

November



2016 News

Don't let the bugs bite

As summer approaches, we are not the only ones coming back to life in the warmer temperatures. Infestations of fleas in particular take off at this time of year, and can find their way into your bed clothes, carpet and lounge furniture. Rather than attacking them with chemicals, come in store and check out some of our natural remedies. We have Flee Flea, a popular treatment for cats and dogs, made of ingredients such as brewer's yeast, garlic and kelp. This can be added to pet food daily as a preventative, and rubbed directly into an infested animal's fur. Fleas hate it!

Another popular product is DENZ certified organic diatomaceous earth. This powder is in fact made up of tiny shell fossils, that although smooth to us, are fatally sharp to tiny creatures such as fleas and mites. It can be sprinkled on carpet and furniture, rubbed into animals fur and is great in chicken's nesting boxes and dirt baths. It works on internal parasites too; it can be added to animal's food or water, and makes a great detox for humans too. It is also a fabulous natural pesticide when used in the garden. Or try neem oil- perfect for repelling aphids on your tomato plants.

For other insects around the home, check out our extensive range of essential oils from Kereru, many of which have insect repelling properties. These can be wiped on surfaces, added to household cleaners or used in an oil burner or diffuser. And for heading into the great outdoors this summer, choose from our selection of 100% natural insect-repelling balms, oils and sprays to ward off those irritating bites. Here's to a bug and chemical-free summer!

Ecotip: *If you are Xmas shopping, think before you buy. Can you make it, buy it second-hand or reduce its packaging? Come talk to us for natural gift ideas!*

Just Wholefoods Soup in a mug is the perfect organic vegetarian snack! In three delicious flavours, and only 15 for \$5.95.



Passion Flower (*passiflora*) is a flower found on most continents that has long been prized for its beauty, its fruit (such as the passion fruit and banana passion fruit) and its medicinal properties. It has been traditionally used in the Americas and Europe for insomnia, anxiety and seizures. Today it is the *Passiflora Incarnata* that continues to be used. It is thought to work by increasing the brain's levels of Gamma Aminobutyric Acid (GABA), which can lower activity of some brain cells, making you feel more relaxed. It is most often taken in combination with other relaxing herbs such as lemon balm and valerian in a tea, tincture or tablet. [See here](#) for further information and contraindications.





Feature - Nutritious breakfast ideas

We have long been told that breakfast is the most important meal of the day. [Studies](#) seem to suggest that skipping breakfast itself has no actual impact on health or weight gain. Some people's digestion is just not awake that early! However if you eat a less than nutritious breakfast, or if you skip breakfast due to time pressures then eat an unhealthy snack at morning tea to make up for it, then it might be time to come up with some healthier and convenient morning options.

Many of us grew up eating cereals or toast for breakfast with little nutrition to keep us going. Not many of us can stomach the idea of the nutritious savoury breakfast that many non-western cultures enjoy, so what are some nutrient-rich alternatives that are still appealing first thing? Eggs are a great breakfast food that can be eaten savoury (eg on toast or in a frittata) or sweet (eg in a custard or smoothie) that is packed with goodness, especially protein, which will help us feel fuller for longer. Or hard boil a couple to snack on later. Whole grain low-sugar cereals are also a fantastic option. Try Little Bird's gluten-free raw sprouted grawnolas (also super-delicious as a snack right out of the pack), or Ceres Paleo breakfast mix (pictured) for an extra energy boost. Add to a bowl with some berries and a couple of spoonfuls of unsweetened yoghurt! Yoghurt is not only super delicious, it is full of goodness including probiotics. Check out our range of yoghurts including lactose free, soy and coconut. Nuts and seeds are also a great addition to your breakfast, whether in nut butters on wholegrain toast, a handful in a smoothie or with your cereal, or simply make a scroggin to carry with you for a late breakfast on the run. Additions such as chia seeds or LSA (ground flaxseed, sunflower and almond) can give an extra boost to any smoothie or cereal. Or try making your own chia breakfast pudding by combining ¼ cup of chia seeds with 1 cup of any milk and a little honey and leaving in the fridge overnight, then adding your favourite fruit. Make it in a lidded jar and take it with you! Smoothies are the perfect breakfast for when you are in a hurry in the mornings, simply add your favourite combination of protein (such as nuts, seeds, egg or check out our extensive range of all-natural protein powders), fruit and vege, and liquid such as milk, yoghurt, kefir or coconut water. And don't forget our extensive range of superfoods such as acai berry can be added to any cereal or smoothie; keep an eye out for Riversea Trading frozen acai pulp coming soon- there will be free tastings! Bon appetit...

Special- The Herb Farm introduce a special edition hand cream for Xmas, with rose and ylang ylang. Yours free with every Herb Farm purchase over \$60 - great for you or as a gift!



NEW- She Universe combines quality vegan ingredients (many raw, organic or sugar-free) with beautiful flavours to make divine chocolate. From \$4.50

