



ORGANIC
SHUFFLE

HASTINGS HEALTH STORE



health bite

Seasonal Newsletter

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Exciting times as we launch the new Health Club!

Welcome to all first time readers of 'Health Bite'! This is a seasonal publication which aims to provide the local community with information and articles to promote healthy living. The wonderful staff of the Hastings Health Food Store are the regular contributors, including our in store Naturopath, Aromatherapist, Weight Loss consultant, Yoga Instructor, Massage Therapist and Cook. This is a really exciting edition for me as it marks the launch of our fantastic new health club. Members of the club are entitled to free information, discounts, workshops and in store specials but more about that later.

This issue we wanted to focus on adopting a preventative approach to our health and the many benefits that come from that, aside from the obvious one of reducing sickness, stress and disease.

Many of us are raised to only really consider our health when something goes wrong and then it's usually off to the doctor for some treatment. This curative approach has only become more and more difficult (and expensive) to maintain as the pace of our lives increases and the nutritional quality of many foods we eat decreases.

By taking a preventative approach to our health the benefits are many. A healthier lifestyle will dramatically reduce the risk of illness, from a head cold through to depression, heart disease and cancer.

So what is a preventative approach to health consist of? What I find works for me, as I work full time managing the store and study part time, its very important for me to keep my enegy levels up and immune system boosted. I do this with a balanced diet, exercise and have a daily intake of vitamins and supplements including a B vitamin complex, magnesium, zinc and spirulina. As I know I am not the only one with a busy lifestyle, I am sure a few of you out there could do with a little extra boost, so pop in a have a chat and we will do our best to help you.

Enjoy this edition of Health Bite and I hope to see you in the store sometime soon.

Sharnell Lawrence - Store Owner

LAUNCH OF THE HEALTH CLUB!

After much anticipation our new Health Club is here! It **is free for anyone to join** and includes the following membership benefits:

- **Crazy Tuesday's 15% off all vitamins and supplements in the store (First Tuesday of every month)**
- **5% Discount of all products in store with every purchase over \$80**
- **Regular In-store specials for Health Club members**

To become a member simply drop into the store, fill out a membership form and receive your Health Club membership card

Preventing Cold and Flu - *Michelle Watson In-store Naturopath*

Prepare yourself early for the viruses and infections that love to attack us as the weather starts to cool down, by improving your immune system. When it comes to colds and flu's prevention is always the best medicine and natural medicine provides many safe, effective and gentle options for the whole family.

Zinc

Zinc is one of the key minerals for the health of the immune system and latest research shows that as many as 6 out of 10 people may be deficient. If zinc status is low then it will take between 2 to 6 months of supplementation to get levels back to normal. This means that you need to be prepared early and start taking zinc now.



Echinacea

The most well known and popular herb for cold and flu prevention is probably echinacea which is an immune modulator, meaning it increases and corrects the functioning of the immune system. Take 1000mg per day.

Other herbal options include **OLIVE LEAF EXTRACT** and **GARLIC**. Of course don't forget to get plenty of vitamin C from your diet and/or a vitamin c supplement, aim for 1500mg per day. This also increases the fighting capacity of the immune system against viruses

WANT TO KNOW IF YOUR BODY IS DEFICIENT IN ZINC?

Come into the store on any Tuesday or Thursday for a **free zinc test** with our Naturopath.

NEW PRODUCT - Childrens Fish Oil

Nutra Life Omega Science - Children's Fish Oil

An orange flavoured chewable capsule, that makes it easy to provide your child with the benefits of Omega 3 DHA. One fish-shaped capsule daily can help improve your child's brain function, attention, concentration and self control.

Omega 3s are called Essential Fatty Acids (EFA's) because they are critical to your development and health. The key Omega 3 fatty acids, EPA & DHA, form prostaglandins, special hormone like substances that control the activity of many of your body's cellular and tissue functions.

Dosage: 1 capsule daily

In Store now \$34.95 for 60 chewable capsules

Health Club Members receive a 10% Discount

WHAT ARE BACH FLOWERS AND RESCUE REMEDY?

Sue Lawrence - In-store Bach Flower Practitioner and Teacher

Bach flower essences consist of 38 healing remedies and they come in a liquid form which is taken orally. Flower essences are completely natural and are made directly from flowers, picked when in bloom as this gives them the greatest healing power. Flower essences were discovered by Dr. Edward Bach (1886-1936) from 1930 - 1936. Dr. Bach was a medical doctor, however over time found this system to be failing and went in search of a more natural and holistic healing method.

These remedies are still used today in many practices all over the world, assisting people in healing and easing many emotional disturbances such as anxiety, trauma, shock, sadness and attitudes of remorse or lack of confidence. Dr. Bach wanted to give mankind peace of mind, happiness and health and the essences certainly do assist in all that and more.

RESCUE REMEDY

Rescue remedy is used today for many ailments related to our emotional state. It is a combination of five of the 38 remedies. It is mainly used for anxiety, accidents and occasions where there is shock or panic which causes a person to feel suddenly shaken up or churned in the stomach. It is a great all rounder and can be used on people and also animals.

It consists of the following essences:

Star of bethlehem: for shock

Rockrose: for terror

Cherryplum: for panic and hysteria

Clematis: for feeling faint or stunned

Impatiens: for the agitation and irritation that is associated with pain.



Rescue remedy comes in a dropper, spray or cream form and is handy to have in the home for those times when you need to calm a troubled mind. Using the essences in the morning it will allow your mind and body to function in a more balanced and harmonious way. All these essences are available at Hastings Health Store.

NEW PRODUCT - Rescue Remedy Sleep

Bach Flower Remedies - Rescue Remedy Sleep

This new product combines Rescue Remedy with the added bonus of White Chestnut, to create a blend specifically to aid in treating Insomnia.

We have all experienced times when one cannot sleep because of all the thoughts floating around in the mind. This is where white chestnut comes in and does its job by easing those runaway thoughts, blended with Rescue Remedy to soothe anxiety and calm the emotions, ensuring a good night's sleep.

Available in store now in both drop and spray form.

20ml spray \$23.90

10ml dropper \$17.95

BANANA, MACADAMIA AND CHOCOLATE MUFFINS.

I always use this muffin recipe with some slight alterations, from one of my favourite books "Wholefood" by Jude Blereau, as it always produces a nice moist muffin that's delicious. They make a great breakfast treat or snack and are a great way to practice using alternative flours in baking. They also freeze really well and quickly heated up in the oven are just delicious.

Spelt is an ancient relative of wheat and can easily replace wheat in baking as it behaves much the same, but has a much lower gluten content. Many people who have allergies to wheat find that they can tolerate spelt. Rapadura sugar is an evaporated cane sugar which is washed and not bleached and still contains some molasses content making it a more wholesome sugar alternative.

Always use organic ingredients where possible.

Ingredients

- 125g unbleached plain flour (I use Kialla as it has increased bran)
- 150g whole meal spelt flour
- 2 1/2 teaspoons baking powder (I use salt skip as its aluminium free)
- 110g rapadura sugar
- 2 medium sized bananas mashed
- 50g toasted macadamia nuts roughly chopped
- 30g 70% cocoa dark chocolate roughly chopped (I use Green & Blacks as it is organic and fair trade)
- 1tsp vanilla extract
- 80g melted butter
- 190 - 220 ml of whole milk or soy

Topping

- 2tbs desiccated coconut
- 1tsp cinnamon
- 2tbs brown sugar



Method

Preheat oven to 180 degrees. Lightly grease a 10 hole muffin tin or line with muffin cases. Put the flours, baking powder and sugar into a bowl and mix well. Add the bananas, macadamias and chocolate and gently stir through. Add melted butter, vanilla, and 190ml milk, add extra milk if you need to. Let the mixture absorb the liquid for a few minutes then add more milk if needed.

You want a slightly wetter batter that is free flowing as oppose to a clumpy traditional batter, but not runny.

Meanwhile combine all topping ingredients together. Spoon batter into prepared muffin tin and sprinkle the topping on top. Bake for 30 - 40 minutes or until nice and golden. Cool in tin for 5 minutes then move to a wire rack to cool and ENJOY!!

QUICK REMINDERS...

- Microgenics Vitamins and Supplements Always **20% discount**
- **5% Seniors Discount**
- **Free consultation** with in store naturopath Michelle Watson Tuesday's and Thursdays from 10.30am to 2.30pm and Friday's 12pm to 5pm
- **Free consultation** with our Aromatherapist and Weight Loss Consultant Sue Lawrence every Monday 12pm to 5pm