

# June



# 2016 News

## Skin treats



Wow that cold weather has hit with a punch! Its now time for layering up for outside endeavours and snuggling by fires and heaters. It is important at this time of year to make sure you are eating vitamin and mineral-rich foods to keep your

health up, and crack into some good immune-boosting supplements if the dreaded lurgie hits. There is one organ that gets hit hard by the drop in temperature that we often neglect - our skin. We often think about the warmer temperatures and sun drying out our skin, but winter can be just as damaging. Cold air and winds, roaring fires, dry fan heaters and air conditioning can all dry out our skin through the winter months, especially our face, lips and hands. How about trying some skin treatments on a cold winter night?

Follow a warm bath or shower with a mosturising skin lotion such as Dermalab's moisturiser or treatment oil , or treat yourself to a massage with moisturising oils. We have a great range of skincare products for dry skin such as Weleda's Skin Food (great for dry hands and feet) and Kereru's super-thick lip balms. Try moisturising hands and feet before bed, then slipping on cotton socks and gloves to really let the moisture soak in. For a full face treatment use your favourite cleanser followed by a face mask such as Andalou's Fruit Enzyme mask, Or the Herb Farm's Revitalising Face Mask (pictured), then a super-rich moisturiser or oil. Exfoliating is also a great way to slough off dull, dry skin, come in for a free sample of the Herb Farm Lasting Beauty or Dry Skin range, including their new exfoliating powder. And don't forget to keep hydrated!

**Ecotip:** As the cold creeps in, make sure your windows are open on sunny days and closed from sundown to sunrise, and fill any gaps under doors with doorstoppers or blankets.

**Frankincense** is an aromatic resin from one of the trees of the *Boswellia* family. It has been traded as an incense and for spiritual practice in the Middle East and the African continent for over 5,000 years. Most commonly used for its fragrance, it has also been used for skin care and digestion. In Ayurvedic medicine it is used for arthritis and female hormone imbalances. Recent studies have shown it may help relieve depression and anxiety, osteoarthritis, and may help treat some cancers, although more research is needed. It can be added to a carrier oil and massaged into the skin, or burnt in an oil burner or as incense.

## NEW- Australia Eatwell



**Eatwell** is a new range of vegan ready-made burger patties and sausages, with a variety of yummy flavours such as Kale veggie burgers with smoked paprika and tomato, onion and basil sausages. \$10.95 a pack.

## Feature product - Salt



Salt is the common name for the chemical compound Sodium Chloride (NaCl). Sodium is an electrolyte mineral that helps keep our body fluids such as blood in a normal balance, and it plays an important role in nerve and muscle function. But how much do we actually need, and what are the best sources? The recommended daily intake (RDI) of sodium is a minimum of 500mg. Too little sodium can increase LDL (the "bad") cholesterol and tryglicerides, increase insulin resistance, and cause low blood salt levels which can contribute many diseases. However one would have to be on a very restricted diet to not get 500mg of sodium a day, as it naturally occurs in most foods, including fruit and vegetables. One of the greatest sources is seafood and kelp, as they have absorbed salt from the ocean. It also naturally occurs in dairy and coconut milk. And of course it is in salt.

Because of its use as a food preservative and its great taste, salt has been a commodity for thousands of years (it has even been used as a payment for wages, hence the word 'salary'!) However its flavour enhancing and preservative qualities have led to it being over-used, especially in processed food. Excess sodium can be linked to higher blood pressure and stomach cancer. The maximum amount of total sodium recommended is 2,300g, or 1 teaspoon when converted to salt. It is very hard to keep under this maximum if you are eating processed foods. However, if you are eating a mostly wholefood diet, and adding a pinch of salt along with other herbs and spices to a meal, this would be no problem.

There are great unrefined salts available such as sea salt, himalayan salt (like the Healthy Salt Company salt pictured) and celtic salt. These have not been chemically processed, contain traces of minerals and are slightly lower in sodium. Or try Ceres herb salt which replaces some of the salt with dried herbs, reducing the overall sodium content. A pinch of kelp pepper once a day adds saltiness to a dish, and would also give you your RDI of iodine, or try kelp salt which is a mix of unrefined salt and kelp. And don't forget, organic foods are so packed with flavour you don't even need to add salt!

### **Special:**

*These aroma diffusers use steam to diffuse essential oils safely, as they automatically switch off when out of water. Introductory price of only \$95! (Up to \$135 elsewhere)*



***NEW- Coconut chips come in amazing flavours like raspberry and beet and smokin' bbq and spice. Only \$6.95 a pack.***

