide selection of fish oils in store, including sustainably harvested krill oil, and cod liver oil from \$14.50. Krill oil is a high source of antioxidants including astaxanthin which is used for reducing inflammation and for the heart and immune system. Cod liver oil is also a natural source of vitamin A and vitamin D. We also have organic flaxseed oil as a vegetarian source of Omega 3. Come and have a chat about what is the best way to get more omega 3 in your diet!

*Recipe - Salmon cakes*

Serves 2. Gluten, dairy & sugar-free.

1 medium organic onion  
1 x 213g can Pink Salmon  
1 organic egg  
1 cup fresh organic wholemeal breadcrumbs (gluten-free fine)  
1/2 t organic dill seed  
Salt & pepper  
Organic flour to bind (gluten-free fine)

Finely chop the onion. Mix in a bowl with the salmon, egg, breadcrumbs, dill seed and salt and pepper to taste. Add enough flour for the mixture to come together in patties. Heat a pan with oil on a medium heat and cook till browned on both sides. Serve with a fresh garden salad and tartare sauce.