

# October



# 2017 News



## Natural Energy

The spring equinox has passed and everything is finally coming alive. How about you? It is time to come out of hibernation and wake your body up! If

your body is not naturally following the seasons and brimming with spring energy, you might want to look at what you can do to feel your optimal at this beautiful time of year.

If we have been eating seasonal comfort food over the winter, now is the time to step up consumption of more fresh fruits and vegetables as they come into season. Try new season's asparagus, carrots and apples in store. And don't forget to get out and stroll in the spring sun, there is nothing like a good dose of vitamin D after a long winter!

If you feel like you need something extra, come in store for a chat. We have a great range of green powders for an extra vitamin boost. If you haven't tried spirulina, it is a great source of antioxidants, protein and iron, and easy to throw into a smoothie. Or try our new fair -traded and organic maca powder from Soleno. Maca is a peruvian root vegetable known for being a hormone balancer. This can be great for energy as it can help balance low testosterone and cortisol. If your fatigue is stress-related, we have a growing selection of products containing adaptogenic herbs. These herbs help the body reach equilibrium when under mental or physical stress. Try Good Health's Stress and Vitality or check out our individual adaptogenic herbs such as Siberian Ginseng. For a short-term solution we have a great range of organic chocolate, coffee, black, green and white teas, and yerba mate is back in stock! This tea is traditional to South America, and contains caffeine as well as a number of minerals and antioxidants.

**Ecotip:** Did you know that if all the straws used EACH DAY were joined end to end they would circle the globe 2.5 times? When out and about say no to straws, or check out our range of reusable straws in store.



**New: Lunette menstrual cups are made from reusable silicon making them kinder to the environment than tampons or pads. They come in different sizes and colours, and are only \$49.90!**

**Siberian Ginseng** (*Eleutherococcus senticosus*), is a shrubby bush native to North Eastern Asia traditionally used in ancient Chinese medicine. Although called ginseng, it is not related to American or Asian ginseng from the Panax genus. However it is so named as it does have similar properties to ginseng. Considered in Russia to be an adaptogen, it is traditionally used to prevent colds and flus and to increase energy, vitality and strength. It can be used for insomnia, stress and energy, to boost the immune system and to stimulate appetite. It can also be used for heart conditions such as high cholesterol. [See here](#) for more information and contraindications.

## Feature - Cheese



Happy Cheese Month! Cheese is definitely a food worth celebrating. Thousands of years ago some clever person figured out that the protein in milk could coagulate when acid was added, and then that the addition of rennet could make this set hard. Originally a great way to make milk last longer and travel better, cultures all over the world have since realised the diverse and exquisite flavours that can be developed from such humble beginnings. This is in addition to the great nutritional benefits of cheese in the form of protein and minerals such as calcium, iodine and

magnesium, and vitamins like B12. The fermentation also makes it easier to digest than milk.

In New Zealand, where many of us grew up with cheddar, the last few decades have seen an explosion of artisan cheeses, not just from cow's milk but from goats, sheep, even legumes! This not only gives us so many delicious flavours to choose from but is a huge relief for those who are lactose intolerant or vegan. Goats and sheep milk have lower levels of lactose than cow's milk, making their cheese even easier to digest. And cheeses made from soy or pea are suitable for anyone wanting to avoid dairy in their diet but still occasionally indulge in pizza!

If you have not checked out our selection of cheeses this month is a great time to come in and see our selection, and even try a few. We have a great range from The Cheese Barn including gouda and their award winning camembert, along with their kefir, lactose-free yoghurt, cottage cheese, sour cream and ghee, all made from organic milk. Pohongina's Cartwheel Creamery has a beautiful range of cow and goat cheeses, including feta, halloumi, blue, and their exquisite goats camembert, Opiki Ma. And check out our range of Wild Bush sheep cheeses from Woodville. In the first week of October we will have **free tastings** of Angel Foods vegan mozzarella and cheddar, and Jill from Cartwheel Creamery will be in store later in the month with tastings of her delicious cheeses including the new Epitome cheese. And we will have new season's sheep cheese from Wild Bush too, keep an eye on our Facebook page for updates.

***Special- buy any two Living Nature products and receive a free firming flax serum worth \$52- while stocks last!***



***News: Check out our new fridge space in store meaning plenty of room for fresh produce and dairy and with a range of fresh organic beef, pork, lamb, sausages and bacon from The Organic Butcher and fresh chicken from Bostock's due in soon!***