

March



2017 News

10 serves of yum

Research from UK's Imperial College late last month has found that [eating 10 servings](#) of fruit and vegetables a day gives the greatest reduction in risk of a number of diseases such as cancer, heart disease and premature death. Well this is all very well in theory, but is it realistic?



When broken down this amount is not as scary as it looks. This research calculated a portion as 80 grams, equivalent to an apple, large mandarin or small banana, or three heaped tablespoons of any vegetable (excluding potato). This 800g per day was the upper limits of the research, however even 200g or 2.5 servings was shown to have benefits. Therefore it is not actually that different from the current 5+ a day recommendation.

The next trick is to not make this another chore to tick off your list each day. Instead try to naturally incorporate a few extra veggies in your meals at home or out. A couple of servings of fruit on your cereal or in your smoothie is easy, or sneak a handful of green in your smoothie, you won't even taste it! Serve a handful of our yummy salad mix, sliced gherkin, sauerkraut, tomato or avocado on the side with any meal or snack, and don't forget a sprinkle of chopped herbs. Carrot and celery sticks are actually tasty with dips or peanut butter, or try kumara or parsnip chips instead of potato chips. If making soups, casseroles or sauces, just increase your veggie portions. Legumes count too so throw in a handful of lentils or cooked beans in too. Sneaky tip - baked beans count too! Try some of the tweaks and recipes in [this article](#). These small changes can become second nature, and you may even notice that veggies are actually quite tasty, especially if they are organic! Or come in store and ask us for our favourite recipes and tips.

Ecotip: *If you have surplus produce and don't have time to preserve it, throw it in the freezer fresh, you can use it for sauces and jams later.*

NEW- Check out our great new range of **ECOtanka water bottles. Made from stainless steel they are BPA-free, easy to wash and long lasting.**



Yerba Mate (*Ilex Paraguariensis*) is a tree from South America, the leaves and twigs of which are made into a tea called mate (pronounced mah-tey) or chimmarao, popular through much of South America. It's taste is similar to tea, with a slight bitterness to it, but it has been found to have slightly more antioxidants than green tea and a large range of vitamins and minerals. It also contains caffeine (less than coffee but more than tea) so is good for energy and mental focus. Research suggests it may help boost metabolism and its high chromium content means it can help reduce sugar cravings by balancing out blood sugar levels. It may also help lower the risks of heart disease due to its antioxidant, anti-inflammatory and cholesterol-lowering properties. Further information including side effects can be found [here](#).



Feature - Foods for gut health

Over 2,000 years ago, Hippocrates believed that all disease begins in the gut. In more recent times, research is finding that the health of the gut affects nearly every part of the human body's health, from skin to mental health to immunity. Many people experience issues with their gut, from indigestion to Irritable Bowel Syndrome, and if our gut is not healthy then it is not absorbing sufficient nutrients from our food to keep us healthy all over. Intestinal hyperpermeability (sometimes called 'leaky gut') is when the tight junctions of the intestinal wall become loose, allowing bacteria and toxins into the bloodstream. It is thought that [this may contribute](#) to the development of autoimmune conditions such as diabetes and Crohn's disease by triggering an immune response against the invading particles.

So what foods can we eat to ensure our gut is at its most healthy? The first thing is to ensure you are eating a variety of whole foods and cutting down on processed foods (especially sugar) and chemicals in your food. Paying attention to how your body responds to different foods can help you isolate if there are any foods you are intolerant to. Foods that can help soothe the gut are peppermint, slippery elm, aloe vera, and mucilage herbs such as liquorice and marshmallow. The anti-inflammatory properties of turmeric are also beneficial for the gut. Eating probiotic-rich foods such as sauerkraut, kefir and yoghurt, and prebiotic-rich high fibre foods which helps feed the probiotics (such as garlic, leeks, jerusalem artichoke, bananas and apples) helps maintain a healthy gut flora. For extra support you can take a good probiotic capsule or powder.

There are also a number of foods and supplements that are gut healing. The gelatine and other nutrients in bone broth helps heal the gut lining. Try our ready-made frozen broth, make your own with our organic chicken frames (simply throw a frame into a slow cooker with just over a litre of water for 24 hours with a splash of cider vinegar and any vegetables you would like), or try the convenience of gelatine powder ([see here](#) for yummy easy ways to use it). Colostrum powder from the first milking of a cow after calving is rich in gut-healing growth factors and is great for immunity. L-Glutamine is an amino acid that is both anti-inflammatory and helps heal the gut lining. It is available in a vegan powder. Stress also contributes to gut health, so come and have a chat to us if you would like to look at herbs or supplements that may help you through stressful times.

Special- Buy a twin pack of Dermalab 430ml shampoo & conditioner or cleanser and moisturiser for only \$29.90, or try the 150ml twin packs for only \$19.90, and save nearly \$10!

NEW- Try our beautiful new range of Chocolate from the Wellington Chocolate Factory! Made from freshly roasted, stoneground, organic, ethically traded beans.

