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ISSUE #15 AUTUMN 2022

SPECIAL
OFFERS
IN-STORE
TODAY

YOUR GUT IS IN CHARGE OF YOUR HEALTH

THE SECRET BENEFITS OF
**RESISTANCE
TRAINING**

HOW TO SIT WITH
**STRONG
EMOTIONS**

by Dr Libby

MACADAMIA
PASSIONFRUIT
TRUFFLES



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In *this issue*

2022 has been off to a whirl wind start and we feel the need to celebrate our fifteenth issue. What a journey!

As always it has been a pleasure writing this issue and bringing you stories that will set you up for the autumn months.

In this issue we focus on the many ways we can boost our immunity and stay healthy to ensure we are in a fit condition to fight off any viruses as they arise. For the second time, we talk to health guru Jason Shon Bennett about gut health and Community Health Store naturopath Sheryl Scott gives us tips and tricks to reset and restore our energy naturally.

As always, Dr Libby Weaver keeps our mood and emotions in check by discussing the ways to deal with strong emotions. They often catch you off guard, especially in the cooler months when we experience less sunlight and vitamin D.

For our seasonal fitness column we talk to the lovely Rachel Grunwell about resistance training! Time to beat the winter blues and get the blood flowing through our bodies.

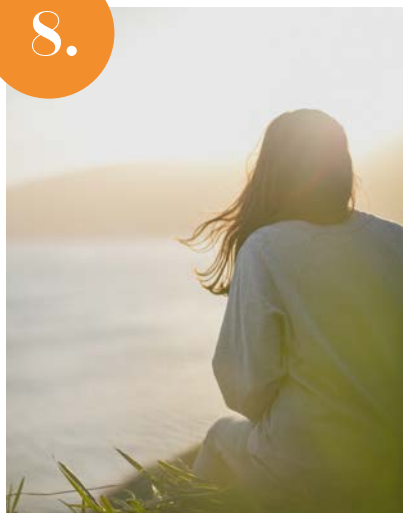
Thanks so much to all our lovely customers for your ongoing support. You are hugely appreciated, as always.

For more information visit us at communityhealthstores.co.nz or follow us on  

7. Reset and restore your energy naturally

Community Health Store Naturopath Sheryl Scott gives us the inside scoop on how to reset as we move into the cooler months.

8.



How to handle emotions

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The secret benefits of resistance training

Be inspired to lift weights - no matter what age you are. Rachel Grunwell lets us in on her resistance training secrets.

13. Your gut is in charge of your health

By health guru Jason Shon Bennett.

14. Macadamia passionfruit truffles

Recipe by Little Bird Organics for the perfect 3 pm treat.

15. Our store locations

Find your closest Community Health Store.

Healthy by Nature is created by WOODS Agency for Community Health Stores.

Thank you to: Unsplash, Pexels, Georgia Baker, Jason Shon Bennett, Dr Libby Weaver, Sheryl Scott, Little Bird Organics, Rachel Grunwell, Webstar Print, The Community Health Group Stores.

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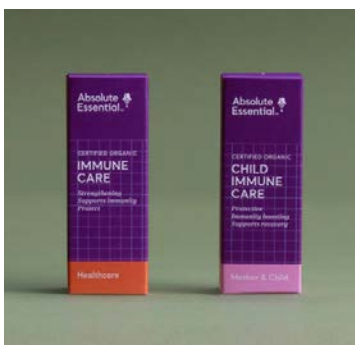
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If you are suffering cold and flu symptoms stay at home and call Healthline on 0800 358 5453.

Firstly, let's take a look at why we're more prone to getting sick during the winter months.

We spend more time indoors

In summer our catch-ups with friends and family are usually outdoors, whereas in winter we retreat indoors. This puts us in closer proximity to others, and as we all now know, indoor gatherings equals a higher chance of infection. And with more people in the room other odors may present themselves. Purifying the air with your diffuser is a fragrant way to keep things fresh and safe.

Colds love the cold

According to research, certain bugs thrive and survive better in chillier, drier environments and as a result, are able to infect more people.

Our vitamin D levels drop

Shorter days and more cloud cover means we're exposed to less sunlight and our vitamin D and melatonin levels drop, which may compromise our immune systems and decrease our body's immune defenses.

With all this in mind, it makes sense to fortify your body's natural defenses as best you can, safely and naturally. Lifestyle is obviously a major factor here – eat well, drink less alcohol, get plenty of sleep, wash your hands and take time to chill out. All of these things will help you to stay healthy. But you can also supplement these positive lifestyle choices with a range of natural remedies.

Three of our favourite general winter wellness remedies;

1. At the first sign of ills and chills place one drop of ginger oil and one drop of peppermint oil on a chewable, high dose vitamin C tablet. Chew well and repeat up to six times daily. This will not only support your glandular system, it will refresh your breath too.
2. Drink one drop of lemon oil in one litre of water to fortify and cleanse, or one drop in one litre of hot water with honey for effective head relief.
3. Diffuse a combination of two to three drops organic eucalyptus Australiana oil, two to three drops organic lavender spike oil, one to two drops organic kanuka oil and one to two drops organic thyme oil for soothing respiratory and immune support.



Date Seed Coffee

from MagicT

Dates are Middle Eastern superfoods, famous for flavour and health. Known as Trees of Life, date palms (*Phoenix dactylifera*) have been offering their sweet bounty to us for millennia. MagicT have found a way to harness that bounty to create a delicious, caffeine-free beverage made from nutritious date seeds, extracted from only the best Persian dates.

But why go caffeine-free?

Caffeine can cause anxiety, insomnia, headaches, shakiness, and rapid heart rate, so caffeine-free drinks are a lifestyle choice for many of us. However, decaffeinated beverages are not always the answer.

Some professionals believe that the processes used to extract caffeine from coffee beans far out-weigh the benefits.

What does MagicT Date Seed Coffee taste like?

Simply, it tastes like coffee. Velvety smooth, slightly bitter, toasty, malty, with hints of caramel and chocolate. MagicT Date Seed Coffee is perfect for plunger, coffee pot or filtered coffee machines. Add your choice of milk and sweetener if desired. You can even try it iced!

What are the health properties of Date Seed Coffee?

Date seeds are a source of antioxidants, minerals, vitamins, dietary fibre, immune nutrients, polyphenols, proanthocyanidins, linoleic and oleic acids. They may support the liver, kidney, cardiovascular, digestive, cholesterol, and immune health.

Date Seed Coffee is a satisfying coffee substitute and a beneficial superfood.

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Reset and restore your energy naturally

WORDS BY Sheryl Scott

The change of each new season is a good opportunity to reflect on what habits serve your health and which sabotage your wellbeing. I hope you will take a little time to consider what boosts your energy levels and what steals your energy.

Common energy stealers include; poor diet, dehydration, lack of exercise, poor sleep or inadequate sleep, nutrient deficiencies, e.g iron, B vitamins, magnesium; stress and fear.

Stress and fear can mentally paralyse and exhaust you. They weaken the immune system, and can cause numerous health problems. Our world has grown increasingly fearful, divisive and angry over the past two years as we are inundated with fear generating headlines and learning to navigate constant changes.

The stress response releases the hormone cortisol which sets up a chain reaction of increased heart rate and breathing. This directs blood flow away from internal organs towards muscles for "fight or flight". This in turn sends blood away from the frontal cortex of the brain (area of reasoning and decision making) to the amygdala so you can react quickly to the stressor.

Long term fear and stress damages health, and steals energy and vitality.



Top tips to counter fear and the stress response and restore energy naturally

1. Breathwork - long, slow diaphragmatic breathing calms the nervous system and cultivates balance and peace.
2. Meditation is practiced in many religious traditions. It is being mindful rather than having your mind full. It can range from prayer to reading something inspirational, to focusing on a particular thought, e.g. loving kindness. Meditation helps to clear the mental clutter and achieve calm. The simplest meditation is to close your eyes and smile.
3. Unplug from tv and social media. Take a weekly rest day to spend time in nature to recharge. Sunshine, fresh air and green spaces lower cortisol, blood pressure and restore energy.
4. Eat a wholesome whole food diet.
5. Hydrate, hydrate, hydrate.
6. Supplement with magnesium and B vitamins.
7. Adopt an attitude of gratitude. "A joyful heart is healing" - a proverb.
8. Take opportunities to encourage and support others.

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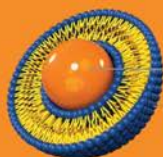


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How to sit with strong emotions

Photography by Pexels

Many of us are taught that any 'negative' feeling is wrong.

We aren't taught this with actual words, but through observing how other people deal with negative emotions, or how we ourselves handle negative emotions.



WORDS BY Dr Libby Weaver (PhD)

As a young child it happens when we're feeling sad and a parent, with the best of intentions, offers us ice cream to make us feel better. Or when we get angry and our emotional outburst results in us getting disciplined. Or in later years when we break up with someone we love, and our friends tell us there's plenty more fish in the sea.

Yet, emotions are a part of human existence. Sure, we may all feel things in different ways and to varying capacities, but we do all experience a full spectrum of emotions. When you don't know how to sit with uncomfortable emotions, you are more likely to avoid them by numbing them with food, alcohol or other drugs, medications, brief sexual encounters or perhaps creating drama or stresses to focus on, to divert your attention and focus away from what you are feeling.

It may seem like letting yourself experience the full force of strong emotions will make you feel worse, or perhaps add to your stress but in fact the opposite is true.

Often we create more pain and heartache for ourselves when we engage in avoiding behaviours since we usually know in our heart that these things aren't good for us and pile guilt and shame onto our emotional load. There is an immense freedom that comes with being brutally honest with ourselves about how we are feeling and acknowledging when there is sadness, grief, heartbreak, anger or rage. It's also incredibly beneficial for deepening your self-awareness as recognising when things evoke your emotions enables you to reflect on who you are in your heart.

“
Whatever the strong emotion is, it is transient. You will not feel it forever.
”

Well-being

Here are a few tips to help you along the way.

“Name it to tame it”

In his book 'Mindsight', the wonderful Dr Daniel Siegel uses the phrase “name it to tame it”. In other words, by identifying our feelings, and separating ourselves from them (i.e. ‘I feel angry’ versus ‘I am angry’) —we reduce the power they have over us. The vast majority of people would describe themselves as stressed. I would argue that stress has become an acceptable umbrella term for all kinds of uncomfortable emotions. Yet, until you know what it is, you are powerless to change it.

Remind yourself that emotions come and go

Emotions are like the waves of the ocean—they ebb and flow. You are like the seabed that the waves wash over, ever present and enduring. Whatever the strong emotion is, it is transient. You will not feel it forever. Reminding yourself of this can make facing it that little less frightening.

Leave judgement at the door

When it comes to what you feel, there is no right or wrong so please try to keep your inner judge quiet when you reflect on your emotions. Instead, invite curiosity and ask yourself: I wonder what might be driving that feeling?

Recognise that the ‘why’ might come later

While in some circumstances, it might be blatantly obvious what has triggered your strong emotional response, in others, the reason may be more elusive. Just because you can't put your finger on the reason doesn't mean your feelings are any less valid. It may take days, months or even years for you to fully comprehend the ‘why’.

From pain we grow

Pain can offer us insight into what our soul needs us to learn and can help form a solid foundation for a meaningful life. It can be worth doing our best to consider if we are living with the belief that what occurs TO us, or rather it happens FOR us—in order for us to be the most evolved expression of ourselves as possible.



Dr Libby's newly released Condition Your Calm cards; 90 cards designed to help transform your daily experiences by offering a greater understanding of the biochemical, nutritional and emotional ways you can ease stress. Using her three-pillared approach, Dr Libby has created this box of 90 cards to help you rediscover your clarity and calm—in practical and bite-sized ways.

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SPICY CARROT PEANUT BUTTER SOUP

INGREDIENTS

- 1kg Carrots
- 2 Tbsp Avocado Oil or Olive Oil
- 1 Onion
- 4 Cloves Garlic
- ½ Cup Peanut Butter
- 2 Tbsp Kaitia Fire Chilli Sauce
- 2 Tbsp Chopped Basil
- 1 Serve Just Natural Clean Lean Protein
- 1 Litre Vegetable Broth/Stock (you can use Chicken Bone Broth too)
- 400ml Coconut Milk

METHOD

1. Peel and roughly chop the carrots. Place them in an oven tray, drizzle with 1 tablespoon avocado oil and roast in the oven at 180°C for about 30 minutes.
2. Slice and then fry the onion in a large pot with a tablespoon of avocado oil. Add the garlic and sauté.
3. Once the carrots are roasted, add to the onions and garlic, cover with the vegetable broth and bring to the boil. Turn the heat down and add the peanut butter, basil and Kaitia fire. Allow this to simmer for about 5 minutes.
4. Add the coconut milk and Clean Lean Protein. Blend the soup with a handheld stick blender or carefully in batches in a blender. Enjoy!





The secret benefits of resistance training

WORDS BY Rachel Grunwell

Be inspired to lift weights - no matter what age you are. There are so many health benefits!

Lots of my wellness coaching clients are tentative at first about resistance training. They only link weights with body building at first. But I reassure them that lifting weights is often a great way to hit their health goals.

I'm a big convert to strength training. In the past I was more into running and yoga. But now you'll find me cross-training (i.e. doing mostly weights, with some running and yoga).

Here are some benefits to resistance training that I hope will inspire you to get stronger.



1. This movement is good for your mental health and is a mood improver.
 2. It can help to prevent muscle loss with age.
 3. You can create defined muscle tone by using this style of training. Who doesn't want to look great in their favourite outfit?
 4. It's a great strategy for weight management. Watch those calories burn baby, burn!
 5. Resistance training can help with lowering your injury risk. It's also the solution for the rehabilitation for lots of injuries.
 6. Can help reduce the incidence of falls, especially when you are older.
 7. Helps to build stronger bones. It's useful for Osteoporosis prevention, management too.
 8. Getting stronger and feeling healthier can lift your body confidence.
 9. It can be a cheap way to train. You can opt to use your body weight to do body weight exercises which requires no gym memberships at all and can be very effective.
 10. It can improve your brain health.
- Rachel Grunwell (wellness coach, speaker, and author of *Balance: Food, Health + Happiness*)
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Your gut is in charge of your health

WORDS BY Jason Shon Bennett

Bacteria run your health profile

Bacteria are essential for human survival as they comprise more than 90% of the cells in the human body. There are 20 times more bacteria in our guts than there are human cells in the rest of the entire human body. You have more bacteria in your digestive lining (over 140 trillion cells), than there have ever been people alive on the planet. This is why your gut is in charge, not your brain. These trillions of bacteria are in a lifelong, symbiotic beneficial relationship with you whether you are aware of it or not. The over 800 different species and 7000 different strains of bacteria living in your gut outnumber all your other cells through your body by ten times.

Bacteria and the bowels

A healthy gut bacteria balance is everything to your longevity and disease-risk. When the good probiotic microflora vastly outweighs the bad anaerobic bacteria, you have a healthy gut and immune system. This is a fundamental

part of keeping health, energy, vitality and strength in all the core body systems. The dominance of bad bacteria in the intestines is a prime cause of disease throughout the body. Without bacterial balance you can survive but you will not thrive.

Gut bacteria drives weight loss

The single most powerful way to change the gut and the bacteria lining is by changing your diet. The colon, gut, intestinal, bowel and digestive health, are all reliant on your microbiome. Gut bacteria in healthy people, is different from that of sick people. We know the higher the 'bacteroidetes' balance, the better the health. The heavier, more overweight or obese you are, the unhealthy your bacterial population. Many people are subject to the vicious circle of weight gain causing poor bacterial growth, causing ill health and disease, causing weight gain. Changing the health of the gut bacteria will drive weight loss.

Prebiotics are the best food for your gut

'Prebiotics' are food for your probiotics, helping you to produce your own good probiotic bacteria. They are indigestible, high-fibre, carbohydrate foods that are eaten by good bacteria in the colon and by mucosa cells in the colon wall. You can increase or decrease the number of probiotics in your body through the food you eat. Prebiotic-rich foods include grapefruit, sauerkraut, kimchi, pickles, raw oats, asparagus, leeks, onions, chicory roots, artichokes, kefir, bananas, soybeans, seaweed and garlic.

Eating more plants will lead to healthier gut bacteria

Healthy rural African children eating a local, fresh, plant-based whole food diet, have a very different gut bacteria profile than overweight Western children. Diet influences gut bacteria more than any other single aspect of lifestyle. Plant-based whole food diets have a direct and powerful effect on bowel health, pretty much the opposite of the modern sugar rich and meat rich processed diet. Genetic expression in the gut is dominated by food interaction and it is cleaned, fed and run by a plant-based whole food diet. The prebiotic and probiotic-bacteria-rich superfoods that best transform our gut are the high-fibre, whole plant foods such as fruits, vegetables, nuts, seeds, wholegrains and legumes, as well as natural fermented foods. The natural fibre-rich plant carbohydrates also protect the bowel from growing dangerous bacteria.

The health of the digestive and bowel system (the gut) is all-important to EVERY aspect of human health. They, are in charge, not you. Just feed them prebiotic-rich plant superfoods and let them take care of you!



Macadamia passionfruit truffles

RECIPE BY Little Bird Organics

A bite-sized vegan truffle that takes advantage of high health ingredients rolled into a convenient hit of whole food energy—ideal for an afternoon pick me up, after dinner sweet something or for popping into school lunch boxes.

Make time: **20 mins**

Makes: **12**

Equipment: **food processor**



Photography by Little Bird Organics

Ingredients:

¾ cup macadamia nuts
1 cup dried coconut
4 tablespoons coconut nectar
or raw agave
zest of **1** lemon
pinch of sea salt
¼ teaspoon vanilla bean powder
(or **½ teaspoon** extract)
1 tablespoon freeze-dried
passionfruit powder
extra dried coconut for rolling

Method:

1. Place ½ cup of the macadamias in a food processor and blend into a smooth butter. (This is also how you can make your own fresh macadamia butter.)
2. Add half the coconut along with your sweetener of choice, lemon zest, salt and vanilla to the food processor and blend together until well combined – the resulting mixture will be quite sticky.
3. Add remaining coconut and macadamias along with the passionfruit powder, and blend for 5 to 10 seconds until the mixture comes together but some texture remains. If your mixture is too sticky to work with, add small amounts of dried coconut until you can form a ball with it.
4. Take tablespoon amounts of the mixture and form each into a soft ball, then roll in extra dried coconut. Store in an airtight container in the fridge or freezer.

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