



ORGANIC
SHUFFLE
HASTINGS HEALTH STORE

HEALTH BITE

Seasonal Newsletter

Edition 2- Spring 2006

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This Month

Addicted to fat

Our In-Store Weight Loss Consultant looks at the modern day addictions we have to bad fats and sugars in our diet

Naturopath Focus

In-Store Naturopath Michelle Wilson offers some much needed advice to spring time hayfever sufferers.

Special Offers

Latest Discount offers available in the store

Monthly Recipe

From the kitchen, a tasty and simple muesli recipe to make at home

Shar's Letter

Having recently started studying the subject 'Food As Medicine' my passion for wholefoods has become even more determined, making me ever more aware of how our food choices influence our physical, mental, emotional and spiritual performance.

The foods we choose to eat are typically determined by a blend of environmental and cultural influences. Once in ancient times our influences seemed simple. Food was what nature gave us and was consumed as nature intended, natural wholefoods with their colours, flavours and life giving properties intact, all nutrients in their right proportions. Now our most dominant food source is not nature but powerful food companies. These companies assault our eyes and ears with words and images of their products until we reach a point where sugary, high fat, imported, preservative packed foods are seen as the norm.

Did you know that over 5,000 additives are used, even on fresh foods, and we wonder why allergies, cancer and hyperactivity are on the rise.

Next time you are doing your shopping in the supermarket, take a look at some of the packet labels in your trolley and see for your self what exactly is in that "healthy" muesli bar or breakfast cereal? I bet sugar is one of the first 2 ingredients, is that as nature intended?

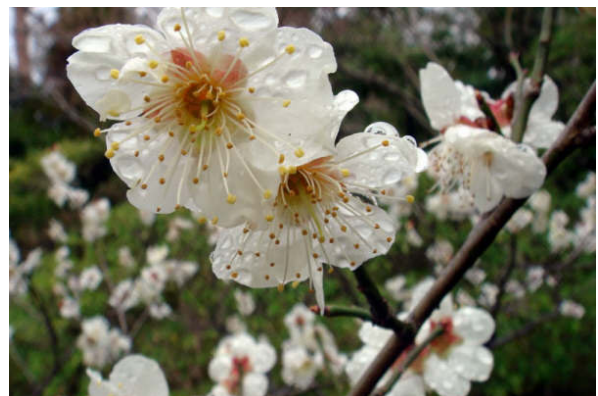
So what can we do? Its simple really, just start by taking a minute to stop and think why do I eat the things I eat? Did I eat that block of chocolate for comfort? Do I not eat mushrooms because I didn't like them when I was a kid? Do I eat on the run so am therefore never quite satisfied and tend to overeat? Because it's what I have always eaten?

It is only through awareness, education and at times a stead fast determination that we can ensure we are eating the right types of food for our body.

Each newsletter we put together is a sincere attempt to share with our community some of the knowledge that our amazing team has to offer.

To make lifelong healthy choices, requires a change in thinking, and the courage to overcome limiting habitual patterns of the mind body and emotions and we are here to provide you with support, information and advice on your journey.

Shanell Lawrence - Manager



Food Addiction *Article by Sue Lawrence – In-store weight loss consultant*

Today in the western world, society tends to consume food for instant gratification rather than for wellness. Often we eat to satisfy our taste buds only and consume foods which deny our body essential nourishment and at worst result in dis-ease. These include foods like chips, biscuits, cakes, hamburgers etc which to some taste great but all contain excessive levels of saturated fats or refined sugars, or worse both.

The addictive nature of sugars and fats casts a spell over the mind, body and emotions, resulting in a disconnection with our bodies true nutritional needs. The addictive relationship to bad fats and sugars, lays at the very foundation of the current obesity epidemic. So let's explore in a little more detail where we find fat and sugar in our diet and how best to integrate these into a healthy diet.

Fats

Fats are vital to your bodies health, they insulate your nerve cells, keep your skin and arteries supple, balance the hormones and support brain function. Fats are very important but the question and confusion often lies in the question of which fat is good fat and which is bad?

Good fats

- These are known as unsaturated fats. There are two in this group, polyunsaturated and monounsaturated.
- They are primarily found in oils from plants such as olives, sesame and sunflower seeds, avocado, corn and soy beans to name a few
- These fats aren't solid at room temperature.
- These fats tend to be sensitive to light, oxygen and heat, that is why storage and cooking temperatures are important factors to consider.
- Hydrogenation is a processes used by food companies to avoid spoilage, but unfortunately this drastically changes the chemical structure of the oil which has major health effects such as raising cholesterol.
- This process is mainly used to make margarine, oils for frying such as vegetable and in products like chocolate. This oil is to be avoided.

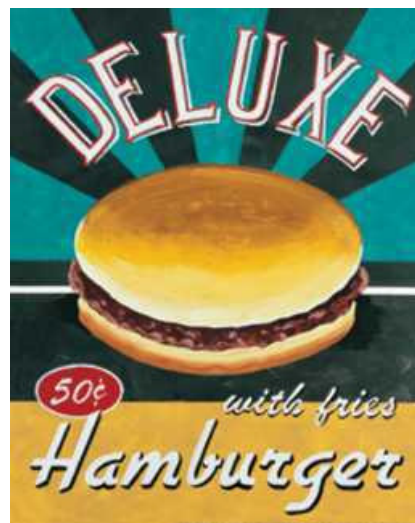
Bad fats

- are called saturated fats which are solid at room temperature and these are found in animal fats and some plants.
- It is this kind of fat that needs to be eliminated form the diet, as this is the type of fat that is responsible for raising cholesterol.
- These foods include high-fat dairy products (like cheese, whole milk, cream, butter, and regular ice cream), fatty fresh and processed meats, the skin and fat of poultry, lard.

Sugars

Have you ever added a spoonful of white sugar to a cup of tea? If so, have you considered what you might be gaining from it other than a sweet taste? The short answer is nothing, white sugar is what we call "empty calories". This white crystalline sugar is refined from cane or beet juice, this process strips away all its vitamins, minerals, fibre and protein, leaving it "nutritionally naked". We add this chemically refined product to cakes, cereals, soft drinks, sauces etc, basically anything that comes in a package. As a society we consume far more sugar than our bodies can possibly use for energy.

There is a concern that sugar over stimulates the hormonal glands, pancreas and adrenals, causes problems in the blood sugar, suppresses the immune system, plays havoc with emotions and energy but to name a few! The liver converts the excess into triglycerides and it stores as fat. So next time you purchase something packaged read the label and also be aware of what you add to your own food, coffee, tea, breakfast cereal. Good alternative sweeteners are stevia, a plant based sweetener, grain sweeteners such as rice or barley and honey, despite containing the same calories as sugar it does have nutritional value.



Hayfever Time *Article by Michelle Wilson - In-store Naturopath*



Everyone looks forward to spring... except hayfever sufferers!! According to recent statistics 2 out of 5 people experience hayfever symptoms to varying degrees. So what is it? Hayfever, or allergic rhinitis, is an allergic reaction to airborne substances such as pollens, that get into the nose, sinuses, throat and eyes. This causes the body to produce antibodies and release histamine which irritates the respiratory passages to produce a reaction.

Symptoms

General symptoms include itchy watery eyes, frequent sneezing, runny nose, coughing and an itchy sore throat.

What can be done? The best way is to avoid the allergen but as this is often impossible, try to avoid going outside from 5am until 10am as this is the time that pollens are at their highest. Also try to stay indoors as much as possible on windy days and keep the windows closed. If you have to work outside make sure you shower as soon as you go indoors to wash off pollens that cling to the skin

Supplements and Treatments

A Naturopathic approach to the problem is to strengthen the immune system because the allergies are an over-reaction of the immune system that causes the problem.

Specific herbs for this are echinacea, olive leaf, and garlic and specific supplements include vitamin C, at least 5000mg a day and zinc 30-50mg a day, as they both help to strengthen the immune system. Taking histidine and quercetin is also very helpful.

Inhalations of eucalyptus, peppermint or tea tree oil can help clear sinuses and soothe inflamed membranes and supplements of horseradish and garlic help to decongest the sinuses. Avoid mucus producing dairy foods and consider a good detox program prior to the hayfever season too.

In-Store Specials

AUSTRALIAN BUSH FLOWER ESSENCE EMOTIONAL FIRST AID KIT

Excellent for any emotional upset, quickly soothes and creates balance when you need it most. Major trauma, shock, grief, accidents, exams, fear, upset, arguments, interviews, tantrums, public speaking. Don't leave home without it. Great for kids and pets!!

In your kit you will receive essence drops, essence mist and essence cream all for \$29.65 that's 25% off!

STOCK IS LIMITED

ALCHEMY AND AKIN SPECIAL

Free of sulphates, parabens, propylene glycol and petro chemicals

Buy any 2 products from the Alchemy shampoo and conditioner range and/or Akin skin care range and a receive a free hand cream at the value of \$14.95.

HURRY STOCK IS LIMITED

Recipe Of The Season

Crunchy Granola

Making your own muesli may seem a little time consuming but it is well worth the effort and really doesn't take very long at all. What better way to start the day than a bowl full of your own tasty muesli, that is full of fibre, essential fatty acids, is wheat free and naturally sweetened.

The barley and rye flakes are a great source of insoluble fibre which helps fight colon cancer, diabetes and cardiovascular disease. All the seeds are a rich source of minerals, protein and monounsaturated fat they also contain phytosterols, which are believed to help lower cholesterol.

Almonds are a concentrated source of protein, a ¼ cup almonds contains 7.62 grams of protein, more than what is provided in the typical egg!

Rice syrup being a grain based sweetener, contains a good percentage of complex sugars which take longer to digest than simple sugars, giving you a more sustained energy release. Maple syrup as a sweetener contains fewer calories and is higher in minerals than honey, it is also an excellent source of manganese and zinc, good antioxidants and immune boosters.

Recipe

- ½ cup maple syrup
- ½ cup rice syrup
- 2 cups rolled barley flakes
- 2 cups rolled rye flakes
- 1 cup almonds roughly chopped
- ½ cup unhulled sesame seeds
- ½ cup sunflower seeds
- ½ cup pepitas
- 1/3 cup macadamias roughly chopped (optional)
- ¾ cup chopped dried fruit (optional)
- 1 tsp ground cinamon



Method

Preheat the oven to 180. Place both the syrups in a saucepan and gently heat. Remove from heat and leave to cool. Put the barley flakes, rye flakes, almonds and seeds in a large bowl and toss through the cooled but still slightly warm syrups. Place on 2 baking trays and bake for 10 to 15 minutes, stirring occasionally so its evenly toasted. Remove from oven and stir through the cinnamon and dried fruit (if using). Let cool and store in an air tight jar.

This muesli can also be eaten raw just exclude the syrups and mix all ingredients in a large bowl and store in an air tight container. Especially yummy served with Barambah organic yoghurt.

New Products

Nairns Organic Oat Cakes

- Wheat free, no added sugar, low GI, high fibre
- Very tasty especially with our homemade hummus!!

Barambah Award Winning Organic Yoghurt

- Family owned company in QLD,
- certified organic
- contains 5 live cultures and contain no gelatines, artificial flavours, colors, preservatives.