

AUG 2013

# PUTIPUTI RA ORGANICS

Health & Eco Store

## We're a little bit coconut crazy

You too? Coconut has so many benefits that we'll just list a few: a good source of lauric acid, a saturated fat thought to support the immune system and the thyroid; an exceptionally good source of manganese which helps you to better utilize many nutrients including choline and biotin (found in eggs), vitamin C and thiamin; plus coconut is rich in protein, fiber and fat which makes it exceptionally filling.<sup>1</sup>

We'll take coconut any way we can get it, which is why we have:

- **Coconut flour:** a soft flour produced from dried coconut meat, and a natural byproduct of coconut milk production.
- **Dessicated/shredded coconut:** you know how looks can be deceiving? Shredded coconut looks like shredded polystyrene but tastes delicious. We love it sprinkled on our porridge with loads of cinnamon and a pinch of Himalayan sea salt.
- **Creamed coconut:** instead of making icing with sugar, soften creamed coconut, blend with dates or honey, raw cacao powder and fresh vanilla bean. Just don't eat it all before it goes on the cake.
- **Coconut oil:** the best oil for frying or high-heat cooking, as it's highly resistant to oxidation at high heats.
- **Coconut water kefir:** a natural source of pre and probiotics. Tangy, fizzy, yummy and healing for your digestive system. Visit us on Saturday August 3rd and get free samples from The Kefir Company!

If you're worried about coconut's high saturated fat content, consider this: in a study, Tokelauans ate more than 50% of calories as coconut and were the biggest consumers of saturated fat in the world. The Kitavans ate up to 17% of calories as saturated fat, mostly from coconut. Both populations had no traces of cardiovascular disease despite the high saturated fat consumption and were overall in exceptional health.<sup>2</sup> So there.

Source: [1] <http://nourishedkitchen.com/baking-with-coconut-flour/#ixzz2ZjztUg0>. [2] <http://authoritynutrition.com/why-is-coconut-oil-good-for-you/>

## JOIN US!

SATURDAY  
AUGUST 3

Starts at 10 AM

COCONUT  
KEFIR

FREE SAMPLES  
+ INSTORE  
DEMO

With Anita from  
The Kefir Company



## Raw chocolate, Kiwi-style

Te Kaha Trust Tama Toa Bar is a raw chocolate energy bar packed with superfoods like maca and mesquite, crunchy sesame and sunflower seeds, plus goji berries and dates, for sustained energy. With just a smidge of mineral-rich coconut sugar for sweetness, the Tama Toa Bar is a treat you can feel good about. Not only is it organic, gluten- and dairy-free, vegan, and raw, but it's also made right here in NZ, in Bay of Plenty. Plus it's a chunky chocolate bar, not one of those namby-pamby delicate ones.

Hey: the name Tama Toa means 'boy warrior', and refers to a connection with that strength within ourselves. Cool, aye?

Image: [www.rawzealand.org](http://www.rawzealand.org)

## Sheep are the new cows

Just in: New Zealand Sheep Milk Co's sheep milk powder! It's an excellent alternative source of dairy milk that tastes just like cow's milk, but is richer in vitamins A, B, and E, calcium, phosphorus, potassium, and magnesium.

Sheep's milk contains a higher proportion of short- and medium-chain fatty acids, and more conjugated linoleic acid (CLA) than the milk from goats, cows, and humans - CLA is a cancer-fighting, fat-reducing fat.

Plus the fat globules in sheep milk are smaller than the fat globules in cow's milk, making sheep milk more easily digested; if you can't tolerate cow's milk, you may still be able to have sheep's milk.<sup>1</sup>

Source: [1] <http://nzsheepmilk.co.nz/nutritional-faqs/>. Image: <http://nzsheepmilk.co.nz/>



## SUPPLEMENTS

to keep  
you well

FROM THE  
INSIDE OUT



## Support energy levels + help inflammatory conditions

### DOCTOR'S BEST D-RIBOSE

Ribose is an essential pentose (5-carbon) sugar utilized by the body to synthesize DNA, RNA and produce energy, and a fundamental building block of adenosine triphosphate (the substance in which the body stores intracellular energy), the preferential source of energy for skeletal muscle and heart tissue.

Studies have shown that ribose supplementation can enhance cardiac energy levels and support cardiovascular metabolism. Further studies suggest ribose plays a role in supporting energy recovery after exercise. Ribose may strengthen and support the body's crucial antioxidant defenses.

Research has shown that optimal heart function requires a consistent supply of essential cofactor nutrients including CoQ10, D-ribose, L-carnitine and Magnesium. Consider these other high quality Doctor's Best products in combination with Best D-Ribose for enhanced cardiovascular support: Best GPLC & CoQ10, High Absorption Magnesium, Best L-Carnitine Fumarate.

Source: <http://www.iherb.com/Doctor-s-Best-BioEnergy-D-Ribose-8-8-oz-250-g/8319>

## Natural vegan meal replacement shake

### All natural vegan, soy-, dairy- and gluten-free meal replacement shake!

Sometimes you need to grab something to eat on the run, preferably a nutritious, natural *and* yummy option. How about a meal replacement shake that's all-natural, vegan, doesn't have dairy or soy or gluten, and has 21 superfoods like acai, mangosteen, black currants, raspberries, and green tea extract?

KateFarm's *Komplete Ultimate Meal Replacement Shake* has all of this, plus antioxidants, high protein [from organic rice protein] and vitamin rich ingredients. It's even non-GMO. Tops, aye?

Choose from 3 flavours: cocoa fudge, vanilla bliss, and jav'a latte.

Image: <http://www.katefarms.com/products.html>



## Why we're eating fossils

Food-grade diatomaceous earth, to be precise. Diatomaceous earth [DE] is the fossilized remains of ancient algal shells called diatoms or phytoplankton.

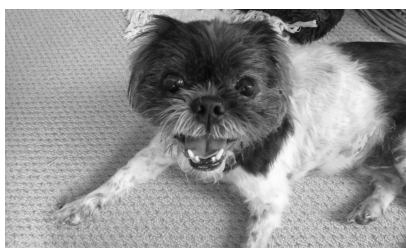
We eat it because it's 89 – 95% amorphous silica, and contains 15 essential trace minerals including phosphorous, selenium, calcium, sodium, potassium, magnesium, copper, zinc and iron. DE particles are also negatively charged [rather rare] - heavy metals, bacteria and viruses, pesticides, drug residues and E. coli are all positively charged: as the tiny particles of DE sweep through the digestive tract they attract or draw in the positively charged nasties, capture them within their framework and consequentially pass them out as waste.

DE is an all natural product that has an incredible number of uses in the home, your garden, your pets, on the farm and in horticultural applications. Some of the reported potential benefits of daily consumption of DE include:

- 15 trace minerals – beneficial for soil, plants, animals and potentially even humans
- Can assist to detoxify bacteria, viruses, e-coli, heavy metals and toxins
- Colon cleanser, digestive aid, can assist with bowel related disorders
- Better feed conversion, improves weight gain and general health
- Promotes shinier coats, hair, skin, manes, hooves, nails and plumage
- Completely non-toxic, no potential for parasites to gain immunity over time
- Cost effective health supplement resulting in reduced animal stress, better well-being and often reduced vet bills.

We carry DENZ's diatomaceous earth, which is imported from Perma-Guard in the U.S., considered to be one of the finest and purest in the world. Perma-guard are the world leaders, being the longest and largest diatomaceous earth supplier internationally.

Source: <http://www.denz.co.nz/what-is-diatomaceous-earth>



### Rupert's Corner

Itching is one of my favourite things, second only to sleeping. I don't know whether I'm just a sensitive guy in general [I mean, of course I am—look at that face], or I have food intolerances, or I'm allergic to flea bites, but I'll nibble until the cows come home... And I have no fur left.

Recently my mum discovered **U-Go Itch!!**, which is specially formulated for dogs with hot spots. It's all-natural, with a blend of N.Z. native plant extracts and pure essentials oils.

**U-Go Itch!!** takes my itching away *immediately*. Ah, sweet relief. Then I can get back to sleeping [and re-growing my fur].

P.S.

Get a 10%  
DISCOUNT if you're  
a Gold Card  
holder. Plus we  
have 10% DISCOUNT  
LOYALTY CARDS.  
Ask us!