

Naturally News

May 2010

Newsletter for Naturally Organic

Number 15



Have a Happy Mothers day



Gift ideas



Mothers Day Promo

- Living Nature
- Dr Hauschka
- Trilogy Skincare
- Antipodoes

For every \$100 you spend on Living Nature or Dr Hauschka you receive a \$10 Shop Voucher valid till 31 May 2010

Dr Hauschka Skin Care Promotional Packs

- **Firming Mask Set. \$98.00**
Includes Firming Mask 30ml, Facial Steam Bath 10ml, Cleaning Clay Mask 10g, Eye Solace Ampoule, Cream Mask Sachet, Step by Step Night Facial Treatment and Make up Purse with Mirror.
- **Winter Proof Set. \$79.00**
Rose Day Cream 30ml & Hand Cream 50ml

Gift Vouchers Gift Baskets available

Mothers Day Gift Box... \$49.98

Kokako Hot Chocolate, Kokako Gluten Free Brownie, Swiss Bliss Chocolate Florentine, Sabun Natural Soap, Ginger & Lemon Tea, D'lush Chocolate Biscuits, Sukin Cleansing Cream packed in a delightful gift box.

Naturally Organic Gift Vouchers

\$20 - \$50 - \$100

New Products....

Ceres Organic Gluten Free Rice Crackers...

- Tamari Soy Crackers
- Black Sesame Crackers
- Sea Salt Crackers

All \$2.50 each

Ceres Organic Soups...

- Tusan Bean Soup
- Tomato & Basil Soup
- Mediterranean Soup

All \$2.98 each

Buontempo Gluten Free Pasta

- Rice Spiral Pasta 250g
- Rice Shell Pasta 250g
- Rice Penne Pasta 250g

All \$2.48 each (May Promo)

What is in season?

We all know eating seasonal fruits and vegetables as Mother Nature intended, is the best way to keep us in good health.

Like all mothers, Mother Nature knows best.

The foods available to us are specific as far as nutrients required for our seasonal health.

Autumn gives us food to start boosting our immune system, gearing us up for the colder winter months.

Foods such as feijoas, mandarins, persimmons kiwi fruit (green & gold), apples, beetroot, kale, broccoli, just to name a few. These all contain high levels of antioxidants and vitamin C. Essential vitamins and minerals required for good immune health.

Meals to start thinking about; soups, curries, vegetable bakes, patties, stews and casseroles. These are great ways to include lots of vegetables into a one meal.

Stews and casseroles are ideal winter food; thick, rich, flavoursome, filling and warming. (Casseroles are cooked in the oven and stews done on the top of the stove.)

There is nothing like coming home on a cold winter's night to a steaming plate of casserole, served with yummy winter vegetables and mashed kumara or potato.

And another great tip is to use any left over's and make a pie.

Naturally Organic stock a large range of different pastries, which is great to have on hand in the freezer.



“The first requirement of a good life is to be healthy”

Herbert Spencer. English philosopher 1820-1903

Lavish Breakfast

Homemade Granola

2 cups of Organic Oats
 1 cup of Organic Chopped Cashew or Mixed Nuts
 3 tablespoons of Organic Vegetable Oil
 9 tablespoons of Organic Honey
 2/3 cup chopped fresh Organic Dates
 1 teaspoon of dry Organic Ginger
 1 cup of Wheatgerm
 1 teaspoon of Organic Vanilla Essence

Mix all ingredients together. Spread over a greased baking tray, and cook at 140C for about 50 minutes. Turn frequently to avoid burning.

Leave to cool, and then break into chunks. Store in airtight containers.

Delicious served with organic soy milk or yoghurt. Or try sprinkle as a dessert topping.

Breakfast in Bed

Aoraki salmon or free range bacon is always a winner. Serve on gluten free toast or Spelt bagels, with poached free range organic eggs and hollandaise sauce or pesto.

Food by Chefs, Free Range Egg Hollandaise
 330gm \$7.88

Food By Chefs Basil Pesto 250gm
 No additives or preservatives. \$10.98

Marx Bagels Assorted 6 Pack – gluten free
 * Poppy * Sesame * Plain * Cheese *

Dovedale Gluten Free Chia Grain Bread \$7.48

For more than just toast, try;

Venerdi Cinnamon Sweet Sultana Loaf \$7.30
Venerdi Sweet Spelt Bagels \$5.98

Liberte Sour Seeded Sensation Bread
 Sourdough Gluten Free Bread. \$6.70

De Brood Marlborough Organic Baguettes
 Baguettes hand crafted using only 100% natural ingredients. Enjoy fresh from your oven in 15min!
 \$4.50

Fish for life



Facts on fish

- For mental health, science suggests that areas with the highest fish consumption have the lowest rates of depression. The Japanese eat the most fish and have the lowest rates of depression in the world.
- Fish rich in omega 3 fatty acids can contribute to the health of brain and eye tissue.
- There is also evidence of cardiovascular benefits.
- Children who eat fish may be less likely to develop asthma.
- Breastfed babies of mothers who eat fish have better eyesight, due to the omega 3 fatty acids transmitted in breast milk.
- Omega 3 fatty acids have a positive effect on your inflammatory response.
- Oily fish have high levels of vitamin A and D. Fish such as salmon and sardines.
- Fish is an excellent source of protein.
- Fish is naturally low in saturated fat and cholesterol.
- Selenium and iodine are essential nutrients found in high levels in fish. Both these nutrients are lacking in NZ soils and are essential for good health.

Ideally you should be consuming fish at least twice a week for optimum health, the inclusion of a supplement may also increase the health benefits listed above.



Supplements

Good Health Super Omega 60 Caps 1000mg
\$19.90

Childlife Cod Liver Oil Strawberry Flavour 237ml Supports healthy brain function. Yummy taste \$37.68

Childlife Essential Fatty Acids 237ml
Natural Butterscotch Flavour. Rich in Omega 3 6 9
\$26.98

Udo's Choice Organic 3 6 9 Oil Blend is certified organic flax, sesame, sunflower seeds and evening primrose, as well as oils from rice and oat germ. This oil blend has added organic GMO-free soy lecithin. 500ml \$52.98

Udo's Choice Organic 3.6.9 Oil Blend 250ml
\$34.70

Udo's Choice Organic 3.6.9 Oil Blend 90 Tabs
\$43.98

Udo's Choice Organic D H A 3.6.9 Oil Blend 500ml New DHA & GLA \$63.98

Udo Choosing the Right Fats Book

Choosing the right fats for:

- vibrant health
- weightloss
- energy
- vitality

For two decades, Udo Erasmus has dedicated his time to understand the effects of fats and oils on health. This book will introduce you to one of the secrets of life and good health.

"Choosing the Right Fats" is part of the Alive Natural Health Guide Series, which combine up-to-the-minute research, vivid full-colour photographs, easy-to-read text by recognized experts and easy-to-follow recipes.

by Dr Udo Erasmus [SOURCEolliepacifichhealth.co.nz](http://sourceolliepacifichhealth.co.nz)

What's new with us?



**Locally owned and passionate
about food and coffee**

Grab & Go Ready Salads

- *Brown Rice Salad*
- *Red Quinoa Salad*
- *Raw Power Salad*

Ready to eat cold or heated, 80% organic ingredients and are a healthy choice. They are very popular and sell out quickly.

Kokako Treats...

Kokako Organic Chocolate Afghans \$3.50

Kokako Organic Vegan Blueberry Muffins \$3.98

Kokako Ginger & Pumpkin Muffins \$3.98

Bliss Balls Twin packs Gluten Free. Dairy Free. 60% Organic. Preservative Free. Vegetarian. \$5.90

Kokako Organic Gluten Free Nut Brownie
Gluten Free. 60% Organic. Preservative Free. Vegetarian. With pecans and walnuts. \$3.98

SIGGTM




SIGG Bottle is the world's healthiest & safest reusable bottle, manufactured in Switzerland with no Bisphenol-A. (BPA) no lead, no phthalates. The proprietary SIGG bottle liner is leach proof, ensuring that what you drink is free from harmful and toxic chemicals.

600ml \$45.90 or 1 litre \$49.90

Seychelle Filter Bottles Now \$69.95

*New from Ceres ...

Mediterranean Organic Kalamata Olives \$14.98

Mediterranean Organic Wild Capers \$8.95



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