

May



2016 News

How do you doodoo?

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

We are learning more and more about the importance of a healthy gut, from immune to mental health. Having a quick look in the toilet can help pick up some easily remedied issues when checked against the above chart from the University of Bristol. For example, Type 1 or 2 stools are dehydrated and can cause straining. This can be helped by increasing water consumption, and eating high fibre fruits, vegetables and whole grains. Increasing good oils can help too, nuts and seeds are high in both fibre and oils. Exercise like walking and yoga also helps to massage the colon. For extra assistance, products such as psyllium husks, herbal teas and magnesium may be beneficial. These tips are also beneficial for Type 5. If yours are a Type 3 or 4, congratulations! The best poo is smooth, comes out easily, and 'snaps off' cleanly. If you can still see bits of food then try chewing your food for longer to break it down fully. If yours are Type 6 or 7, then try a probiotic like Ethical Nutrient's IBS Support, or Lifestream's Bowel Biotics which also contains psyllium, a fibre that helps regulate the bowel, making it beneficial for stools that are too hard or too soft.

Ecotip: Check out just.net.au for an entertaining demonstration of alternatives to packaged household products from WWF!

New - If you thought organic convenience food wasn't possible, try Ceres' new vegan, gluten-free falafel mix, ready in 10 minutes- just add water! Only \$8.95.



Lemon Balm (*Melissa Officinalis*) is a herb found in many gardens that makes a beautiful cup of tea, but it has a number of health benefits to go with its refreshing taste. Lemon balm is useful for poor digestion and bloating. Research has found it is calming and helps improve alertness, reduces oxidative stress on the body, helps colic in babies and is good for insomnia. It has also been found it may help reduce symptoms of dementia, and applied topically is a good treatment for cold sores. Check out our dried lemon balm for tea, or new Kereru Melissa 3% essential oil. More information is available at www.webmd.com

News- World Fairtrade Challenge is on 13-15 May. Come in store for more information and see our fairtrade coffee special below.

Feature product - Ginger



Ginger (*Zingiber Officinale*) is a large flowering plant, as can be seen in this beautiful drawing by Franz Eugen Kohler. Native to Southeast Asia, ginger is most well known for its root, and is a relative of turmeric, galangal and cardamom. It has been used by all over the world for thousands of years, being traded in Europe since Roman times. Most traditionally used in Western cuisines as a dried food in baking, it is used fresh or pickled in asian cuisines and is a common ingredient in some of our favourite dishes, from indian curries to pickled sushi ginger to ginger beer.

As with many spices, it has [a number of health benefits](#). It contains gingerol which has powerful anti-inflammatory and antioxidant effects. Many people find it effective for nausea, whether from travel, pregnancy or chemotherapy. It is also great for indigestion. Its anti-inflammatory properties may make it a useful treatment for osteoarthritis and menstrual pain, and may even help protect against Alzheimer's Disease. It is also a natural blood thinner making it useful for improving circulation and possibly reducing heart disease. It may also help against infections, including respiratory infections.

It is easy to add into your diet. We have beautiful Fijian spray-free ginger for only \$17 per kg which can be finely sliced and added to stir-fries, soups, chutneys or curries at the early stages of cooking. Any left-over ginger can be frozen; it slices off easily for future meals or for adding to cups of tea (great with lemon and honey). Or try our powdered ginger, crystallized ginger, ginger chews, ginger syrups or ginger capsules.

Special: This year's [Fairtrade challenge](#) is to tally as many cups of fairtrade coffee drunk between 13-15 May to help coffee growers fight climate change. Receive 20% off our Inca Fe range of fairtrade coffee before 13 May then count your cups for those days!



NEW - Angel Foods Dairy free Sour Cream:



This sour cream alternative is New Zealand made and uses sunflower seeds and coconut oil to create a perfect dairy-free sour cream for use on winter soups, curries, dips and of course vegan nachos! Only \$8.95.