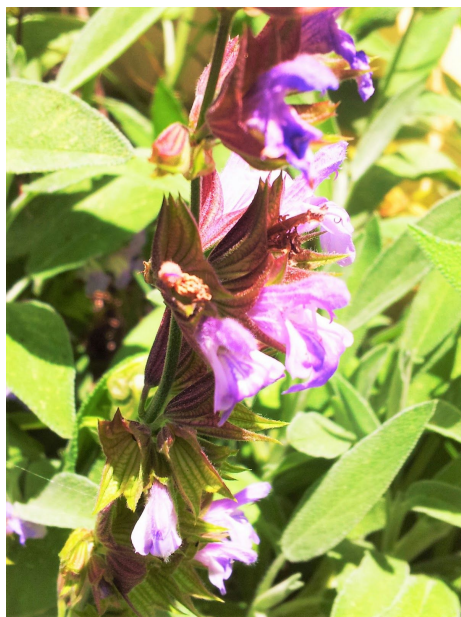




Summer scents

Ah isn't summer beautiful? Not just all the warmth and abundance, but the gorgeous smells from plants in flower and the tastes of freshly picked summer produce. A [recent article](#) in the Dominion Post explained how all these smells and tastes are actually chemical compounds that are often replicated in laboratories to produce scents for perfumes, or essences for flavours. This includes some flavourings in the US now being created by genetically engineered bacteria to produce flavours in a fraction of the time it takes to grow them. He argues there is no difference between the natural and synthetic compounds.

According to [author Mark Shatzker](#) however, the purpose of scent and flavour in food is to allow us to identify chemicals in food needed for our health. The synthetic smells and flavours in processed foods have no correlation with the actual nutrients in the food itself. The flavours are only added to make the food tastier, enticing us to eat more. However, eating whole, natural foods allow us to keep that connection between what we want and what we need going. This is especially true for organic food which often has a stronger



flavour than its conventional counterpart. Essential oils work in a similar way when used externally. These are concentrated aroma compounds from plants, usually extracted by steam distillation. They contain the chemical compounds that create the scent of the plant, but they also contain the compounds that give the health benefits associated with the smell (such as the antimicrobial and anti-inflammatory properties of [tea tree oil](#)). Come in and

check out our range of essential oils and their health benefits!



New - Immunity Fuel is a pure organic mix of 13 strains of probiotic bacteria fermented with 19 wholefoods for the ultimate boost to your health! Come in for a free tasting on Thurs 23 February.

Eyebright (*Euphrasia Officinalis*) has been traditionally used for eye health as the name would suggest, particularly for eye infections and conjunctivitis. It has also been used for inflammation, coughs, colds and hayfever. It appears to be astringent, anti-inflammatory and antibacterial, however there has been little research on this herb. It can be taken as a tea for reducing inflammation from hayfever or colds, or in eyedrops (such as Weleda's *Euphrasia Soothing Eyedrops*).

News -The Ministry of Health is calling for submissions on the [Natural Health Products Bill](#) by 4 March 2016. Concerns have been raised that this bill will restrict the production and sale of natural health products in NZ. [The NZ Health Trust](#) has details of the concerns and how to make a submission. More information and a petition you can sign can be found at [Change.org](#)



Feature product - Rice

Rice is the biggest consumed cereal crop by humans, originating from domestication in China and Africa thousands of years ago. With international trade its popularity spread throughout the Middle East and the West, and is now it is a staple ingredient in many of our favourite dishes from sushi to risotto to rice bubbles. Whole rice, flakes and flour have become one of the most common wheat substitutes in gluten-free cooking.

Grains have been getting a tough time in the media with the promotion of the Paleo and other low-carb diets. White rice (which has had the germ and bran removed) and products made from it, as with refined white wheat flour, contains very little nutritional benefits. However whole organic rice is a good source of nutrients including minerals like calcium, iron, magnesium, potassium and zinc, Vitamins B1, B3, B5 and B6, and Vitamin E. Darker-coloured rice such as red and black have higher levels of antioxidants. Wild rice (a cousin of rice) is even more nutritious, including higher levels of protein. Wholegrain rice also contains good amounts of fibre. Too much refined white rice can spike blood sugar levels, contributing to Type 2 Diabetes, however switching to whole grain rices reduces this risk. Rice does contain phytic acid which can inhibit the uptake of some minerals, however this is not considered a concern when eaten as part of a balanced diet, and can be reduced by soaking or sprouting rice before cooking. Cooked and cooled rice is also a good source of resistant starch, which may promote colon health ([See here](#) for more info).

And as rice is used in so many cuisines, it is so versatile! We have many varieties available, from basmati to jasmine to red, black and wild. Try switching to wholegrain rice in sushi and risotto, or instead of bulghur wheat for a gluten-free tabouli. Wholegrain puffed rice is a wholegrain version of rice bubbles, and makes a good addition to homemade muesli. Wholegrain rice cakes and crackers make great bread alternatives for lunch or snacks. Brown rice syrup can be used as a low-fructose alternative to sugar.



N&W - Nutraorganics Cocobiotic bars are nutrient dense, full of probiotics and delicious! \$4.95each.

Special: Radiance Osteoflex capsules contain krill oil, green-lipped muscle, and turmeric. Only \$34.90 for 50 capsules (normally \$49.90)

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