



Get your spring on



Happy spring! Hopefully, like our lambie friend Amethyst here, you've been able to get out and frolic in the sporadic sunshine. If so, you may be experiencing one of the downsides of spring... Hayfever is caused when our immune system responds to substances in our environment like pollen, and produces histamine and inflammation.

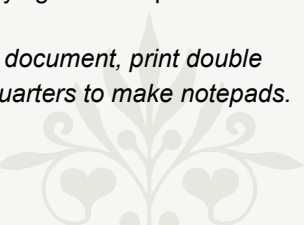
This triggers the runny noses, itchy eyes, and sneezing many of us are familiar with. Fortunately there are a number of natural remedies that can help ease these symptoms. Increasing your intake of fruits and vegetables can help, as Vitamin C and zinc help boost your immune system which helps reduce symptoms, and quercetin (found in kumara, broccoli, green tea and watercress) also helps reduce the body's production of histamine.

These can also be taken in supplement form, either individually or in combinations with herbs to help clear and soothe airways and dry up mucus, such as Go Healthy Allergy Support, Ethical Nutrients Sinus & Hayfever Relief, or Good Health Congest X. There are also many formulas that are suitable for taking during pregnancy, with other medications, or for children and babies. Artemis Immuno Boost tea is great for winter and spring, and homeopathic formulas such as Naturopharm Allermed spray, Scheussler Hayfever Tissue Salts and Weleda Mixed Pollen 30c can be taken by the whole family. We also have nasal sprays that help reduce symptoms quickly when used with hayfever products. Some people have found cutting dairy products from their diet can reduce their hayfever symptoms, this can be worth trying for a couple of weeks.

Ecotip: Think before you print! If you need to print a document, print double sided, and use the blank side of old pages cut into quarters to make notepads.

New Products

The Herb Farm has re-launched its range, with beautiful new packaging for old favourites, and some exciting new products. Come in store to check it out!



Go Natural snack bars are protein-packed gluten-free bars full of fruit and nuts, in beautiful flavours such as Macadamia Divine, Almond & Cashew and Nut Delight. \$3.95 each.



NEWS NEWS NEWS NEWS

- ◆ Margaret is celebrating 30 years of being in the business of selling organics! Check out [this recent article](#) about Margaret and one of our favourite suppliers, Bev from Kereru. And keep an eye out for upcoming festivities...

HERB OF THE MONTH: YARROW

Yarrow (*Achillea Millefolium*) is a herb native to Europe and America that is well known in New Zealand. Introduced here as a drought-resistant fodder crop, it has also become a common weed. However, as well as the leaves and flowers being edible by stock and humans, it is a good companion crop in the garden, and has a number of health benefits. Yarrow can help reduce gas and bloating and reduce bleeding (for wounds, hemorrhoids and periods). It is anti-inflammatory and a diuretic. [See here](#) for more information and contraindications.

**SEPT/OCT
SPECIALS**

- ◆ Buy an Oasis cleanser, tonic and SPF25 moisturiser combo for only \$89.90, receive a free tote bag!

GARDENING?

Now is the time to get your seeds growing for your summer crops. We have a great selection of organic open-pollinate seeds from Ecoseeds. Beans, broad beans, peas and many salad greens can be sowed directly into prepared soil now, and it is also a great time to get your tomatoes, capsicums and chilli seedlings growing indoors. Only \$3.95 a pack.

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Feature product—Black Seed



If you have been watching Rachel Hunter's [Tour of Beauty](#), you may have seen that one of the ingredients mentioned was Black Seed oil—called 'the cure to everything, except death'. Black seed is not a well known ingredient in New Zealand, but has been used for centuries in the Middle East and South East Asia to treat many conditions.

Black Seed (*Nigella Sativa*) is also known as black cumin and Kalonji. As well as being used to flavour curries, vegetables and breads, it has traditionally been used

medicinally for headaches, toothaches, digestive and respiratory health, immunity, parasites, as well as applied externally for various skin complaints. And research is beginning to show the reason this tiny seed has earned such a big reputation. Black Seed contains Thymoquinone which can help reduce asthma and allergies, and is an antioxidant and anti-inflammatory. It also contains Thymohydroquinone, which in its synthetic form is used to treat a number of conditions such as Parkinson's Disease, Schizophrenia, Alzheimer's Disease and Autism. Black Seed also contains Thymol which is a powerful antibacterial. [Early research](#) has found it may be helpful in treating Diabetes, H. Pylori stomach infections, epilepsy, high blood pressure, asthma, tonsillitis and even the antibiotic-resistant infection MRSA. It is great used both internally and externally, being useful as a treatment for hair loss and skin conditions such as eczema, and for rubbing onto joints to ease rheumatism.

And it is easy to take! You can take the oil daily (we have Zenian Black Seed Oil for only \$14.95 for 100ml), or you can incorporate the seeds into your diet. Black Seeds taste a bit like a combination of onions, black pepper and oregano, making them very easy to add to your diet. You can add them to any Indian dish such as the below relish (this spicy relish can be served as a side dish with any indian meal, added to any savoury dish to add flavour, or even served with meats or on fresh bread). Or you can add some black seeds to any spice or herb combination, such as into an Italian tomato-based dish, a Mexican chilli, a stir-fry or in a rub or marinade for meat. Or sprinkle the seeds on bread before baking.

[See here](#) for further information and contraindications.

Recipe—Sweet and Sour Tomato Relish

Recipe adapted from Tarladalal.com

| | |
|------------------------------------|---------------------------------------|
| 3 organic fresh or canned tomatoes | 1/4 cup organic coconut sugar |
| 2T organic carrot, grated | 1/4 cup organic dates, finely chopped |
| 4 to 5 organic peppercorns | 4 organic garlic cloves, peeled |
| 1/4 tsp organic cayenne powder | 1T organic vinegar |
| Organic salt to taste | 1t organic black seeds |

Cut the tomatoes in half and scrape out the seeds. Chop the tomatoes and add to a small pan with the sugar, dates, carrot, garlic cloves and peppercorns. Cook on a low heat for 20-25 minutes. Remove from the heat and stir in the remaining ingredients. Leave to cool and store in the fridge. Makes one small jar.