

# August



# 2016 News

## Organics - not just about food



At Organic Living we believe in organic food not only for the health benefits for consumers, but also for the environment and the producers, compared to food grown using chemicals. We are also against the use of genetically modified food for

similar reasons. But genetic engineering is not just used on food crops. Many of us prefer to use natural cotton in our clothing and bedding, but did you know that 90% of cotton grown worldwide is genetically modified?

Why is this a problem, when we don't eat cotton? GM crops can impact negatively on their producers, users and surrounding environment in other ways. For example, according to an article in Organic NZ magazine's July/August edition, despite 94% of cotton grown in the USA being transgenic, the use of pesticides on cotton crops is increasing. Eight of the 10 most commonly used pesticides in growing cotton are considered by the World Health Organization to be moderately to highly hazardous. And although we do not eat cotton, we certainly keep it close to our skin, considered the body's largest organ. Not only that, we use cotton products for sensitive areas of our body such as for open wounds coverage and menstrual products.

So how can we avoid absorbing these chemicals? There are many organic cotton clothing and bedding options now available online. Buying clothing second hand or washing thoroughly before use will also reduce the chemical load. Come in store to check out our range of organic tampons, pads and liners, cotton buds and cotton nut-milk bags.

**Ecotip:** See this [great proposal](#) to the PNCC to ban polystyrene use in Palmerston North. You can help now by bringing your own containers when you buy takeaways, meat and hot coffee.

*Venerdi introduce their crackers- these moroccan ed crackers are made with d nuts and seeds. They are rotein and fibre and free dairy and soy. Only \$4 ackers, the perfect nent to a cup of our*



**Eucalyptus** is the name of many trees from the myrtle family, mostly indigenous to Australia. They are grown globally as a fast growing tree, with the leaves used as a cleaner and natural insecticide. The oil also has many health benefits. Two of the most common are from the radiata and globulus varieties. These both contain between 60-70% of 1,8 cineole. 1,8 cineole is an expectorant (great for inhaling when you have a cold) and good for massage for sore muscles, and for relieving headaches due to colds or tension. It is antifungal and antibacterial, making it great addition to cleaning products, and is a good insect repellent. [Click here](#) for more info and cautions.

## Feature - Prebiotics



We are all now familiar with probiotics, and the huge benefits good bacteria have to our gut and overall health. But did you know probiotics need feeding? Probiotics like to live on what are called prebiotics. These are mostly non-digestible carbohydrates such as fibres, oligosaccharides and resistant starches. These carbohydrates are hard for the small intestine to break down, but are great for probiotics. The probiotics ferment them to produce short-chain fatty acids such as butyrate which helps keep the lining of the gut healthy. Research has found prebiotics may improve bowel function, improve absorption of minerals (especially calcium), affect the immune system, and affect the profile of gut micro organisms.

So how what is the best way to feed our probiotics? The great news is prebiotics are found in many fruits and vegetables. The highest levels are found in chicory, jerusalem artichoke, garlic, onion, leeks, dandelion leaves, asparagus, whole wheat, barley, oats, konjac root, cocoa, flaxseed, apples and yacon. Potato, kumara and pulses (lentils and beans) are also good sources. This is yet another reason to eat your 5+ a day! They are also found in many whole food supplements now. Chicory root extract can also be bought in a powdered form. This is a great addition to making probiotic foods such as sauerkraut or dairy-free kefir to feed the probiotic powders added. If you are not used to consuming many of these high-prebiotic foods you may experience some bloating and gas initially as your bowel adjusts to the higher levels of prebiotics, but this should settle down quickly. If you have Irritable Bowel Syndrome and/or a sensitivity to certain FODMAPs however (see last month's newsletter for more on FODMAPs), you may not be able to tolerate many of these prebiotic-rich foods, you will have to experiment to find which ones you are able to tolerate.

**NEWS:** For sale - Vitaeasy powerful 2200w blender, makes smoothies and soups in seconds, and is perfect for making nut butters and milks. Used less than a dozen times, with a brand new jug. \$450 ONO (new retail \$595). Ask in store for more information.



**Special: Dalton's Nufert is a certified organic slow-release fertiliser, perfect for adding to the soil now in preparation for spring planting. Was \$25.50 for 5kg, now only \$19.90! While stocks last.**

***NEW- Bio Inside introduce a range of organic vegetables immediately deep-frozen to preserve their nutrition. We now have peas, beans and corn available. From only \$4.50.***

