



*Hastings Health
Store & Clinic*



Seasonal Newsletter

Winter 10

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Beat The Cold Weather Blues With Chocolate

The weather has begun to turn after the beauty of a true Indian summer finally draws to a close. So what does the cooler weather offer to our state of wellbeing? The negative is often too much introspection and stagnation resulting in the winter blues. This often leads to emotional/comfort eating, often lots of heavy foods eg dairy, meats and grains. The result of such blood thickening food is lots of hours in the gym come spring to shift the kilos and the mood! A more positive approach can involve a number of things (one of which is chocolate well get to that shortly). It's vital to embrace the opportunity for introspection but important to maintain a balance. Yoga and vigorous exercise are a must to keep endorphins pumping and of course Bush and Bach Flower essences are the best ever for helping us to work through transformation and change. The absolute winter must this year, is to massively increase your consumption of chocolate!

What Sort Of Chocolate? Definitely not your average dried, pressed, roasted, rolled, chemical enhanced fattening, sugar bomb supermarket crap "chocolate" (can you even call that substance chocolate?) Rather real raw organic unrefined cacao, possibly the greatest weight loss/beauty food on the planet! Cacao comes in many forms these include:

- **Cacao Powder** (Dried powder similar to coco but a raw product still containing all the goodness)
- **Cacao Nibs** (The raw flesh of a cacao bean great in smoothies)
- **Cacao Beans** (Whole Bean great as a snack)
- **Cacao Butter** (The result of pressing Cacao)



Why Chocolate For The Blues? Two reasons firstly, *Phenylethylamine (PEA)* is found in chocolate. PEA is an adrenal-related chemical that is also created within the brain and released when we are in love. Researchers have discovered that phenylethylamine (PEA) has a positive effect in enhancing feelings of love. And Chocolate has been proven to be an excellent source of PEA. Secondly, *Anandamide (The Bliss Chemical)* - A neurotransmitter called anandamide, has been isolated in cacao. Anandamide is also produced naturally in the brain. Anandamide is known as "The Bliss Chemical" because it is released while we are feeling great. Cacao contains enzyme inhibitors that decrease our bodies' ability to breakdown anandamide. This means that natural anandamide and/or cacao anandamide may stick around longer, making us feel good longer, when we eat cacao. But remember the

Great Reasons To Visit Your Local Independent Health Store & Clinic

Practitioner Brands:

Because we have Naturopath's Herbalists and Nutritionalist's on staff we have every practitioner brand available in Australia Including:

Metagenics Bioceuticals
Dr Vera's Mediherb
Nutrition Care Orthoplex

Health Store & Naturopath Preferred Brands

We avoid stocking brands that are owned by giant pharmaceutical companies or listed on the stock exchange as we are interested in quality and efficacy, not profits. Three of our favourite brands include:

Fusion (Blend of eastern and western medicine)
Herbs Of Gold (loved by naturopaths)
Nutra Life (Trusted formulations for many years)

Once upon a time, our only source of nutrition came from the plants and animals that mother nature very kindly provided for us. Now we have the opportunity to source vitamins and minerals in a vast array of different formulas which may contain fillers and binders and additives. Furthermore, the formulas may not be harmonious with the bodies natural metabolic processes.

When we ingest a food as opposed to a man made supplement, the body recognises it and its constituents immediately, which increases the chance of nutrient absorption and minimises the potential for adverse reactions caused by imbalances or inappropriate interactions between the particular nutrients and digestive processes.

Keeping in mind that our physiological and biological processes have not altered too much since ancient times it is important to remember that all of these ingested nutrients need to be recognised by the body so they can be digested, absorbed, metabolised and utilised efficiently. It just so happens that mother nature more often than not, provides us with whole foods that contain the perfect amounts of co-nutrients required for these processes. A perfect example of one of these 'gifts from gaia' is Maca.

Maca is a peruvian radish-like root which has been grown and consumed by the Incas over many centuries. Maca is rich in 22 amino acids, carbohydrates, Essential fatty acids 3, 6 and 9, B vitamins, sterols, Calcium, Vitamin C, fibre and many more nutrients. All of these working synergistically to provide us with one of natures true SUPER FOODS.

Maca is known as the 'Endocrine Adaptogen', which in simple terms means that maca has an innate ability to support and regulate the hormonal 'messengers' that communicate information to support metabolism, energy levels, growth, sexual development and the sense of well being and attitude.

The clinical and anecdotal evidence is quickly building for the benefits of Maca. These include;\

- Increases energy, endurance memory, learning, mental ability and stamina
- Alleviates chronic exhaustion (fatigue) syndrome and depression
- Improves sexual function in men and women
- Enhances fertility in people and animals
- Reduces hormonal dysfunction during menopause & andropause
- Can regulate hormonal imbalances
- Reduces anxiety and stress
- Has a beneficial action on the circulatory system; Speeds wound healing and reduces anemia
- Helps treat anemia, rickets, osteomalacia, and stomach cancer
- Good for healthy teeth and bones
- Acts as a fungistatic, bacteriostatic, anticarcinogen and antioxidant
- Is an alternative to anabolic steroids, helps to build muscle



You can add Maca as a powder to smoothies, juice, cereal, cooking, yoghurt or water. It can also be purchased in a capsule form and does not contain any other additives.

5 Reasons To Visit Us

1. Naturopath Clinic & Herbal Dispensary

- Private consultation with a qualified naturopath, herbalist & nutritionist.
- Full herbal dispensary including liquid herbs and practitioner only supplements

2. Health Club & Discounts

- Discount Day 15% to 20% Off ALL Supplements. Includes practitioner brands
- 10% Discount On all returns. Bring back your empty supplement container for recycling.
- Free monthly newsletter full of cutting edge natural health info, offers & events.

3. Bulk Foods Dispensary

- Bring in your container, refill and save on packaging.
- Biodynamic, organic foods including flours, beans, lentils, rice & quinoa
- Not supporting supermarket chains and supporting the growers



Visit Us & Feel The Energy

4. Organic Local Fruit & Veg

- The EPA considers 60% of all herbicides, 90% of all fungicides and 30% of all insecticides are carcinogenic. A National Academy of Sciences report in 1987 estimated that pesticides may cause an extra 4 million cancer cases among Americans.
- The evidence is EVERYWHERE. Eat organic or risk your health (Always ensure the produce is certified)
- Weekly boxes can be made up. Delivery from the market on a Monday afternoon and Thursday.

5. Online Store With Big Discounts & Free Delivery

If you haven't visited our website your wellbeing is at risk! Not motivated by up to 40% discounts? Here's A dozen great reasons to have a look:

- Vitamins & Supplements
- Superfoods
- Sports Nutrition
- Ointments & Creams
- Essential Oils & Flower Essences
- Organic Skin Care
- Safe Cleaning Products
- Lifestyle Products
- Cutting Edge Health News & Info
- Free Delivery To Mornington Peninsula
- Specials & Discount Offers
- Workshops & Wellness Events

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Autumn Recipe

Sharnell Lawrence

Smoothies are a great way to get an amazing amount of super foods and nutrients into your body in one hit. Green smoothies, which are fruit, water and greens blended together, (tastes so much better than it sounds!) are extremely beneficial for alkalizing the body, boosting energy levels and cleansing the body of toxins. We often struggle to get enough greens into our diet so this is a fantastic way to ensure we are getting more than enough of our daily green requirement. Also a great way to get children to consume more greens.

Smoothie's made with Raw Cacao are essentially a super food chocolate smoothie and when you have chocolate as the predominant taste anything can be thrown into the mix and you wouldn't ever know!! The following smoothie recipes are just guide lines so get creative, cut loose with the blender and have the Best Day Ever!!! Always try to use Organic ingredients no point in spoiling great nutrition with chemicals.

Green Smoothie With Apple

- ½ apple
- ½ orange
- 1 banana
- 6 strawberries
- Big handful of kale leaves
- Big handful mint leaves
- 11/2 cups filtered water

Put all ingredients into a blender and blend until smooth.

Green Smoothie With Mango

- ¼ mango
- 1 banana
- 5 strawberries
- 2 big handfuls of baby Spinach
- 11/2 cups of filtered water

Put all ingredients into a blender and blend until smooth.

*This one was a favorite when starting out.

Super Food Chocolate Smoothie

175ml almond milk (We make our own almond milk but you can use rice, soy, cows etc. with the alternatives I would use 100ml milk and 100ml water)

50ml water

2 heaped tbs Pea Protein (or other protein powder of choice)

1tspFlaxseed Oil

1tbs Maca

1tsp Mesquite or Lucuma

1 tbs Raw Cacao

1 tsp Green powder (such as Vital Greens, Broccoli Powder, Spirulina etc)

1 frozen banana

6 strawberries

2 ice blocks (optional)

Put all ingredients into a blender and blend until smooth.



Some other additions may be goji berries, cacao nibs, bee pollen, chia seeds..... the possibilities are endless!!