



ORGANIC
SHUFFLE
HASTINGS HEALTH STORE

HEALTH BITE

Seasonal Newsletter

Edition 1- Winter 2006

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Welcome to the first edition of Health Bite, this will be a quarterly publication and is intended to provide you with information, advice and yummy recipes for nurturing the mind, body and spirit. We have adopted a seasonal theme for our newsletter and will focus each issue on, the many changes we make to our lives as we move through the seasons.

I love the truly seasonal nature of living in southern Victoria. Summers are hot, light and vibrant with lots of time spent outdoors, enjoying friends company and yummy bbq's and time at the beach. Winter on the other hand is a time to wind down, stay indoors and nourish ourselves. So as we head into a winter on the peninsula, my husband leaps for joy as the surf gets bigger and I relish the opportunity to rug up and take the pooch for a stroll on the beach, only to return to a bowl of steaming hearty soup by the fire.

Society sometimes gives the impression we should be out there in the external world running at a thousand miles an hour all year round. However a kind of hibernation and introspection happens all around us in nature. Animals hibernate, some plants become dormant all in an attempt to rest, rejuvenate and reenergize. I think sometimes we confuse the winter blues with a natural move towards a quieter self. so don't get the guilt's, light the fire get a cuppa and enjoy sitting back and reading our first edition. *Shanell Lawrence - Manager*

Meet The Team...

Sharnell

I bring to the business experience in cooking nutritionally focused food and holistic healing, I look forward to seeing you soon. Now I would like to introduce my fantastic team.

Sue

As well as being my partner in crime, she happens to be my Mum. Sue is a qualified Aromatherapist, Yoga Teacher, Masseuse, Reiki Master and Bach Flower Practitioner.

Helen

Many of you will know the gorgeous Helen as she has been working at the store for over 5 years. She has an extensive knowledge of all products in the store.

Michelle

Michelle is our in store naturopath and offers free advice to all customers. Michelle has been practicing naturopathy for six years and is in the store every Tuesday and Thursday.

Wilma

Aka Nanna, many customers will have grown to love nanna as much as we all do. Once you taste one of her delicious cakes you will want her as your own Nanna.

Rani

The creator of all the delicious and nutritious meals from homemade hummus to exotic soups. Rani has cooked in yoga centres all over the world.

Jane & Eliza

Our part timers, where would we be without out them, always armed with a beautiful smile and ready to make your experience even more enjoyable.



DISCOUNT OFFER

MICROGENICS VITAMIN C

Mega C 100 Capsules

R.R \$22.95 our price \$20.85

Mega C 50 Capsules

R.R \$12.95 our price \$11.80

Chewable Vitamin C 100 Tablets

R.R \$9.95 our price \$9.05

The Power of Vitamin C

Article by Michelle Wilson - In-store Naturopath

Now that winter is almost upon us it is time to hibernate and think of warm open fires, hot nourishing soups and unfortunately for some, nasty colds and flues! We can't avoid exposure to the viruses that cause these winter illnesses, but with the use of vitamin c we can ensure that our immune systems are in top condition, primed and ready to deal with such invasion. In fact, a recent review of vitamin c trials found, that its use reduced the incidence of colds by 45-91% in five trials of people and it also reduced the incidence of pneumonia by 80-100% in three other trials.

As human beings we can't manufacture vitamin c in our bodies, unlike most other mammals, and so we are reliant on getting a regular supply from our diet. If our diet is poor, we don't get enough sleep, are under a lot of stress, have poor digestive function, work in air-conditioned offices or exercise excessively then we may easily become deficient. Usually the first sign we get from our body is that our immune system becomes weak and we start to pick up colds easily and generally have poor resistance to infections. It is at times like this that our bodies require higher amounts of vitamin c and we can't get enough from our diet so we need to use supplements.

When it comes to vitamin c, dose is everything and unfortunately most people just don't take enough, especially when they start to get sick. For vitamin c to work to its full potential it literally has to saturate our system, so when the dreaded bugs first hit follow the simple guidelines for first aid listed below. Of course prevention is always better than cure so if you just want to stay well then 2000mg a day, (1 small level teaspoon, or 2x1000mg tablets) will certainly put you in a good position to effectively prevent infection. As a practising naturopath I find that vitamin c is probably the most prescribed vitamin of all so don't just treat it lightly.



VitaminC

First Aid Treatment For Colds

- 1. Oral Dose :** Take about 4g (1 heaped teaspoon) of vitamin C powder in water at the very first sign of symptoms.
- 2. Then take 2g (a small level teaspoon) every hour until you experience loose bowels.**
- 3. Reduce the dose to just below your bowel tolerance and continue the dose hourly until symptoms are gone and you feel well.**

This method completely saturates the system with vitamin C and is very good at 'nipping a cold in the bud' before it has a chance to take hold.

TEN SECOND VITAMIN C TEST

Can you relate to any of the following?

- Prolonged periods of stress
- Bleeding gums and gum infections
- Broken blood vessels, especially on the face
- Unexplained tiredness
- Sore, stiff muscles after exercise
- Burns on the skin
- Bare injuries from sport, recent surgery or weakness of connective tissue as in arthritis
- Exposure to anaesthetics, poisons and heavy metals
- Are a smoker or heavy drinker
- Easy bruising, even from slight knocks

If so...don't delay, get into some Vitamin C today!

Aromatherapy & Winter *Article by Sue Lawrence – In-store Aromatherapist*

Mother earth has given us a myriad of wondrous plants, from these plants we can extract essential oils for use in healing a variety of physical, mental and emotional ailments. This first newsletter will focus on the positive effects of essential oils on the physical body.

As we approach winter, we can assist our bodies health through the application of essential oils, a practice which is termed aromatherapy. The essential oils have certain properties in them that help to fight bacteria and germs, which weaken the immune system. Through the practice of aromatherapy, we can help ourselves to stay healthy and happy.

There are certain essential oils that will help us with winter ills, such as coughs, common cold, sore throat, stuffy nose etc. The oils that we will be covering are anti-viral, antiseptic, anti-biotic and also protective against infections. I thought to start I would put together a winter blend recipe, that you could use to keep yourself healthy over this time. Let's all make aromatherapy part of our wintery days ahead and aim to stay happy and healthy!



Winter Blend Ingredients:

Eucalyptus-

Anti-viral, antiseptic, anti-biotic, analgesic and anti-inflammatory.

Thyme-

Powerful anti-viral against flu (use in a diffuser - oil burner), anti-biotic, antiseptic. (Use with care as powerful oil and do not use on children)

Lemon-

Anti-bacterial and antiseptic

Ti-tree-

Very good anti-viral, antiseptic, anti-fungal and anti-bacterial.

Winter Blend Uses:

Oil Burner

Begin burning eucalyptus oil in an oil burner throughout autumn and winter, to purify the air and send out anti-viral molecules.

Bath

Place 2 drops of each thyme and tea-tree, 1 drop of eucalyptus and 3 drops of lemon into a hot bath. Lie back and inhale deeply.

Inhalation

For steam inhalation use 1 drop of each of the following thyme, tea tree, lavender eucalyptus into a bowl of steaming hot water and inhale. If you have a stuffy nose, place a drop of red thyme, peppermint, eucalyptus on a tissue and inhale deeply throughout the day.

Massage

Use 1 drop lemon, 2 drops eucalyptus, 3 drops rosemary into 10 ml of base oil. Eg. Almond oil. Massage around the chest, neck and sinus area.

Recipe Of The Season



Carrot And Red Lentil Soup

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 (a 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.

All ingredients are available in store

What is Ghee?

Ghee, or otherwise known as clarified butter, has been used for more than six thousand years in India. It is highly praised in ayurvedic scriptures for its purifying, disinfecting and healing properties. Ghee is far superior in its properties than any other oil, it helps aid the whole digestive process, absorption and assimilation. It is a purifier that expels and absorbs toxins from the body.

Yoga practitioners say that ghee lubricates the connective tissue and promotes flexibility. Modern science tells us ghee harbours phenolic antioxidants, which bolsters the immune system. Ghee can be used when baking, frying, sautéing and as a replacement for butter, it provides a wonderful sweet flavour that enhances every meal.