



## November Newsletter 2018

Welcome to November, the warmer weather has arrived in earnest, even though it is still technically Spring, so we thought this month we would focus on keeping sunsmart and some recipes and tips for summer.



**Natural Sunscreens**

We get asked many questions about the natural sunscreens we sell and although much is written about sunscreens we hope this may answer a few questions. Active ingredients in sunscreens come in two forms, mineral and chemical filters. Each uses a different mechanism for protecting the skin and maintaining stability in sunlight.

**Chemical Sunscreens** use synthetic (carbon-based) compounds, such as: oxybenzone, avobenzene, octisalate, octocrylene, homosalate and octinoxate to create a *chemical reaction* in our skin to change UV rays from the sun into heat, then releasing that heat from the skin. Some of these have been associated with negative health effects and have also been linked to the destruction of coral reefs.

**Physical Sunscreens** are mineral sunscreens which use zinc oxide and/or titanium dioxide and contain active mineral ingredients which work by sitting on top of the skin and deflecting and scattering UV rays away from the skin.. They work more as a *physical barrier* to protect us. They usually contain less irritating and potentially harmful ingredients, and therefore may be more suitable for sensitive skin and to use on children and babies.

- Look for active, natural mineral UV filters like **zinc oxide** and **titanium dioxide** which are gentle on sensitive skin and work immediately on application.
- Use a broad spectrum sunscreen which protects against UVA and UVB rays. The SPF number only applies to UVB—the sunburn causing rays. The other rays—UVA rays—are the aging rays which breakdown collagen and elastin that cause wrinkles and can damage DNA.
- High SPF numbers can give a false sense of protection and the higher SPF number may contain more chemical additives, resulting in skin reactions and irritations. SPF 30 offers **only** 4% more sun protection than an SPF 15. And an SPF 45 offers **only** 2% more than an SPF 30. The higher up you go, that percentage lessens. The secret to protecting your skin from harmful UV rays is to reapply often and generously.
- There is a lot of debate about nano particles and what they do. The fear is that they're so small they seep in through our skin cells, but according to the EWG, (Environmental Working Group) [www.ewg.org/sunscreen/](http://www.ewg.org/sunscreen/), nanoparticles in zinc oxide and titanium dioxide remain on the surface and in the outer layer of the skin and do not penetrate skin cells in sunscreens.
- Always read the label to ensure the product contains natural and effective ingredients for you, your family and the environment as some products may combine zinc oxide with chemical filters.
- Lastly, follow the basic rules: Let your skin greet the sun for a short time in the morning and evening, then cover up, avoid the sun at the height of the day, reapply your natural sunscreen regularly and remember it is a sunscreen not a sun block.

## November Specials, while stocks last

- “*Nordic naturals*” fish oils, all on special.
- “*Source Naturals*” Vitamin D3, 1,000iu. 100s @\$13.50, 200s @\$23.90.
- “*Source Naturals*” Wellness Formula Herbal Defence \$26.80 for 45 tablets.
- “*Little Bird*” macaroons all flavours @\$8.80 a pkt.
- “*Harker Herbals*” Herbal tonics, all still only \$27.95 for 250mls.
- **And more specials in store too!**



## New products

- “*Goodbye Ouch*” Sun Balm, natural, broad spectrum and water resistant sun screen SPF 50 35gms: \$22.60, 80gms: \$33.90
- “*Mama Zing*” Kombucha with herbs and spices \$11.50 per 500ml bottle
- “*Health Discovery*” Paleo and seed Crackers. 5 flavours and only \$5.95 each.
- “*Wholegrain Organics*” Sprouted Buckwheat bread \$10.50 per loaf.
- “*Zenzo*” vegan Aioli, Mayo and Sour cream, \$6.40 each.

## Are we getting enough Vitamin D?

Vitamin D is a fat-soluble hormone essential for growing and maintaining strong, healthy bones and supporting a strong immune system, and helps protect against cancer. Yes, the sun is essential for Vitamin D production and moderate and safe sun exposure has the most benefits for Vitamin D levels. Most sunscreens completely block the body's ability to manufacture Vitamin D and statistically, 75% of us are deficient in this important vitamin, so strict sun protection may exacerbate a Vitamin D deficiency.

Yes, there are Vitamin D supplements, and not many foods are high in Vitamin D but eating cheese, grass fed butter, egg yolks, fatty fish, cod liver oil, beef liver, mushrooms which have been exposed to sunlight and sprouted seeds, especially alfalfa are all Vitamin D rich options, as well as foods high in protective antioxidants.



**Natural Sunscreens.** We try hard to make sure the sunscreens we sell are safe for you and your family, but we still advise you to read the labels and make your own choices. We all have our preferences around sunscreen but if you do need some help or support in your choices, please ask our knowledgeable staff:

- "Coala" Sunscreen. Baby, children's and adults. SPF 50 & SPF 30s
- "Eco Sonya" Sunscreen. SPF 30, 150mls
- "Eco Tan" Coconut Sunscreens SPF 30, 150ml.
- "Goodbye Ouch" NZ made Sun balm SPF 50 in 35g and 80gms
- "Millstream Gardens" Sunscreen NZ made, SPF 30 and 50 gm tin.
- "My Sunshine" NZ made, SPF 30, 200gms.
- "Oasis Sunscreen" NZ made SPF 30 and 50 in 250g and 500gms.
- "Soleo", SPF 30, 75gms and 150 gms
- "Wotnot" SPF 30 100gms, children's and adults.

## Snippets and Info

- Yay, we finally have 2 Eftpos machines which enables quicker transactions
- We are a wi-fi free shop, and our computers and Eftpos machines are not wireless.
- We use a Siemens gisaset portable phone to reduce EMF emissions too.
- We always have a Naturopath / Herbalist in store .
- We use BPA free till receipts.
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- We do not use chlorinated or fluorinated water in the shop.
- We have a customer feedback box at the counter. Your feedback is important to us.
- We are certified organic as a shop with Biogro



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## Vitamin D rich - Mushroom Frittata



- 1 tablespoon butter, ghee or oil
- 2 cups mushrooms sliced
- ½ teaspoon dried or fresh thyme
- 2 cups baby spinach or broccoli .
- 1 large potato, cut into 1/2-inch cubes.
- 6- 8 large eggs
- ½ cup ricotta cheese or other cheese of your choice.
- ½ teaspoon salt & ½ teaspoon freshly ground black pepper
- 2 teaspoons dried basil leaves (optional.)

1. Heat the oven to 350 degrees F.
2. Melt half the butter and half the oil in a 10-inch ovenproof skillet over medium-low heat. Add mushrooms and sauté until soft, about 10 minutes. Sprinkle in thyme. Remove from heat. Set aside.
3. Cook potatoes until cooked through, add spinach, cook until wilted, about 3 minutes, return mushrooms to pan.
4. Whisk the eggs, then stir in the ricotta, pepper, basil and salt. Pour the egg mixture over the vegetables and place the pan in the centre of the oven. Bake the frittata until it is browned and puffed, approx 30 minutes.
5. Serve with alfalfa sprouts on the side.