



# HEALTH E-CHAT

A publication of Health e-Sense & Xtrax



1 August 2006

## Quinoa

Quinoa is a grain from a plant distantly related to the spinach.

It contains upto 50% more protein than any other grains and is a great source of calcium, iron, B6, niacin and thiamine. Quinoa also contains a high level of lysine, an amino acid the body needs to make protein.

Gluten Free, quinoa and products made from quinoa, e.g. pasta is great for those who need to avoid gluten. Quinoa flour can be used in pancakes, muffins, biscuits and cakes.

The grains can be toasted for 5 mins before cooking to give a delicious roasted flavour. To cook, use 2 parts liquid to 1 part quinoa. During cooking, quinoa will increase to 3-4 times its volume.

## Welcome to our 1st birthday issue

Thank you for joining us again. We hope you are keeping well in this very cold winter. We are celebrating our birthday and we have a giveaway of 2 nights accommodation in Australia or New Zealand for two in a lucky draw. Read on for more details.

In this issue, we focus on depression, a problem that is faced by 1 in 4 New Zealanders according to Mental Health New Zealand.

We now have back in stock our quinoa grains and quinoa puffs and crunchies. There has been hot debate in recent months about heat treatment of a large

range of food including grains, seeds, beans and pulses entering New Zealand. Once heat treated, the life force in the food is destroyed, essentially making the food dead, the enzymes and vitamins are destroyed and germ oils are rancidated.

However, if the overseas growers can supply all the required paperwork and compliance procedures required by MAF, their food items are exempted from heat treatment. **At Health e-Sense, we only buy from sources where the organic products are not heat treated.**

## Depressed? Look at what you're eating

Depression is a whole body illness, affecting the body, the nervous system, moods, thoughts and behaviour. It affects the way you eat and sleep, the way you think about people around you and the way you react and think.

Food greatly influence the brain's behaviour. The level of brain chemicals called neurotransmitters which regulate our behaviour are closely related to what we eat and neurotransmitters are closely linked to mood. The neurotransmitters related to mood are dopamine, serotonin and

norepinephrine. Low levels of serotonin can lead to depression, anxiety and sleep disorders. The precursor to serotonin is tryptophan, an essential amino acid. Sufficient amounts of vitamins B6, C, folate and magnesium are necessary for the formation of tryptophan.

Some recommendations on what you can eat and use:

- A diet high in complex carbohydrates, whole grains, seeds, nuts, brown rice, millet, soy protein, beans and pulses will help you become more relaxed.

**Refer a Friend Campaign 1 Aug–31 Oct 2006**

**Do you have a friend who needs non allergenic food or health supplements?**

**Bring your friend in to shop at Health e-Sense and get 2 bonus Health e-Rewards stamps when your friend makes a purchase over \$10 during the first visit and joins the Health e-Rewards programme.**

• Consume salmon and turkey. Both are rich in protein and tryptophan. Perhaps that's one of the reasons we feel good at Christmas!

• Omit wheat and gluten from your diet. Wheat and gluten has been linked to depressive disorders.

• Take essential fatty acids like flaxseed oil, fish oil or evening primrose oil. Essential fatty acids aid in the transmission of nerve impulses, which is needed for brain function. Essential fatty acids are also rich in seeds and nuts like

pumpkin seeds, sunflower seeds, flaxseeds and walnuts.

- Some supplements that are recommended include 5-HTP which increases the body's production of serotonin, SAMe which works as an antidepressant, Vitamin B complex which is necessary for the normal functioning of the brain and nervous system, Kava kava which helps to induce calm and relieve depression and St John's Wort. There may be some contraindications between prescription drugs and natural supplements to increase serotonin production. Magnesium is a mineral that helps us to

relax..

- Selenium has been shown to elevate mood and decrease anxiety. These effects were more noticeable in people who had lower levels of selenium in their diets. NZ soil is deficient in selenium. This may explain why so many Kiwis are depressed!
- Folic acid deficiency has been linked to depression, especially in the elderly.
- Schuessler tissue salts, which balances the nutrients at a cellular level is also beneficial for depression. Combination 5 which comprises Ferr Phos, Calc Phos,

Mag Phos, Nat Phos and Kali Phos are specially formulated to support the central nervous system which provides the overall balance for the entire mind and body.

- Aromatherapy is great for relaxing ourselves and uplifting our moods. A combination of Lavender, Bergamot and Cedarwood is great for rest, relaxation and for an uplift. It can be used as a massage, in the bath, or in a burner.

If you are still depressed after reading this newsletter, come in and see what we can help you with! Small steps can make a big difference!



**Sunflower seeds and pumpkin seeds are a good source of essential fatty acids. Organic sunflower and pumpkin seeds cost less at Health e-Sense. Check it out!**  
**500g Sunflower seeds \$3.90**  
**500g Pumpkin seeds \$8.00**  
**Cheaper than supermarket bulk bin non-organic prices!**

## Bach Flower Remedies & Depression by Kathy Coulson

Bach Flower remedies have been known to deal with emotional demands of every day life. The key to treating depression (*and any emotional or mental condition*) using the Bach Flowers is to ascertain how the person FEELS when they are depressed, i.e. what specific emotions do they experience.

*Some obvious Bach "depression" remedies are:*

**Gentian** – discouraged when things go wrong

**Mustard** – those who are full of gloom for no apparent reason, descends like a dark cloud

**Sweet Chestnut** – great &

unbearable anguish, the "end of the road"

**Gorse** – people who believe nothing can be done for them, future is hopeless

**Star of Bethlehem** – when depressed due to grief

**Oak** – those who struggle on through every adversity, over-worked

**Agrimony** – hides depression from self & others, makes a joke of it

**Elm** – brought down by weight of responsibilities, over burdened

**Honeysuckle** – relives the past and feel saddened by their regrets

**Larch** – depressed due to lack of confidence

We can utilize *any* of the 38 Bach remedies, depending on the individuals needs. People may need to use more than one remedy over a period of time. For example - having just lost a close family member a person may need Star of Bethlehem to move through and cope with the grief, but they may need to combine it with Agrimony if they are the kind of person who "puts on a brave face", and makes light of their own sense of loss.

Bach Flower remedies can be taken on the tongue or in a glass of water 4 times daily, 2 drops each time, especially morning and night. It can also be applied onto pulse points.



*"I used to be very crooked once I get the flu in winter but the Tissue Salt and Sambucol got me back onto my feet the next day". S.B, Howick*



**Bach Flower remedies are safe for everybody, young and old, including animals!**

**Go into a Lucky Draw to win 2 nights Flexi Break package accommodation in Australia or New Zealand for 2 persons when you purchase over \$20. Draw closes 30 Sept 2006.**

## Depression and the Truth by Pauline Kam (clinical hypnotherapist)

Depression has been accepted as a life struggle that someone we know may suffer from.

At one point in our life, we have all felt sad, but that is not depression. Our feelings of tiredness resulting from our over exerting ourselves, or discouragement when serious problems occur, usually passes within a short time as we adjust to life changes. However, when these feelings persists beyond a couple of weeks and begins to intensify and interfere with our daily functions, it may be depression.

Depression is a mood disorder that's primarily characterized by an extended sense of sadness with an increased feeling of irritability, agitation and restlessness alongside a general disinterest in things.

Other symptoms include changes in sleeping patterns and appetite with constant fatigue and/or feelings of worthlessness. These distressing symptoms can sometimes be disabling for some who encounter suicidal thoughts while others endure all kinds of physical

symptoms ie joint or back pain, bowel difficulties, headaches, etc.

Some medication and alternative remedies can assist many to regain life's imbalance, to free the mind and emotion enough to be able to deal with the underlying source with the aim of reducing or eliminating long term effects and to prevent recurrence.

From my professional experience as a Clinical Hypnotherapist specialising in the upliftment of depression, I have found that the reality of depression stems from the operation of perception in the mind.

People often believe that they should be able to just 'snap out of it' themselves. It is socially expected that people are self-reliant while some may fear the prospect of reviewing the past.

Contrary to the literature written about depression, the most surprising thing my clients have found is that upliftment can happen without dragging those scary and painful skeletons out of the cupboard. There is no need to relive the pain

of it all.

Depression is more of an expression of someone's disease due to an imbalance in life. Different people encounter depression differently but the road to upliftment and freedom from depression is very real, possible and surprisingly easy.

The truth is ... "Release and empowerment can happen effectively and quickly by addressing the personality as a whole. You are the conscious, the subconscious-unconscious, and everything in between."

When you address depression by allowing the awareness of the emotional, mental and perhaps spiritual elements to emerge, by clarifying the truth of your unique essence and identity, your internal balance and personal freedom is achieved. To do this, you can drop in to the Health e-Sense or call Pauline on 0800 377 363.

[www.trueessence.co.nz](http://www.trueessence.co.nz)

Pauline will be running a seminar at the Mind, Body & Spirit Expo at Te Tuhi, Pakuranga on 12 Aug 2006 - 2.30pm Seminar Room 2.



**Schuessler Tissue Salts are safe, effective and economical.**  
Each bottle only costs \$9.95 for 100



### Frozen Marx Gluten

Free Bread SALE:  
Only \$5.95/loaf

D'Lush Gluten Free  
Double Choc &  
Peppermint biscuit:

Usually: \$6.60

NOW: \$5.80

Offer available whilst stocks last.

## Product feature

**Kyolic Garlic**—a high potency aged garlic extract that is odourless that provides relief from the symptoms of flu and cold and helps improve general wellbeing. The difference between Kyolic and fresh garlic is that the aging process transforms the alliin into S-Allyl cysteine which has been shown to be bene-

ficial to cardiovascular health. For 120caps of Kyolic, RRP: \$53.90, NOW



**Immuni Tea** - real, herbal tea with a rich spectrum of valuable constituents and antiviral properties that can keep you healthy and warm this winter. Formulated for therapeutic effectiveness from freshly harvested, organically grown herbs. Only \$13.90 for a 35-40 cup supply. That's less than 40c/cup!



**Artemis Herbal Tea**— Each cup costs less than \$0.40! Supports upper respiratory tract health and the health of mucous membranes. Helps the body's natural response to ills and chills.

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**Natural Instinct—free of SLS, Petroleum products, artificial fragrances and harmful chemicals.**

## What's new in store?

Natural Instinct, a totally natural skincare and cleaning range. It contains no sodium lauryl sulphate, no petroleum by products, no artificial fragrances, no harmful chemicals and no harsh detergents. Prices start from as low as \$5.99 AND for the launch promotion, **purchase any 2 Natural Instinct product and get a free bottle of facial scrub worth \$11.99.** Free facial scrub available whilst stocks last.

Schuessler Tissue Salts - Dr Schuessler, a German chemist and physicist, identified the 12 tissue salts in every human cell that are necessary to maintain our body's cellular functions and maximise the utilisation of vitamins from our diet. A deficiency or imbalance of tissue salts can disturb our overall wellbeing and leave us vulnerable to health problems. These formulations have an excellent safety profile and are suitable for long or short-term use by pregnant women, children, elderly, or chronically ill. Available at a very affordable price of \$9.95 per bottle.

BOD organic moroccan rose face oil that combines a blend of oils known to moisturize and hydrate the skin, namely rose maroc, neroli and calendula essential oils is great as a moisturizer, can be used on its own or underneath make-up.

**August Specials—**with coupon only. Discounts only apply to stocked supplements, excludes special orders of items not in stock. Get the discounts PLUS Health e-Rewards stamps.

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All normal priced Microgenics supplements

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