



ORGANIC  
SHUFFLE  
HASTINGS HEALTH STORE

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**health bite**

**Seasonal Newsletter**

Autumn / Winter 2008

**4 6 High St Hastings Ph - 59791381**

Well our sincerest apologies for the delayed newsletter, however we reckon we have the best excuse in the universe...the birth of our beautiful baby boy. Jai was welcomed to this lifetime in a home birth at the family home in Point Leo, we must say a big thanks to our midwives Brenda Manning and Kim Short who exemplify the extraordinary and beautiful art of midwifery. Well we don't have a lot of room this issue to chat as we have so many new things to share. So here are some graet new reasons to come and visit...

See you in the store soon Shar & Ben

## Organic Fruit, Vegetables & Meat Instore June!

Having been asked almost daily for the last few years we have decided now is the time to introduce organic fruit, vegetables & meat! We are committed to providing the best quality produce that is local wherever possible and the whole team is very very excited!

## We Now Stock The Natural Instinct Range!



All natural, organic range of beauty products, hair care, sunscreen and cleaning products... and best of all it's great quality and value

## IN THE NEWS - Toxic chemical found in babies bottles.

Bisphenol A which is the toxic chemical found in polycarbonate plastic, the same plastic used to manufacture babies bottles, leeches into any liquid it comes into contact with. In a recent study it was found that five popular brands of babies bottles leech bisphenol A at dangerous levels found to cause harm in numerous laboratory animal studies.

Facts about some babies bottles:

- *Bisphenol A is a Developmental, Neural, and Reproductive Toxicant*
- *Scientists have linked very low doses of bisphenol A exposure to cancers, impaired immune function, early onset of puberty, obesity, diabetes, and hyperactivity, among other problems.*
- *The U.S. Centre for Disease Control and Prevention found bisphenol A in the urine of over 95% of people they tested.*
- *Alarmingly, the median level of bisphenol A in humans is higher than the level that causes adverse effects in animal studies.*

Glass bottles, PVC Free bottles and PVC Free teething rings are available in store now.

## Members Now Get 15% Off Storewide

Discount day (which is the first Tuesday of every month) now includes 15% off storewide all winter long. So that includes natual beauty products, teas, bulk foods as well as our full range of vitamins and supplements.

# ARE YOU AT THE MERCY OF YOUR HORMONES?

*Michelle Watson In-store Naturopath*

Our hormones definitely have a major influence on our lives; but there is no need to be at the mercy of them! Women in particular know all too well how hormones can affect mood, energy and general well-being but how many of us really understand how important they really are? Hormones such as cortisol, oestrogen and testosterone are vital but if they become out of balance we may experience undesirable symptoms. Each hormone has a very specific job to do but today we are going to look at oestrogen in particular.

Oestrogen is essential for healthy female reproductive function and it plays a part in every stage of a woman's life. It is produced by the ovaries and exists in different forms within the body. Simplified, one form is 'good'; the other is 'bad' and it is the 'bad' oestrogen that is associated with PMS, menopausal symptoms and other female hormonal issues like fibroids, endometriosis etc. In the field of natural medicine female hormone imbalance is one of the most common reasons why females visit Naturopaths!!!!

In order for the body to stay in a healthy hormonal state we need more of the 'good' and less of the 'bad' but when this doesn't happen the body can develop what is known as 'oestrogen dominance'.

## Symptoms Of Oestrogen Dominance Include:

- *bloating and fluid retention*
- *mood swings*
- *heavy and irregular menses*
- *headaches*
- *sugar cravings and weight gain*
- *night sweats*
- *loss of libido*



Luckily there are many natural substances that help to maintain a healthy oestrogen balance including : flaxseed, brassica vegetables like broccoli, cauli and cabbage, vitamin B6, B9 and B12, herbs such as Chaste-tree, Dong Quai, Shavarti, Turmeric, Tribulus, Maca powder to name but a few. Other lifestyle choices can also make a difference like a diet high in vegetable fibre, exercise, losing excess fat, reducing caffeine and alcohol, and increasing the good fats like those from fish, nuts and seeds. Lastly from a naturopathic point of view maintaining a healthy liver is of the utmost importance as the liver has the job of breaking down excess oestrogen's so make sure it is in peak condition. All of the above are available in our health store so come in and have a chat to see what the best approach is for you.

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## Spare Tyre Busting Program...It's Back

It's back by popular demand! Of all the diet and weight loss programs we have seen over the years this has been the most successful. We ran this 12 months ago and consistently received astonishing feedback. From those who lost 5 kilos in the first week to those who finally lost the spare tyre after years of gyms and diets. According to Biochemist Dr Sutton, the spare tyre isn't fat but rather a build up of toxicity in the cells resulting from many dietary and other environmental factors such as air pollution. The program combines 3 different tissue salts taken throughout the day, for a period of 1 to 3 months to shed these toxins. These Tissue Salt tablets are to be taken crushed up in hot water and sipped 10 - 30 minutes before meals.

- **Kali Phos x 5 tablets before breakfast**

*(the nerve nutrient helps the central nervous system and boosts vitality)*

- **Nat Sulph x 5 tablets before lunch**

*(the water eliminator, helps the function of the liver, eliminates excess toxic fluids from the system)*

- **Nat Phos x 5 tablets before dinner**

*(acid neutralizer maintains the alkalinity of the blood. emulsifies fatty acids and helps sugar cravings.)*

# FIBRE... THE ESSENTIAL INGREDIENT

Amy Pearman- Training Naturopath

Fibre is not only nutritious but it is a functional food for our bodies and affects many physiological processes and maintains a healthy digestive system. Efficient functioning of the gastrointestinal tract is vital for optimum absorption and utilisation of ingested nutrients and minerals, building immunity and prevention of nutritional deficiencies and disease. Fibre also promotes the growth of beneficial bacteria in the large intestine, which is important to combat the effects of harmful bacteria that can cause infection and illness. Eating a wide variety of fibre in the form of whole plant products helps to cleanse the gastrointestinal tract as well as:

- Promoting healthy bowel habits and preventing constipation
- Reducing the risk of heart disease including high cholesterol, atherosclerosis and heart attack.
- Reducing development of Type II Diabetes by decreasing blood sugar levels.
- Reducing chances of developing colon cancer.

Unfortunately due to work commitments, parenting and busy lifestyles we often don't consume as much fibre as our bodies require and it sometimes becomes easier to purchase pre-made or take away meals which contain very little quality fibre. This compromises the integrity of the gastrointestinal tract and therefore our overall health resulting in some frustrating symptoms.



**The World Health Organisation recommends a minimum of 12-25gms of fibre a day.**

Quality sources of fibre include:

- Psyllium husks
- Flaxseeds
- Whole Bran
- Oatmeal
- Fruit and vegetables with the skin on.

## Increase Your Fibre Intake With Lifestream's BowelBiotics!



To restore and improve digestive health, especially after infection, diarrhoea or a course of antibiotics Lifestream BowelBiotics is 100% natural, containing only fibre, prebiotics and probiotics.

As part of a healthy balanced diet, Lifestream BowelBiotics helps to ensure regular bowel movements and maintains bowel health - essential for overall health and well-being. It not only provides a good source of fibre, but also contains prebiotics and probiotics for maintaining healthy intestinal bacteria. Prebiotics and probiotics are relatively new concepts in nutrition and many studies show that the combination of a prebiotic and a probiotic is more potent than their prebiotic or probiotic components alone.

## WINTER RECIPE - Sharnell Lawrence

### Red Lentil & Carrot Soup

We are constantly asked for this recipe to be published in our newsletter again having included it in an issue a couple of years ago. This is a lovely soothing winter soup, the spices have a wonderful warming effect on the body, the garlic provides us with its antiseptic properties, aids digestion and also helps relieve symptoms of colds and flues. Carrots are an excellent source of vitamin A and the lentils provide a wonderful base of protein, fibre, B vitamins, potassium and zinc just to name a few.

If you are suffering from cold and flu symptoms increase the amount of garlic to 4 or 5 cloves and you could also add a chilli for extra boost. This soup left overnight will become quite thick, so just add a little hot water to get the right consistency. You could also serve this as dhal with rice.

#### Ingredients

4 organic grated carrots  
500g organic red lentils  
2 cloves of crushed garlic  
1 ¼ tsp garam masala  
1 tsp curry powder  
¾ tsp pancha phora (Herbies special blend of whole Indian spices)  
1 diced onion  
1 ¾ tbs organic ghee  
3 tsp tamari  
1 ½ litres good vegetable stock (we use marigold organic bouillon powder)

#### Method

Melt the Ghee in a soup pot, sauté the onion until it starts to turn transparent, add the garlic and spices and sauté for another 2-3 minutes (you might need to turn the heat down a little as you don't want the spices or garlic to burn). Add grated carrot and lentils and stir until nicely coated with all the spices. Add stock and bring to the boil, turn the heat down to a simmer, stirring occasionally and topping up with a little extra stock if the soups getting too thick. Simmer for approximately 30 minutes or until the lentils start to collapse, take off the heat and stir through tamari. Serve in nice big soup bowls with crusty bread or pappadams.

## NEW PRODUCT - BAMBO DISPOSABLE NAPPIES

- *Gentle on baby's skin*
- *Allergy tested.*
- *Contains no PVC, perfumes, moisturising lotions, optical brighteners or chlorine, reducing the likelihood of your baby having an allergic reaction or rashes.*
- *Absorbent core with biodegradable starch.*
- *Manufactured with the environment in mind.*



Bambo Nature is the only nappy to have been awarded the **Nordic Swan Eco Label**. The Swan Label requirements assess the nappy's environmental impact during its whole life cycle, including the way the nappy is produced and the way the raw materials are chosen and handled. Even the packaging is produced with the environment in mind, using only materials which can be 100% recycled or incinerated. Available in Newborn 2-4kg, Mini 3-6kg, Midi 5-10kg and Maxi 8-18kg

**Call into the store for your free sample!**