



ORGANIC  
SHUFFLE  
HASTINGS HEALTH STORE

# HEALTH BITE

## Seasonal Newsletter

Edition 3- Summer 2006

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### This Issue

#### Sweet Smell Of Summer

Some practical aromatherapy blends for the festive season

#### Naturopath News

In-Store Naturopath Michelle Wilson, helps you determine if it's time for a detox!

#### Product Focus

We look at the benefits of some of the products currently in-store.

#### Monthly Recipe

From the kitchen, an unbelievably healthy and simple delicious summer salad!

### Summer at last!

On behalf of the whole team I would like to thank you for your support, encouragement and feedback over the past 12 months.

In this issue, we focus on balancing mind and body to maintain good health throughout what can be a stressful festive season. It's important to maintain a sense of balance and peace so you are able to enjoy this time with friends and family without feeling totally worn out. I find that developing a sense of gratitude helps maintain an appreciation for the moment rather than always living in the future.

A simple method is to choose five things in your life that you are grateful for right now. These things can be as simple as gratitude for the beauty of the day through to a deeper gratitude for your health, family and friends. Spend five minutes first thing in the morning in that space of gratitude then take five deep breaths (and of course a few drops of the trusty Bush Flower Essence 'Emergency Calm and Clear') before you start your day. Try it for a week and I am sure you will notice a greater sense of joy, peace and a greater feeling of living in the now.

As you may have noticed there have been some small price increases in recent months. This has been due to a combination of factors beyond our control, such as rising fuel costs and the drought. We do our best to absorb as much of these increases as we can and appreciate your understanding.

As many of you will be aware the amazing Helen has left to have a baby! We wish her and her family all the best and look forward to seeing her in the shop again soon.

Have a peaceful, joyous and of course healthy Christmas and new year break.

*Shanell Lawrence - Manager*

### Summer Trading Hours

The store will be CLOSED from the 30<sup>th</sup> of December 2006 to the 10<sup>th</sup> of January 2007

Please note during the following altered trading hours in early Jan 2007 there will be no fresh food served however fresh juices and smoothies are available:

10<sup>th</sup> - 10am to 5pm

11<sup>th</sup> - 10am to 5pm

12<sup>th</sup> - 10am to 5pm

Sat 13<sup>th</sup> - 9am to 3pm

From Monday the 15<sup>th</sup> of January 2007 we will resume trading as normal.

# Have An Aroma Christmas Article by Sue Lawrence- In Store Aromatherapist

Christmas can be a time of happiness and joy, yet at the same time it can create stress. By using aromatherapy oils, we can eliminate the feelings of stress so we can enjoy the Christmas period and create a wonderful and joyous time with family and friends.

Burning a special blend in an oil burner during the build up to Christmas and on Christmas day, helps to create a harmonious and joyful environment. To create a sacred and special space for Christmas day make sure you have a supply of candles and tea light candles, flowers and your essential oils to set the mood, to allow people to relax and feel welcome in your home. Following are some blends to use throughout the season.

## Festive Season Blends

### Festive Balance Blend

- 2 drops Geranium.
  - 3drops Lavender
  - 3 drops Orange
- Into water in an oil burner bowl.*

### Christmas Day Blend 1

- 1 drop Cinnamon
- 2 drops Mandarin
- 4 drops Pine

### Christmas Day Blend 2

- 4 drops Mandarin
- 1 drop Geranium
- 1 drop Cinnamon



You can make any of the 'Festive Season Blends' into a house spray by diluting in 300ml of water in a plant spray bottle and you can use this in an oil burner.

We all enjoy being outdoors during the holidays and spending more time outdoors can be drying and damaging to our skin. To keep your skin looking good and to prolong that summer tan you can use this blend to nourish your skin.

### Nourishing Body Blend.

- 10 drops Lavender
  - 5 drops Chamomile
  - 1 drop Bergamot
  - 2 drops Geranium
- Blend these all into 70ml of almond oil and 30ml sesame oil.*



All the essential oils mentioned in the articles are available in the store. Have fun with these blends and may you all have a blessed Christmas one filled with love, laughter, prosperity and happiness. Love Sue

# Detox Time - By Michelle Wilson - In-store Naturopath

Detoxification means getting rid of toxins from the body and the main organ that does this job is the liver. The liver filters the blood, forms bile for fat digestion and processes toxins so that they can be excreted. If the liver isn't functioning efficiently then toxins build up in our system and the liver becomes sluggish and over-loaded. Below is both a test to determine if a detox might be needed and some tips on detoxing.

For more information pop in and have a chat, I would be happy to point you in the right direction to start your detox program today!!!

## Detox Test

*If you suffer from any of the following symptoms you may have a toxic liver:*

- **Feeling tired**
- **Irritability**
- **Dark circles under the eyes**
- **A coated tongue**
- **Digestion problems**
- **Fluid retention**
- **Bloating**
- **Constipation**
- **Allergies**

## Detox Tips

*Summer is a great time to think of detoxifying the liver and there are many ways to do this.*

- Start the day with a glass of warm water that you have squeezed a whole lemon into, this is a wake-up-call for the liver!
- Consume mostly vegetables and fruits, fresh juice is a great way to do this. Beetroot, carrot and bitter greens are loved by the liver.
- Exercising until you sweat is also essential for removing toxins
- Eliminate alcohol, nicotine, coffee and tea, dairy, red meat, wheat and anything with preservatives, colours added.
- Supplements such as milk thistle, globe artichoke, lecithin, dandelion and antioxidant formulas are very effective too.

## Product Focus – 'Quick Cleanse – Detox Program'



"It's time to give your insides a detox!"

The 'Quick Cleanse – Detox Programs' are a simple, safe and affordable method for detoxing the body. The program is broken into four products: **Stomach Clear, Liver Clear, Bowel Clear and Intestinal Clear**. Both the seven day and fourteen day programs include a comprehensive eating plan

Detoxification is one of the oldest known methods for cleansing the body. It has been used by many cultures around the world for hundreds, if not thousands of years. Detoxification is a natural process of elimination, and removal of unwanted waste substances from your body.

**7 day detox program and 14 day detox program in store NOW!**

Drop in and chat with one of our staff weight loss consultant or naturopath to discuss the type of program to best suit you.

# Recipe Of The Season - By Sharnell Lawrence

## SUPER HEALTHY SPROUT AND SEED SALAD

Summer is a great time of year, sometimes we can overindulge that's why it's good to maintain a balanced diet. In this nutritious salad each ingredient is its own little power house of vitamins and minerals.

(Use Organic ingredients where possible)

### **Ingredients**

300g brown rice

150g wild rice

5 tbs olive oil

juice of 2 lemons

3 tbs tamari

1 handful of each mung and lentil sprouts

150g cooked chickpeas

3 tbs of each toasted sunflower and pumpkin seeds

2 tbs toasted sesame seeds

1 red pepper finely diced

200g snow peas blanched, refresh under cold water and slice diagonally

1 carrot finely diced

(Most ingredients available in-store)



### **Method**

Cook the brown rice and wild rice separately in boiling water, until tender. Drain & mix together both types of rice, olive oil, tamari and lemon juice. Add all other ingredients and stir through. Serve at once.

## Product Focus — 'A'kin Aromatherapy Hand Washes'



### **LEMON MYRTLE - For all skin types**

Uniquely Australian lemon myrtle, the essence of the rainforest, reminiscent of lemongrass, lime and lemon, is made up of approximately 95% sweet citral. It's calmative properties combined with the gentlest and purest botanical cleansers, will leave your hands soft and nurtured.

### **EUCALYPTUS & TEA TREE - For all skin types**

Teat tree and eucalyptus are the quintessential pure, stimulating and fresh scents of the Australian bush. These combine with a synergistic blend of gentle plant cleansers will leave your hands feeling refreshed and extremely clean.