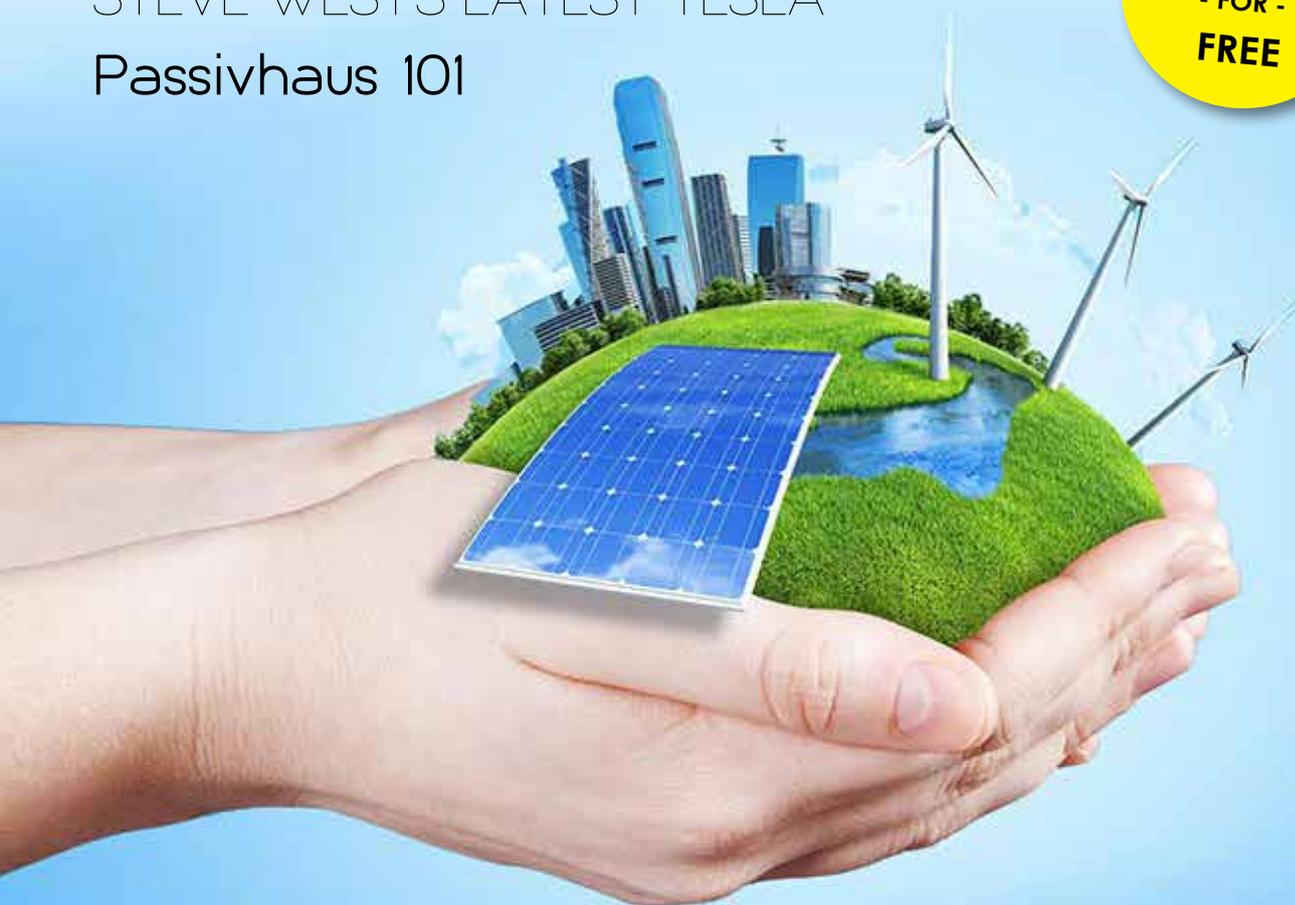


the GREEN LIVING magazine

OCTOBER 2014

How is energy used in NZ?
STEVE WEST'S LATEST TESLA
Passivhaus 101

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detox for summer

WHAT IS HEMAVIEW?

How to sell & attract more clients

Celebrate a Sustainable Future at the Green Living Show



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the GREEN LIVING magazine

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Hello!

Green Living Show on 27th & 28th June 2015

Thanks very much to our Sponsors, Exhibitors, Supporters and Visitors for a great show in 2014. 2015 will see a fantastic show with amazing new additions and you will not want to miss this one, celebrating our 5th anniversary so watch this space on our website!

The ongoing growth and success of the show has captured the attention of many conventional businesses who have decided to be sustainable or to think green in all that they do and to add green products to their repertoire.

When was the last time you took control of your life and said "I haven't been happier until now...?" It can all be fleeting. It can be lost in our world of spiralling patterns of stress, decision making, multitasking and our poor health at times.

We are all so busy and yet today, we are already thinking of tomorrow, our future planning for ourselves and our family and of course all this helps for the future of our planet and our actions to do good for social responsibility.

Money cannot buy happiness, so what should we do? Research suggests that we have heard over and over again from our church leaders, elders, books, leading seminar speakers and from community leaders that satisfaction comes with being engaged, connecting and networking, doing good for ourselves and helping others, doing something for a healthy planet and focusing on the present for the future.

With that in mind, the Green Living show 2015 will continue to please everyone and inspire you:

Auckland - Attend our Live Presentations - Healthy Lifestyles, Healthy Homes - the Ecobuild Way, Clean Energy and more Seminars not to be missed.

More additions in the pipe line, all amazing and new just for you! Check our website closer to the show for our seminars plus visit our exhibitors at the 2015 show. We are always on the look-out for new exhibitors.

Circle the show dates in your calendar for the Auckland Show on 27th & 28th June 2015.

Organise some healthy goals for summer. Age need not be a barrier - be it to walk, joining a gym or other exercises. I've been full on with my exercise routine this winter and now that spring is here I'm full of energy and on fire to meet any challenges that come my way.

Best Wishes for a safe summer holiday and Merry Christmas.

Tina Raines

EDITOR

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healthy lifestyle

ecobuild and renovations

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clean energy

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2014 SHOW





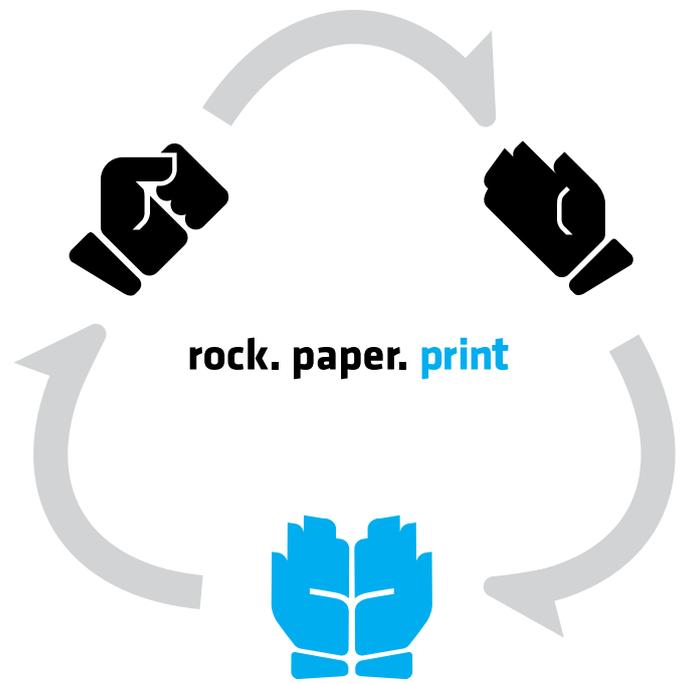


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HOW TO SELL AUTHENTICALLY AND ATTRACT MORE CLIENTS

I often come across budding entrepreneurs who are struggling with the whole idea of “selling” their products or services. They are caught up in the sabotaging belief that selling is pushy and even manipulative and find it difficult to ask their clients to sign up or buy something so even begin to wonder if they are in the right business.

I can really relate! When I was having my first sales conversations several years ago, I was guilty of this too.

The very thought of convincing people that they needed to work with me and ask them for money made my head spin but now I've achieved mastery in this area, I'd like to share some of the tips I learnt along the way.

The key thing I began to understand is that it is often your own limiting and ingrained beliefs that are making you feel that way.

*Success in sales
begins with being
YOU.*

SOME OF THE THINGS YOU MAY BE THINKING ARE:

- It's hard to get clients
- No-one is interested in what I have to say
- With so many products/services on the market why would people want to pay me for mine?

UNDERLYING THESE BELIEFS OFTEN SELF-DOUBT THOUGHTS LIKE...

- What if they don't think I'm good enough?
- What if they think my products are too expensive and I'm ripping them off?
- What if I can't meet my expenses or even worse... what if my business fails?

These underlying beliefs are often associated with a myriad of stressful feelings like fear, panic, worry that create a downward spiral of more and more negative thoughts which your clients can pick up on energetically, no matter what you say to convince them otherwise.

Instead of dreading connecting with your clients why not start thinking how you can authentically meet their needs and provide them with valuable information,

based on your own knowledge, experience and advice.

Success in sales begins with being YOU.

If you positively shift your mindset and energy your ideal prospects feel and react to you differently. They become attracted to you and compelled to work with you and the sales just happen naturally, without pushing, because the client wants what you have to offer.



YOUR ACTIONS:

1. Clarify and write down your current beliefs around selling. Ask yourself: 'What don't I want when I buy something?'
2. Identify and write down what YOU DO WANT when you buy something and how you would like to approach this to attract your ideal clients.
3. Once you are clear about your ideal selling approach ensure that you have a clear script to use to take customers/prospects from being interested in your services to investing in your services.
4. Or if you know you need sacred support on your journey, make a time to connect with me via a Complimentary Strategy Session. Visit www.catherinenewton.com I'm happy to help, because in helping you, it means that You get to help more people. ■



Catherine Newton
Award Winning Success Mentor

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STEVE WEST'S LATEST TESLA

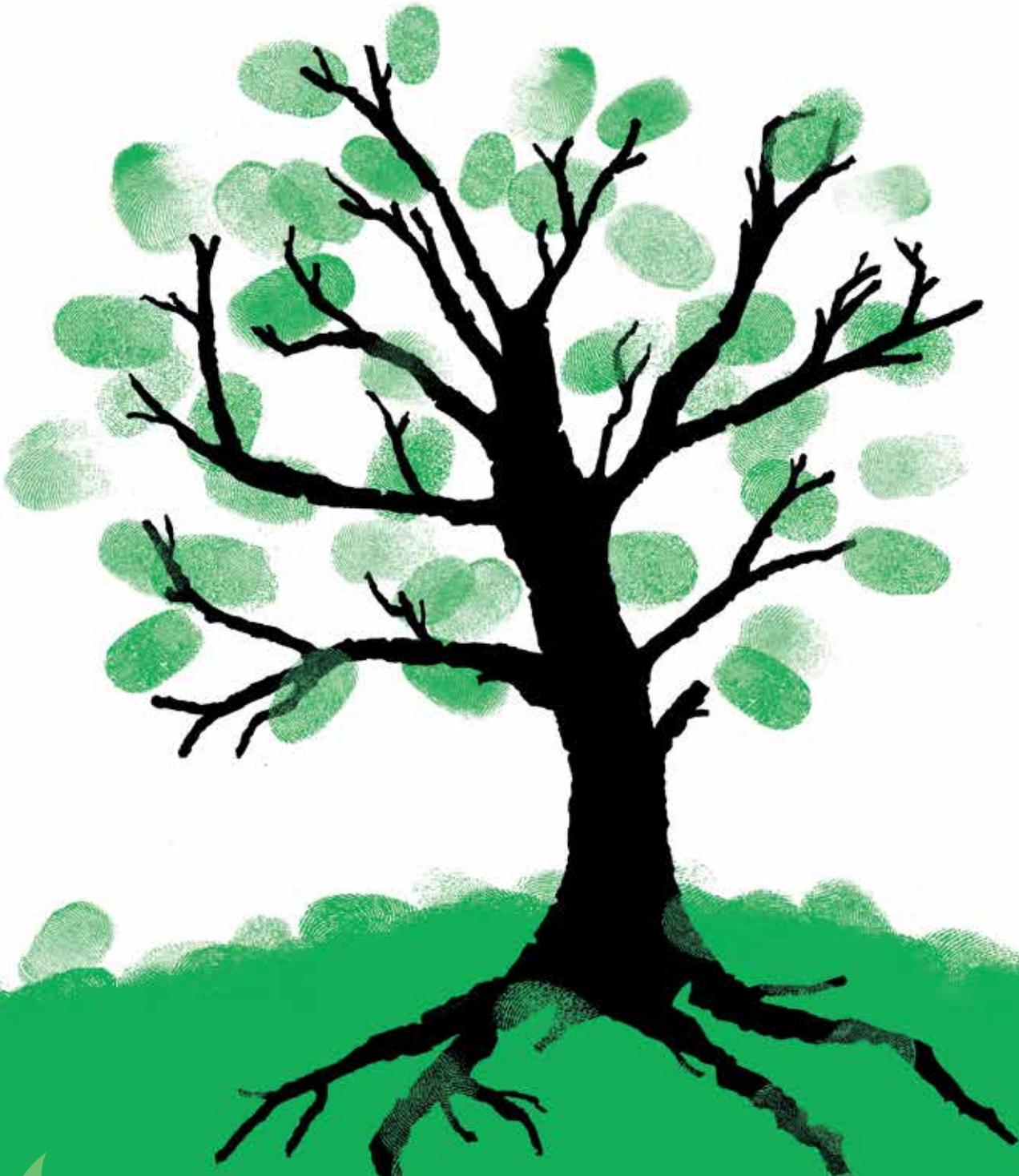
I received my P85+ Model S on September 8th at Tesla's European distribution centre in Tilburg, Netherlands. From there I drove to Amsterdam to collect some 22kW wall charging units, and down to the Oosterhout Supercharger. I then drove to Calais, France, and took a car ferry to Dover, UK, and continued on to London. After charging at the Canary Wharf Supercharger I drove down to Southampton Port to deliver the car to the shipping agent. The car will arrive in Auckland on November 2nd, and will be

on display at the 2014 Auckland Electric Vehicle Expo at MOTAT on Saturday November 8th.

My wife Dianna and I are planning a road trip from Cape Reinga to Bluff in the Model S, attending the EVelocity Electric Vehicle at Ruapuna, Christchurch on November 30th. The intention of the trip is to both dispel many of the myths about modern Electric Vehicles, but also to highlight the nascent state of the EV charging network in New Zealand.

Meet Steve West with his latest Tesla
at the Green Living Show on 27th & 28th June 2015
www.greenlivingshow.co.nz | evolocity.co.nz/ebuild





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PASSIVHAUS 101

PASSIVHAUS: WHY?

Passivhaus means different things to different people:

For the elderly: It means a warm, healthy environment, with vastly reduced monthly outgoings

For asthma sufferers: It means fresh, clean, filtered air, 24/7

For the cleaner: It means easier cleaning due to the reduced dust build up

For the unwell: It means reducing the likelihood of heart attack from thermal-shock (caused by rooms with vastly different temperatures)

For young children: It means a healthier start to life and a brighter future, less hindered by illnesses

For parents: It means less time (and money) at the pharmacy & doctors surgery

For families: It means more finance available for fun activities

For the employer: It means healthier workers, taking less sick-leave

For maintenance staff: It means reduced deterioration to the building & therefore less remedial work

For energy suppliers: It means less stress on the supplier's infrastructure

For those paying the accounts: It means drastically reduced monthly energy bills

PASSIVHAUS. WHAT?

Passivhaus is the world's leading 'fabric first' approach to low energy buildings. It is a building standard that provides a healthy living/working environment, which requires very little energy to maintain. To quote the Passivhaus UK website: 'The core focus of the Passivhaus standard, is to dramatically reduce the requirement for space heating and cooling, whilst also creating excellent indoor air quality and comfort levels.'

Buildings meeting the Passivhaus standard are designed to utilise passive heat sources like the sun, human occupants, household appliances and the recovered heat from the extracted air. In this way, a large part of the heating demand is covered. If the maximum heating load is less than 10w/m² of living space, the supply air can be used to provide the remaining heating. If this supply-air heating suffices as the only heat source, the building can be certified as meeting the Passivhaus standard.

All manner of building types can be designed to the Passivhaus standard. Examples exist of schools, supermarkets, multi-storey office buildings and of course over 30,000 homes!

"reduce the requirement for space heating and cooling, whilst also creating excellent indoor air quality and comfort levels"

PASSIVHAUS. HOW?

A Certified Passivhaus Designer starts with a strategy of making an extraordinary job of creating the things that are necessary in any building; the building fabric: the floors, the walls & the roof.

In response to local environmental conditions, careful calculations are made to assess the level of insulation required, evaluate the correct size & specification for glazing and confirm compliance with the standard. Studios attention to details ensures that common areas of heat loss in buildings (windows, doors, floor/wall & wall /roof junctions), are designed & installed to match the performance required. In order to ensure fresh air while minimising heat losses, highly efficient mechanical ventilation & heat recovery systems are generally also specified.

By using these tried and tested strategies, a healthy indoor environment can be created anywhere around the globe, helping to reduce fuel poverty and increase community wellbeing. ■



Duncan Sinclair



HOW IS ENERGY USED IN NEW ZEALAND HOUSES?

Auckland Council Eco Advisor, Eion Scott's talk at the 2014 Green Living Show focused on energy efficiency, why Auckland Council is promoting it, and how to become more resilient to an energy-constrained future.

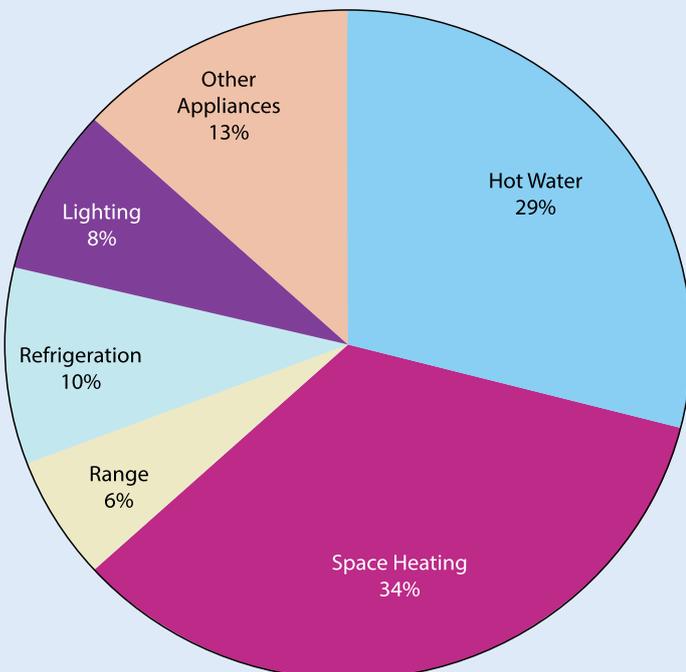
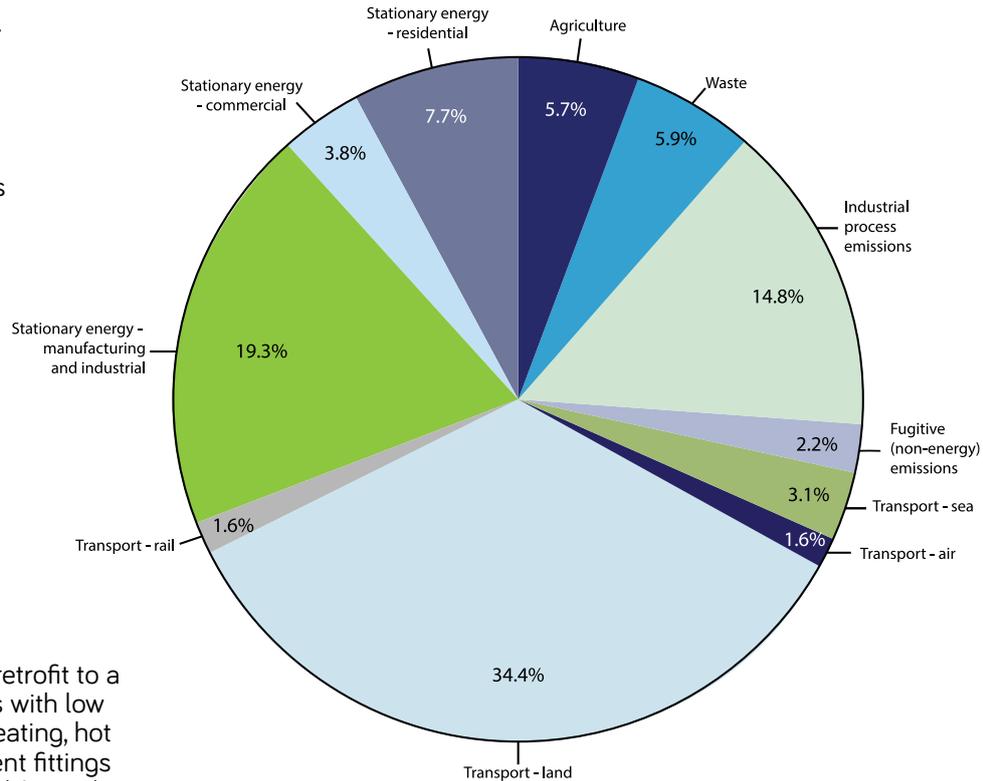
Auckland Council has launched a Low Carbon Action Plan with the aim of reducing Greenhouse Gas emissions (GHGs) by 40% by 2040. The plan states that 7.7% of Auckland's carbon footprint is from household energy. That's more than offices, agriculture and waste, though most emissions come from transport and industry.

Right: Table 1, Auckland's Emissions Profile:

At the same time, the Council has a Housing Action Plan, which aims to improve the quality and affordability of housing in Auckland. Affordability is about how we can afford to run houses, as well as how to buy them. With rising energy costs, designing good quality housing is essential if we are not going to lock people into fuel poverty.

One of the outcomes of the Special Housing Areas created to address unaffordable housing in Auckland is to encourage high levels of design - 6 out of 10 on the Homestar rating scale, which is about 20% better than the Building Code requires in terms of energy efficiency. That is also the proposed level in the Unitary Plan - which will bring together all the District Plans from 2016.

So my talk covered how we can build and retrofit to a higher standard of insulation, use materials with low embodied energy, install energy efficient heating, hot water and lighting, and include water efficient fittings and rainwater collection (deferring the need for carbon-intensive dams, concrete pipelines and water pumping).



Left: Table 2, Average energy uses in New Zealand homes (source BRANZ HEEP study)

This graph is from a 10 year study by BRANZ, and shows the national average energy usage in homes. The biggest proportion of power usage (a little more than a third) is used for room heating and cooling, which can be dramatically reduced through good design, high levels of insulation, double glazing and efficient heating. In order to help support households in Auckland, the Auckland Council offers a Retrofit Your Home funding assistance scheme, that can help to stage repayment of insulation and heating costs plus raintanks, water saving showers, taps and toilets through a voluntary targeted rate on your property.

Slightly less than a third is for hot water, which can be supplied through renewable, energy efficient or waste sources (e.g. solar and heat pump hot water, wetbacks on fires) and reduced through wrapping hot water cylinders, lagging pipes and installing low-flow shower heads, efficient taps and washing machines.

The final third includes lighting, fridges, kitchen appliances and entertainment equipment - reduce these costs by

choosing EnergyStar rated appliances, efficient lamps (LEDs are the most efficient currently) and consider solar electricity to power them, which can be cost-effective and reduce reliance on the national grid.

I finished by detailing two case studies on highly energy-efficient houses, one an existing one that underwent a radical facelift, another brand new.

The renovated house is a 1950s brick and tile ex-state house in Three Kings which was redesigned by its owner to include two new wings, incorporating passive solar design, high levels of insulation (through totally recladding the existing part of the house in weatherboards), double glazing, solar hot water and rainwater collection. It achieved a 7 Homestar rating, which is the highest yet awarded to an existing house.



Above: The renovated ex-state house in Three Kings



Above: The Zero Energy House in Point Chevalier

The new house is the Zero Energy House in Point Chevalier. It is the first in New Zealand to be awarded Net Zero Energy under the Living Building Challenge, as it generates more energy from its roof integrated PV (photovoltaic) array and solar hot water panels, than it uses. In fact the owners regularly receive dividends, rather than bills from their power company.

The ZEH achieves optimum efficiency through high levels of insulation, glazing, thermal mass and energy- and water-efficient lighting and appliances. The owners have created a website www.zeroenergyhouse.co.nz and are keen to share their designs and performance results. The ZEH has achieved 8 stars on the Homestar rating system and is still the benchmark for other highly sustainable homes. ■

Eion Scott is an Eco Design Advisor at Auckland Council, and provides up to two hours free advice for residents wanting to build, renovate or improve their homes sustainably and affordably. For more information, go to www.ecodesignadvisor.org.nz or www.aucklandcouncil.govt.nz/ecodesign



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ACUPUNCTURE: ANCIENT MEDICINE, MODERN CHOICE



frozen shoulders, neck and shoulder pain, knee and low back pain, sciatica, chronic fatigue, fibromyalgia, prostate & menopausal problems, menstrual pain, irregular periods, infertility, post operation recovery, side effects of cancer treatments, stroke recovery, accident recovery, jaw tightness, depression and anxiety.

Acupuncture is also great for de-stressing and relaxation. Many clients book in for monthly wellbeing treatments for relaxation and rejuvenation. They often say it's relaxing like a massage, but without the pain that can arise through deep tissue massage. They also like the lasting health benefits, often noticing improvements in their sleep patterns, digestion and energy levels.



Acupuncture is an ancient healing practice that is fast becoming an integral part of mainstream medicine worldwide. In China, where acupuncture originated over 3,000 years ago, acupuncture is fully integrated within the hospital system.

In New Zealand, ACC supports the use of acupuncture as it alleviates pain, speeds healing and enables people to resume normal activities sooner. Western medicine typically relies on pain and anti-inflammatory medications, which are helpful, but often doesn't resolve the issue.

Acupuncture is a drug-free treatment that addresses many health issues during pregnancy, and is used to physically and emotionally prepare women for labour, and it can be used for natural induction. Fertility Associates make acupuncture available in their clinics for clients before and after fertility procedures. Research shows that acupuncture improves fertility outcomes significantly: http://www.acupunctureivf.com.au/pages/research_and_reviews.php

At Aroha Acupuncture, we successfully treat men and women with a diverse range of health conditions; migraines/headaches, hay fever, sinusitis, colds and flu's,

One of the main barriers to people receiving acupuncture is the thought of needles, and the trauma associated with the large hypodermic needles that doctors commonly use. In comparison, acupuncture needles are extremely fine, pre-sterilised and used only once. Insertion by a qualified practitioner is usually painless. Sensations that may be felt range from warm and tingly, to dull and heavy and do not last long. Most clients quickly become deeply relaxed and some even fall asleep during treatment!

In New Zealand, registered acupuncturists must complete a 4 year tertiary course of study, so when looking for an acupuncturist, make sure that you choose one that is fully qualified, and is a member of a professional body such as the NZ Register of Acupuncturists: www.acupuncture.org.nz ■



Belinda Falconar
BHSc(Acupuncture), Dip Tuina & Qigong,
Council Member of NZ Register of
Acupuncturists, ACC Treatment Provider

Aroha Acupuncture
www.aroha-acupuncture.co.nz

WHAT IS HEMAVIEW?

Hemaview, is a form of live blood screening and is based on one of the oldest and most highly developed of medical sciences, haematology.

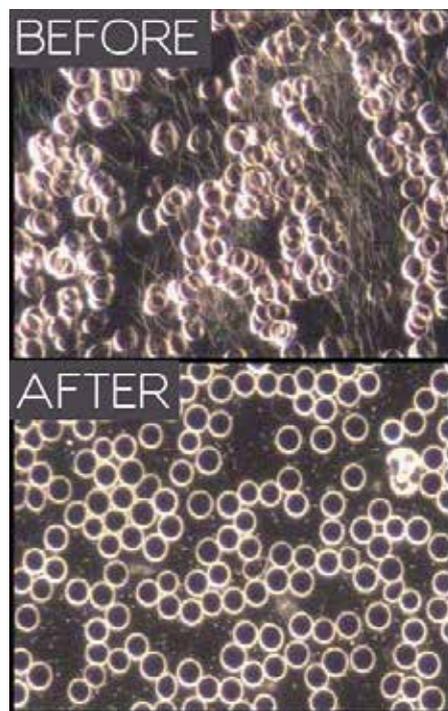
My Remedy offers Hemaview as we believe it is an excellent tool to confirm and support our practitioners' findings as they create a targeted health plan for you.

Hemaview is amazing because it lets you see exactly what's going on, on the inside. There's no guesswork. You can see right in front of you things like dehydration, nutritional deficiencies, liver toxicity, a leaky gut, and all the fat from the sausage roll you ate on the way to your appointment.

feel less than optimal. This is where Hemaview is so beneficial, as it can identify what changes need to be made before things get too bad.

If you want to be in optimal health, to keep up with your lifestyle, it's a great tool to assess the condition of the liver for toxicity. Liver toxicity can lead on to such things as kidney or bladder infections, skin conditions, high cholesterol, weight gain, headaches, and even has an impact on fertility.

The hemaview live blood screening procedure is highly sensitive and the results are available immediately. By projecting the 'live blood' onto a TV or computer screen, patients are able



IF YOU ARE THINKING OF STARTING A FAMILY IT'S REALLY IMPORTANT TO GET HEALTHY FIRST.

If your liver is struggling to keep you safe (from toxicity), then we want to support this not only for your health, but to create a clean and healthy environment for your baby to grow in.

Time and time again we hear how relieved people are to finally get an explanation for the way they have been feeling. It wasn't just in their head. They have seen their blood and had the issues explained clearly to them, along with a plan to support their healing.

For example, if someone has a leaky gut (indicated by hyper secretory platelets), they may have an incredibly healthy diet, but the nutrients are not being digested or assimilated properly and they end up with bloating and fatigue rather than feeling great.

The blood can indicate signs of deficiency long before more serious illness occurs. For example, back to the leaky gut. If the gut isn't working properly, bloating can occur, or skin conditions, or chronic fatigue. Later on issues can appear with liver health, blood pressure problems, mood and sleep issues, and food allergies. None of these may show in a conventional blood test as a disease, but they are precursors and are making you

to see their health "on the inside, at a cellular level" right away.

All that is needed is a pinprick of blood taken from the finger. This blood remains unstained and chemically untreated during examination. The blood is placed onto a glass slide and examined under a darkfield microscope so that it can be observed in its living state to assess any discrepancy or deficiencies in cells, platelets and other blood parameters.

Being able to detect early changes in blood parameters enables your practitioner to support your body to be optimal before disease occurs. It is incredibly motivating to see your own blood live on a screen in front of you and to see the changes achieved from working with your Practitioner towards better health.

By having regular Hemaview consultations, you can stay on track and make better health choices for a more vital life. ■

WHAT CAN BE SEEN WITH HEMAVIEW?

- Inflammation
- Oxidative Stress
- Nutritional deficiencies (such as Iron, Omega Oil, Vitamin C)
- Organ or system dysfunction
- Poor Liver Function
- Reduced Digestive Integrity and Gut issues
- Impaired Immune Performance



Written by Lynette Hill (BNatMed), Naturopath (utilising Hemaview), Homeopath and Clinical Director of My Remedy Integrated Natural Medicine Clinic www.myremedy.co.nz

WHAT'S THE PROBLEM?

I EAT WELL, WHY DON'T I FEEL WELL?

Maybe your diet isn't the problem...



- Fatigue & low energy
- Allergies (incl eczema & asthma)
- Irritable Bowel Syndrome
- Food intolerances
- Bloating & flatulence
- Nausea & reflux
- Low immunity

... are all linked to poor digestion.

Let us discover and resolve the cause of your problems so that you can enjoy making the most of your food and feel amazing, naturally.

I'M NOT 100% & I DON'T KNOW WHY

There's always something we can do...



Our team at My Remedy look past your symptoms for the reasons you don't feel quite right, such as:

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- **Diet & Lifestyle.** Check for toxicity, digestive, lifestyle & environmental factors.
- **Self Sabotage.** Negative thoughts & patterns don't need to control you.
- **Nutritional Support.** Reach your goals.

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CLINICAL USES OF SOME NEW ZEALAND NATIVE PLANTS

Like all traditional cultures, ancient Maori used medicinal plants (rongoa) to treat ill health. As a medical herbalist, pharmacist and founder of Phytomed (makers of the Kiwiherb range of herbal remedies), I believe strongly in promoting the safe medicinal uses of native flora, when cultivated or wildcrafted in a sustainable and ethically sound manner. It is of concern that many medicinal plants once commonly found in the wild are now in decline or even endangered species, due to overharvesting and loss of habitat. However, numerous native species can be safely used for everyday minor health conditions, many of which can also be easily cultivated as alternatives to imported species.

Leaves of **Koromiko** (*Hebe salicifolia*, *H. stricta*), image below, help to alleviate symptoms of diarrhoea, for which they were taken internally by the Maori Battalion during World War 2. Like many NZ native plants, they are also useful applied topically for inflamed skin conditions such as nappy rash, mild cuts and eczema.



Kawakawa (*Macropiper Excelsum*) leaves (image to the left) also make a soothing relief for eczematous and mildly infected skin conditions, and an infusion or tincture can be taken internally for inflammatory skin conditions and boils. It is also an excellent herb for stomach pain and cramps, particularly where due to overindulgence or a nervous digestion.

Leaves and bark of the **Lacebark** tree (*Hoheria Populnea*), can be chewed or drunk as a type of herbal antacid for conditions such as dyspepsia and constipation, and a poultice makes a soothing and healing application for burns or other inflamed skin problems.

Manuka (*Leptospermum Scoparium*) is probably our best known native plant, due mainly to the



honey being highly sought after in export markets for its many health promoting properties. The essential oil also makes a good 1st aid antiseptic, and a tea made from the leaves can help with loose stools. Like Kawakawa, Manuka and Kanuka tea can make a nice refreshing daily tonic, a use popular among early European settlers. Manuka, Hoheria and Kawakawa can also help alleviate coughing due to a cold or flu (image above).

Horopito (*Pseudowintera Colorata* & *Pseudowintera Axillaris*) leaves have a distinctively hot peppery taste, and were used in the early days of NZ to alleviate toothache, stomach pain and chronic diarrhoea. It also has antifungal properties, and has been promoted in recent years for the treatment of oral and vaginal *Candida* yeast infections as well as other painful and infected skin conditions.

Finally, the leaves and bark of the **Tanekaha** tree (*Phyllocladus trichomanoides*), are rich in tannins and other antimicrobial compounds, and have a very bitter taste. Like other bitter herbs they are sometimes used to strengthen liver function, and are combined with other astringent natives such as Manuka, to help with bleeding gums and dental decay. ■



Phil Rasmussen is the founder of Kiwiherb and an experienced medical herbalist with his own clinic in Auckland where he has practiced for 19 years. Before pursuing herbal medicine he worked for more than 10 years as a pharmacist. Phil's passion for Rongoa stems back to his youth growing up on the East Coast of New Zealand & he has studied & used NZ Natives extensively in his practice for many years.



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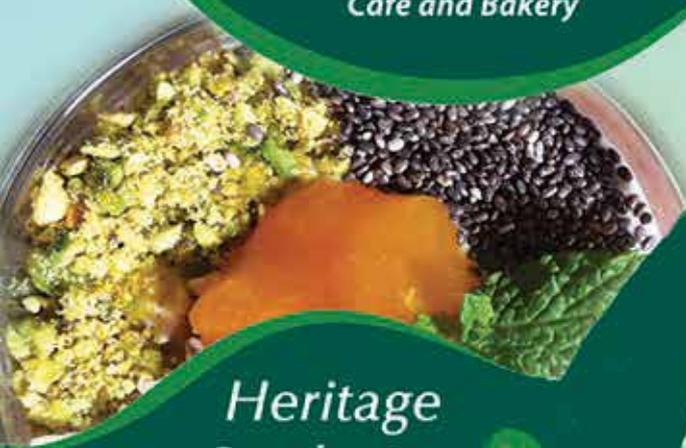
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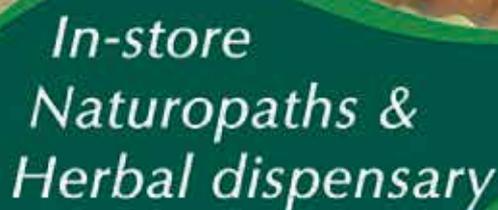
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CUP OF TEA ANYONE?

The health benefits of herbal teas have been known for thousands of years.

An Herbal tea or tisane is made from the infusion of herbs steeped in hot water. Apart from having a beneficial effect on health, the fragrance of herbal tea is so appealing!

Herbs are loaded with vitamins and minerals, antioxidants, essential oils, enzymes and chlorophyll so drinking a refreshing tea made from freshly picked herbs is a great way to get an infusion of nature's healing energy, and boost your health at the same time.

Tea made from freshly gathered herbs captures almost 90 percent of the effective ingredients of the plant. You may have, in your garden already, many herbs growing that are suitable for herbal tea but herbs are also readily available these days in dried form or in teabags. Herbal teas have great therapeutic effects especially if drunk three to four times a day.

HOW TO MAKE HERBAL TEA

Using dried or fresh herbs is a delightful way to enjoy a tisane. Many herb combinations are available in dried form nowadays from your local whole food supplier or you can simply pick a bunch of herbs from your garden. Do make sure that you are aware of the herbs that you are collecting, and not grabbing a handful of something poisonous!

Drying fresh herbs for tea is easy to do. To preserve the potency and flavour, harvest herbs right before the plant begins to bud, and in the early morning once dew has evaporated. When harvesting flowers such as chamomile, harvest when the blooms are fully opened.

YOU CAN DRY HERBS BY:

BUNCHING - gathering stems in a bundle and securing with a runner band, hang herbs upside down away from direct sunlight for 1-3 weeks.



RACK DRYING - Drying herbs in a single layer between two sheets of cheesecloth on a raised baking rack so air can circulate.

OVEN DRYING - Place a single layer of herbs on a baking tray and dry on the coolest oven setting. Stir gently every hour to ensure even drying and herbs should be dry within a few hours.

Once dry gently pull the leaves from their stems and store whole which will keep the essential oils intact and when you're ready to brew some tea, crumble the herbs gently and steep 1 1/2 teaspoons of crushed, dried herbs in a cup of near-boiling water for about five minutes, strain and enjoy!



Let's look at a few well known herbal teas and discover their benefits:

Chamomile Tea (*Matricaria recutita*)

Chamomile is an anti-inflammatory, calming and sedative herb that soothes the stomach and relieves bloating and indigestion. Indicated in cases of colic, gastrointestinal disorders, anxiety, insomnia or general sleeplessness and nervous dyspepsia, Chamomile is relaxing to body and mind. Chamomile contains tryptophan, an amino acid known for its tranquilizing effects.

Ginger Tea (*Zingiber officinale*)

Ginger is a very energizing tea made from ginger root which stimulates and soothes the digestive system (think colic, flatulence, bloating and dyspepsia). An anti-emetic herb, ginger is great for nausea, travel sickness or morning sickness. Ginger is a warming spice so it can also be helpful in the early stages of an infection by promoting fever and speeding up the healing process. It is an anti-inflammatory and peripheral circulatory stimulant as well so it may relieve rheumatic aches and pains by widening blood vessels and stimulating circulation.

Peppermint Tea (*Mentha x piperita*)

Peppermint is a very calming and soothing herb for the gut. It is indicated for flatulence and digestive issues and a cup of peppermint tea is often recommended for nausea and vomiting, griping pains, colic, gastritis and motion sickness.

Fennel (*Foeniculum vulgare*)

Particularly good for constipation and the spasms of colic, and flatulence, fennel is also a good anti-microbial herb.

For centuries, fennel fruits have been used as traditional medicine particularly for infants suffering from indigestion and dyspeptic disorders. Fennel has a lovely mild flavour and used alone or in combination with other herbs is popularly used for gastrointestinal disorders and to improve digestion. ■



Written by Joanna Loveys, BNatMed HbT, a Naturopath & Medical Herbalist specialising in bariatric support and women's health at My Remedy, Integrated Natural Medicine Clinic www.myremedy.co.nz



Teaching Emotion Regulation and Inner Mindfulness Skills to Children with Disabilities.



Internal School Programme

Debbie Rowberry is a Child Emotion Focused Behavioural Therapist based at Willow Therapy Farm in Clevedon. Assisted by her Therapy Dogs, Debbie runs a programme that helps children to feel calmer and safer on the inside, when they have no control or understanding, of the outside.

For more information visit www.childbehaviourist.co.nz or phone Debbie on 021 741887

“YOU PUT WHAT IN MY MOUTH?”

WHY WOULD A PRIMITIVE, POLLUTING, PRODUCT THAT IS 50% MERCURY AND CRACKS TEETH STILL BE GOING IN YOUR MOUTH?



Dental amalgams (silver fillings) are a serious threat to human health and the environment, a toxic metal which is placed in our mouths without consent.

- Mercury is a potent neurotoxin that can damage your brain, central nervous system & kidneys.
- Dentistry has been identified as one of the largest users of mercury and is responsible for one of the largest anthropogenic releases into our environment.

NZ is one of 101 countries to sign a United Nations Mercury Treaty. “Minamata Convention on Mercury” has called for a phase down of amalgam.

AMALGAM ENDANGERS OUR HEALTH

Mercury is constantly being released from amalgam 24hrs a day. It is released as vapour and swallowed as droplets. Every time you chew, have a hot drink or brush your teeth the amount of mercury released is dramatically increased. The mercury vapour is absorbed through the lungs and deposited in the brain, heart and kidneys as well as all other organs.

Around two-thirds of the mercury in the human body comes from our dental fillings. Our body absorbs more mercury from our amalgam fillings than from any other source, including fish.

Studies have shown those with amalgam fillings have up to 5 times higher concentrations of mercury in blood & urine samples, and up to 12 times higher mercury levels in organ

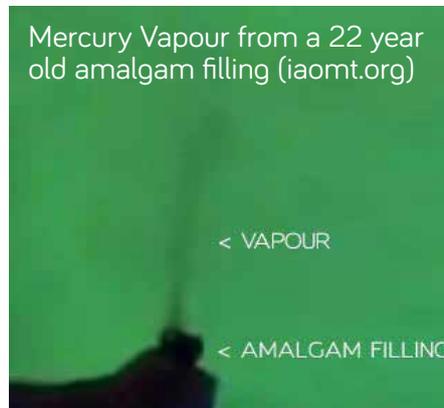
tissues. Many countries advise against its use for children, pregnant women and people with kidney disease.

There are over 200 symptoms and many diseases related to mercury amalgam poisoning.

In a group of 465 patients diagnosed as having chronic mercury toxicity;

- 88% memory loss
- 32% severe fatigue
- 27% depression.

The symptoms of toxicity can appear within days or 30 years later. Doctors don't consider teeth as causing



illnesses, and people can spend many years fruitlessly searching for the real underlying cause. Studies of 1600 patients who'd had their amalgam fillings removed, reported allergy or gut symptom improvements or cures.

AMALGAM DAMAGES TEETH

Most dentists do not inform consumers that amalgam contains mercury. Amalgam requires dentists to remove a substantial amount of healthy tooth matter in order to create a bowl in which to dump the 50% mercury mixture. This removal, in turn, weakens overall tooth structure which increases the need for future dental work. On top of that, amalgam fillings- which expand and contract over time- crack teeth & once again create the need for still more dental work.

AMALGAM POLLUTES OUR ENVIRONMENT

Mercury amalgam is considered hazardous waste after it has been removed and enters the environment via many pathways. When someone dies, their amalgam fillings actually pose a risk to the living. Emissions from the combustion of mercury



Mercury free alternatives are available, affordable and effective for NZ Dentists.

TOP 5 REASONS TO SUPPORT MERCURY FREE DENTISTRY:

1. Amalgam pollutes our environment.
2. Amalgam endangers our health.
3. Amalgam damages teeth.
4. Amalgam is frequently implanted without informed consent.
5. Amalgam is interchangeable with mercury-free filling materials.

fillings during cremation are a significant contaminator of air, waterways, soil, wildlife & food.

Entire nations have already banned the use of amalgam because mercury-free alternatives are increasingly available, affordable & effective.

The toxic effect from my mercury amalgam fillings caused debilitating chronic fatigue for 9 yrs of my life. If you would like to learn more please contact; juliet@julietpratt.co.nz ■



Juliet Pratt, Director/Juliet Pratt & Associates Limited, Oceania President World Alliance for Mercury-free Dentistry, International Speaker www.julietpratt.co.nz | www.toxicteeth.org

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DETOX AND PREPARE FOR SUMMER WITH RAW JUICES AND SMOOTHIES

WHY DETOX? The battle between health and illness exists constantly within us. By doing the occasional detox, you give your body a break from fighting the bad and allow it to be supported with the good. There are many reasons why we detox - better health, health issues or weight loss. When you remove the foods that are the primary cause of inflammatory conditions and change to nutrient rich foods, you are giving your body the tools to heal. You will be amazed at the internal changes that can take place.

WHAT IS DETOX? Detoxing is the process of removing all foods from your diet that can interfere with the natural healing process. When you eat a detoxifying diet you are removing the emotional and physical barriers of highly processed food and common allergens. By removing these obstacles, you allow your body's internal healing mechanism to "kick in" as you will be supplying a range of vitamins, minerals, antioxidants all balanced by Mother Nature.

WHY RAW FOOD? I believe that raw food is one of the most pure forms of food and should be part of a healthy balanced diet. When you give your body raw juices and smoothies you are also providing a range of health promoting enzymes which are only available in raw food or food cooked below 45°C. That is why dehydrating your food is also an important part of a healthy diet.

HOW TO START Depending on what your existing diet is like, you may want to try and reduce or eliminate alcohol, refined sugars and coffee. It will increase the depth of your detox. Empty the fridge and pantry of anything that you will find tempting. Before you do anything in the morning, start your day with a glass of pure water with the juice of a fresh lemon. This is highly alkalizing once metabolised and the best thing to get things moving. The water plus the lemon is a powerful boost of hydration plus vitamin C.

STICK TO THE DETOX PLAN With most detox programs you will receive a plan and a shopping list. The better prepared you are the easier this detox is to achieve. If you are detoxing with foods then don't over eat. When you stuff

yourself you are stretching your stomach, your blood sugar gets out of balance and you put pressure on your digestive system, which results in a stressed body. If you aren't hungry - then don't eat. Have a cold pressed juice instead.

YOU NEED TO MOVE Exercise is important. Moderate exercise will make you feel so much better mentally and physically.

RELAX remember to sit down to eat. This will help you eat slower as digestion does begin in the mouth, so chew, chew, then chew, chew, then chew, chew. Swallow. PLUS no water with meals.

WHY A RAW JUICE AND SMOOTHIE DETOX There are a variety of reasons why you might consider a juice detox but the main reasons are generally weight loss or to improve your health and well-being. In a raw juice detox, meals that consist of solid foods are replaced by fruit and vegetable juices. I believe that a raw juice detox will help clear toxins from the body and gives the digestive system a rest. The result is the feeling of increased energy and general well-being. Remember when we are referring to juice, we are referring to an enzyme rich raw juice you make yourself from fresh fruits, vegetables and herbs in a cold pressed juicer, balanced by Mother Nature. It is a great way to give your organs and digestive system a rest from the burden of processed food. A juicing and smoothie detox is a brilliant way to start.

WHAT YOU NEED Get the right juice - a cold pressed masticating juicer that allows you to store your juice. In my detox plan you will be drinking juices and smoothies for three days and so you will need to pre-prepare the juices. You can only store your juice from cold pressed juicers. The centrifugal machines destroy the enzymes and don't juice leafy greens that well. You don't want to have to make a juice every time you need in during the program. That makes it more difficult plus you will struggle at work if you need to make a juice there instead of taking it already prepared.

GET THE RIGHT BLENDER Just like getting the right juicer, the right blender is also important. You want a fast blender that will break down the greens and blend for minimal amount of time.

GET A GLASS SEALED CONTAINER FOR STORAGE This will keep your juice fresh in the fridge so you can have it readily available to drink or to put in a blender and add your smoothie ingredients. ■

For more information on this article or to attend Debbie's one hour detox workshop, contact debbie@naturesnutrition.co.nz

Debbie Buddle, Clinical Nutritionist, Raw Foodist, Juice Therapist. Natures Nutrition Ltd www.naturesnutrition.co.nz



THE SIMPLEST WAY TO GET HEALTHIER – RIGHT NOW!



Time is a truly precious commodity in today's world, so a lot of people would probably rather throw a pre-processed dinner into an oven or a microwave than wash, peel, chop and cook their food from scratch. We may conclude then that the price of health today often comes at the price of time... or does it really?

I'd love to offer you a different paradigm: what if eating for health could be faster, simpler and tastier, than eating the mainstream way? In my opinion, foods are naturally designed to give us energy, vitality and vibrancy of health and it is us who have the power to harness or diminish what we get from it!

So firstly, I am sure you already know that the numerous studies have shown (and the World Health Organisation agrees) how one's health is directly proportionate to the amount of plant-based foods one eats.¹

Secondly, unlike every other species on this planet, we denature our food by destructive high temperature, which basically destroys the food compounds necessary for the breakdown, absorption and digestion of what we eat. The foods in their natural, raw state offer some of the biggest positive health changes I have personally witnessed! Some of the main benefits of eating more uncooked raw food include:

- Healing and natural detoxification.

- Abundance of energy and vitality.
- Great digestion and absorption of nutrients.
- Improved memory, clarity and focus.
- Weight management.
- Rejuvenation: you get to look younger.
- Reduced need for sleep, less tiredness.
- Fewer or no vitamin/mineral deficiencies.

Does the price of health today come at the cost of time?

Kamilla Harra is a Systematic & Nutritional Kinesiologist, Raw Foods Coach and teacher, Soma Energetics Sound Practitioner and has appeared as an expert on Health Issues on Irish television, has been featured in newspapers and is currently finishing her book on Raw Living Foods. She conducts private and group consultations and workshops, available throughout Auckland, including East West Organics. Go to www.soulsradiance.org ■

¹Campbell TC, Junshi C. Diet and chronic degenerative diseases: perspectives from China. *American Journal of Clinical Nutrition* (1994) 59 (suppl): 11535-615

SIMPLE STEPS TO IMPROVE HEALTH STRAIGHT AWAY:

1. Green smoothies daily: delicious, fruity and sweet, these liquid meals have the most beneficial ingredient - leafy greens, which provide raw gentle fibre, minerals and the amazing chlorophyll for healing and rejuvenation. This is the easiest and fastest way to start healing your body without having to do that much. Blending a smoothie takes 1 minute, drinking it can be as little as 1 minute. It takes longer to eat a bowl of cereal. Check my website, attend a raw class or look for recipes in books and online.
2. Snacks: reach for raw, fully ripe fruit when hungry.
3. Freeze-dried super greens powder or in capsules. If you've passed this stage, add freshly squeezed wheatgrass or leafy greens juice.
4. Having something raw whenever you eat: side salads, a few greens like parsley on your soup, more lettuce, tomato, avocado in your sandwich.
5. One raw meal a day: I provide people with easy recipes, most taking 10-20 minutes! Try raw pasta, raw soup or one massive raw salad with a raw creamy dressing.
6. Use raw cacao nibs for chocolate cravings, mix with dried fruit and nuts or learn to make amazing raw chocolate which, I kid you not, is ready to eat in 10 minutes!
7. Take 1-2 steps at a time if your diet has mostly consisted of cooked, fast foods, stick to each step for at least 3 weeks consistently to gently form a new habit.

BIOPTRON LIGHT THERAPY

A GREEN WAY OF LIFE:

"All cells on the planet need light, oxygen and water to live." Christine and Sam Carter recognised this simple fact when first introduced to Biopton Light Therapy. For us, it was a no brainer- if we use the Biopton light daily as a health supplement (along with alkaline water & breathing deeply), we are assisting our health in so many ways.

After many of our friends and family benefited from treatments with the Light, we decided to become Biopton agents assisting others in receiving these awesome benefits. During our 6 years of using the light, we have saved ourselves from dental treatment of 3 root canals with abscessed teeth, I have overcome gum disease (which my teeth are grateful for), many sensitive skin issues have been resolved, muscles and joints kept flexible and without aches even after long hikes.

Biopton Light is a Swiss medical device proven through extensive research and testing to work with a number of health indications such as pain relief, wound healing, skin problems, sports injuries to name a few. The advantage of the Biopton Light is there are no side effects or negative indications. Regular use keeps us healthier in our late 50's

- no medications and our visits to the doctor are for annual physical check ups.

Bringing Biopton Light regularly into your life lifts your mood, de-stresses the emotion and over a time can repair degenerative damage. It's a simple and perfectly safe device for use in the comfort of your own home at the times suitable for you.

With the use of Biopton Light, we are saving on doctor's bills, supplements and drugs but even more important, we are reducing the potential risk of using pharmaceutical options, which in many cases can be harmful long term. ■

Written by Christine & Sam Carter
www.bioptron.co.nz, www.zepter.com

"Lite n Life" Christine and Sam travelled for 14 years from Canada to Patagonia in South America teaching massage and offering healing as their work. Both believing Wellness comes from living our Soul Purpose and living in the Light. On return to New Zealand in 2007 they have been incorporating in their continued healing work on the road the Biopton Light Systems for people to use in their own home. We believe in teaching people to fish not giving them fish. For more understanding of this www.08002bwell.co.nz

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WASTE TO WONDERFUL

It has long been recognised that the optimum method to keep organic waste from landfill is to simply keep it away from the kerbside.

To achieve this goal one needs to process this waste by composting. This is the driver behind local government's campaign for encouraging home based composting.

On a macro scale this helps Council reduce organic waste from going to landfill or reduces the cost of further processing and on a micro scale the individual householder can compost and achieve a desired outcome of getting valuable fertiliser for their home garden.

There has been an upsurge in gardening in recent times as questions arise concerning food supply, quality and resilience. Composting your own organic waste is important in this regard. This can benefit many users from small to large householders. Even apartment dwellers can participate by gifting their food waste to gardening, friends of family or by connecting with a local community garden.

Around 40% of all waste placed in the council wheelie bin is organic and much of this is food waste. Food waste once seen as something with the yuk factor is now being seen as a valuable resource which can be utilised to benefit not only the soil but the user as well. NZ households produce around an average of 2 litres of food waste daily which over a 12 month period adds up to a substantial amount of material. By processing using the Bokashi method one can add value to their food by utilising this as fertiliser.

Food waste contains many nutrients and when channelled back into the soil helps maintain soil organic matter and build humus. The value of humus in the soil cannot be underestimated. Food waste fermented using the Bokashi method not only supplies nutrients for plant growth but helps improve water holding capacity as well as helping increase soil biomass. With continued usage a healthy disease resistant soil is achievable over time meaning little or no pesticides are required.

An avid user in Wellington had this to say "I am pleased with Bokashi, and am well fed because of it! I have been feeding the garden for 18 months now. Looking forward to a new season of tomatoes as we managed to get a couple of hundred KG off 60 plants last year. Fruit trees are producing double. It is like I have a new garden. What a hoot. Love Bokashi!" ■

By Neville Burt www.zingbokashi.co.nz



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WILLOW FARM THERAPY



A few years ago when I was researching and developing therapeutic programmes for Vulnerable Children with emotional and behavioural needs, I came across some research regarding the effects of "Nature Deficit". The studies ascertained that children were adversely affected by disconnection with Nature. Children were more susceptible to depression and anxiety, and had a lower sense of wellbeing compared to children that actively engaged in Nature.

It is not only children who are affected in this way.

Over my years working as a Stress Management Consultant for Small Business Owners, I came across a range of stress related symptoms in clients who were detached from Nature. Recognising the connection between

Nature is an important part
OF OUR LIFE AND IS REQUIRED FOR OUR WELLBEING

Nature Deficit and Stress, I developed a range of Nature Based Mindfulness programmes to reconnect the clients with their "Selves" through Nature, which reduced stress symptoms markedly.

Recognising the need for Nature influenced Therapeutic and Emotion Education Programmes, I opened Willow Therapy Farm, where an emphasis on assisting clients to reconnect with their "Selves" through Nature, is a key element in the Wellness Programmes offered at Willow Therapy Farm. The mixture of mature and regenerated bush, exotic and native trees and ample fauna is an idealic setting for the Nature Assisted Programmes. Clients find that they are able to cope better with depression, anxiety and trauma by learning the art of bringing their attention to Nature.

As well as providing Adult Wellness Programmes and Child Specific Emotion Focused Behavioural Therapy Programmes, Willow Therapy Farm also provides the Willow SEL Programme for schools, which is funded by SWIS (Social Workers in Schools). In this Nature and Animal Assisted programme, which addresses bullying and poor emotion regulation, children gain important life skills on how to regulate their emotions and learn how to interact more appropriately with peers. Being free for schools, this programme is a wonderful opportunity to reduce "Nature Deficit" related symptoms in the local communities.

More and more schools are becoming aware of the advantages of bringing children back into contact with nature. Vegetable gardens and interactive garden areas are now commonplace in schools.

It appears that after a generation of distancing ourselves from Nature, we are finally recognising that Nature is an important part of our life and is required for our wellbeing. ■

Debbie Rowberry
Willow Therapy Farm (previously located in FlatBush) is located at 610 Monument Road, Clevedon. For further information regarding the Nature and Animal Assisted Wellbeing Programmes visit www.willowtherapyfarm.co.nz.





WHY NORDIC WALKING ENHANCES REGULAR WALKING

1. Increases caloric expenditure up to 40%: One of the most effective activities for burning calories and building cardiovascular fitness is cross-country skiing. Both large upper and lower body muscles are fully engaged in this sport. The Nordic Walking technique will give you similar benefits. There can be an increase in oxygen consumption and caloric expenditure of up to 40%.

2. Increases upper body strength: Regular walking only uses the legs, while the arms are used for balance. Vigorous arm action will help increase your walking speed and drive your legs. Using Nordic Walking poles, you add resistance to the arm action. This engages the core, chest, back and arm muscles.

3. Less stress on the joints: Many people suffer from back, hip, knee and ankle pain due to too much weight on the joints, loading misaligned joints, lack of spinal stability, and injury, etc. Hard paved surfaces contribute to impact related injuries. The Nordic Walking poles simulate two extra legs, giving the body a beneficial weight distribution. This results in less stress on the joints. Anyone rehabilitating from injury should avoid putting all their weight on their injury. Pregnant women can also benefit from Nordic Walking as they gain weight.

4. Relieves neck and shoulder pain: A twelve-week study in Finland showed that the musculoskeletal tension symptoms in the upper body decreased more in the group that did Nordic Walking than in those who did not. Both groups in the study were Finnish female office workers. Nordic Walking increases muscular endurance in the upper body, which seems to have a positive effect on muscles involved in daily work tasks.

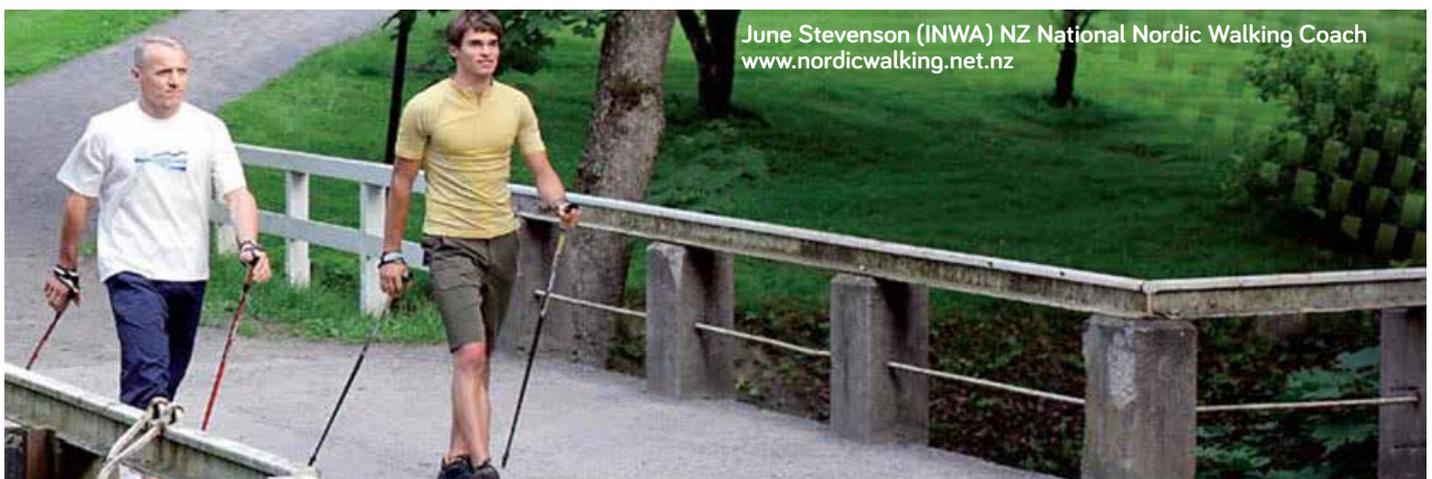
5. Improves neck and chest mobility: Nordic Walking requires torso rotation with each step. This increases flexibility of the muscles in the thoracic area. A number of posterior and anterior upper body muscles originate on the thoracic spine and ribcage. These muscles increase in mobility as a result of the torso rotation.

6. Increases safety, reduces risk of falling: Hikers and trekkers who walk on rough terrain and carry large loads have long used ski poles for added stability. Any individual who has a problem with balance can receive great benefits from the stability provided by the Nordic Walking poles. The poles can be beneficial to pregnant women as they experience a changing centre of gravity. It is like walking with 2 extra legs.

7. Allows same intensity of running without the high impact: People have given up running when they have learned that they can achieve the same heart rate from Nordic Walking as they can with running. This is due to the increase in muscle usage. The upper body is working in Nordic Walking. This causes a greater demand for oxygenated blood. As the walker becomes more conditioned, he can use more challenging terrain to reach a higher intensity workout.

8. Enhances mood: One of the first studies on Nordic Walking analysed mood states. Research subjects walking with poles showed a marked reduction in anger, depression, fatigue and total mood disturbances.

9. More fun! Many Nordic Walkers say they have more fun Nordic Walking than regular walking because it gives them more variety and definitely more exercise!



June Stevenson (INWA) NZ National Nordic Walking Coach
www.nordicwalking.net.nz

PLAY IN THE GARDEN

Kids don't have the patience or the interest in having their own garden patch; they just want to have fun! Sarah O'Neil knows this well. Her series of clever outdoor projects will get kids outside throughout the growing season, having fun in the vegetable garden. While learning to grow vegetables is covered in the book, the focus is on various cool projects to make and do – with and without the help of grown-ups – and kids will discover at the end that they have learned a lot about gardening. There's text and side-bars for kids and grown-ups.

Beginning in the spring, they can get their hands dirty testing soil, fool the birds with stone strawberries, race Jack up the beanstalk, stir pots of stinky weed brew, grow plants for free, create a pirate map and find buried treasure, craft corn dolls, design their own stepping stones, and more.

POINTS OF INTEREST

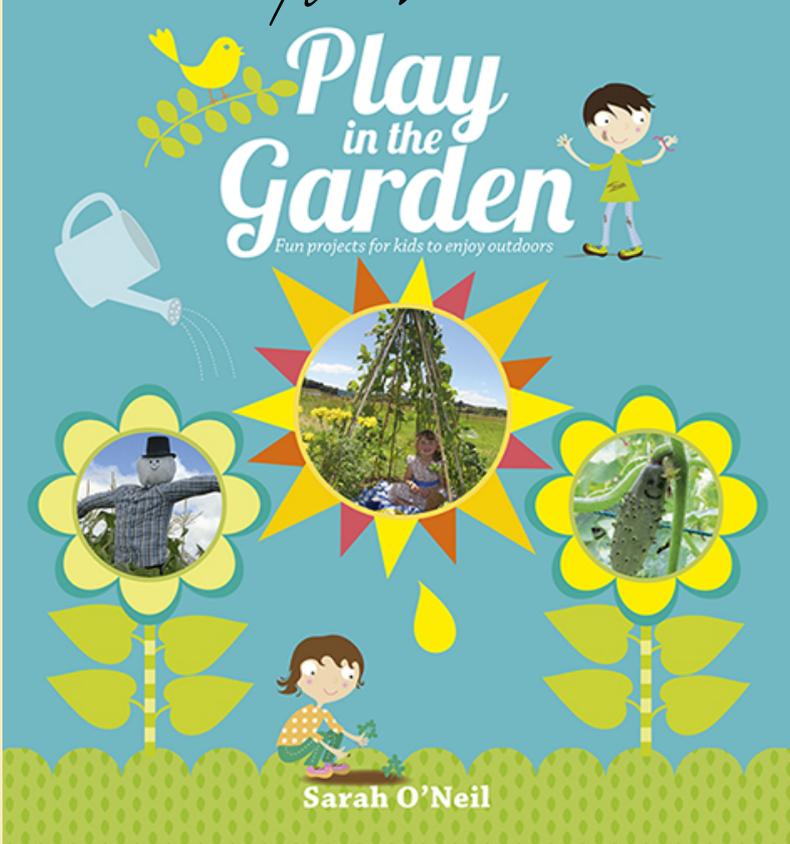
More and more parents are concerned their children spend too much time on devices and this book has inventive projects to get kids outdoors. Playing outdoors has been proven to reduce ADHD symptoms in children. There are a range of projects for boys and girls to enjoy - one of the best is the banana split cooked inside a heap of lawn clippings!

The book is published by New Holland, 120 pages with coloured photos and illustrations \$34.99 and for ages 6 – 12 years.

THE AUTHOR

Sarah O'Neil is a passionate gardener, author and blogger, and mum to two boys Timothy and Joseph, aged 7 and 9. She wrote about the trials and tribulations of gardening and country life in a book called *The Good Life: Four Glorious Seasons in my Country Garden* in 2013 and she regularly writes gardening articles for various magazines, and her blog – gardeningkiwi.wordpress.com – has followers from all around the world.

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TRY ORGANIC GARDENING – IT'S SAFE, CHEAP, EASY AND SATISFYING

Fresh vegetables straight from the home garden were served on the majority of New Zealand dinner plates 50 years ago.* Then we entered the age of cheap, fast, 'convenience' food - without counting the cost of owning a car and driving many kilometres per week to get those 'convenient' foods. We also didn't add up the bill for the loss of nutrition in food that travels long distances to market, the health risks of exposure to the agricultural and processing chemicals used to make those 'convenient' foods, and the damage to the natural environment from using those chemicals. Some of us forgot - or have never known - just how delicious really fresh vegetables are, and how satisfying it is to produce one's own.

We went too far down the road towards food that doesn't nourish us and our environment - and now we are turning back to the healthiest, tastiest food there is - home-grown, without toxic chemicals.

It's amazing how much fresh food can be grown in even the smallest backyard, - cheaply, easily and safely - if you follow these simple guidelines:*

FEED THE SOIL TO FEED THE PLANTS

Good soil is rich in humus. Humus is produced from decayed organic matter - dead plants and animals. Humus holds water in suspension and provides a friendly habitat for the millions of micro-organisms (from worms to microscopic bacteria) that live in healthy soil and turn the nutrient elements that plants need for good growth into forms that plant roots can take up easily. Compost is first-class humus, ready to spread on the soil to improve it, but you can also dig other sources of humus (kitchen scraps, animal manures, seaweed, grass clippings) directly into the ground and wait for them to rot down and make humus, and you can put mulches (grass clippings, straw) around the plants. These will help conserve water as well as rotting down to form humus. You can even grow your own humus in the form of 'green manures'. These are plants (lupins, alfalfa, mustard, etc.) grown just for digging into the soil. If you keep feeding your soil this way you will rarely need to buy additional fertilisers (even organic ones) to grow good crops in the home garden.

DIVERSITY RULES OK

Nature abhors a vacuum - such as a garden with only a limited range of plants. That's an invitation to pests and diseases to build up and trash the crops. So plant as many different types of plants as you can, including plants with flowers that attract bees and other beneficial insects (e.g. phacelia, buckwheat, Alyssum and borage), and plants that give off scents that repel hungry bugs (e.g. nasturtiums and African marigolds). The veggie garden will not only be prettier for it, it will be healthier as well.

START WITH THE EASY STUFF

If your space, time and/or gardening skills are limited, start with the easy crops that take up the least space. This includes lettuce and other salad greens, silverbeet and broccoli. Zucchini and cucumbers take a bit more space, but are easy to grow. Cherry tomatoes can be grown in containers, and herbs of all kinds grow well in pots. Above all, enjoy spending time in your productive and attractive garden, and making meals from what it produces.



Christine Dann

*Sources: Christine Dann, Food@Home, Canterbury University Press, 2012
<http://www.christinedann.org/eco-gardener-blog/>, Organic NZ Magazine, <http://organicnz.org.nz/>





Entries have just opened for the annual Yealands Yak - the great vineyard race for women of all ages and fitness levels.

Teams of 2-6 ladies walk, jog or run in pairs around the Yealands Estate Seaview Vineyard, located on the stunning Marlborough Coastline. The first team to complete all ten trails in the fastest time will be crowned the winner.

Women of all fitness levels are encouraged to give it a go, with the opportunity to complete trails of varying difficulty while enjoying the company of good friends and having a yak.

After the race has finished, enjoy a well-deserved glass of wine, complimentary meal and listen to the band as the sun sets over the vineyard.

Early bird pricing closes on 1 December, so get your friends together and book in early. The event is limited to 200 teams and places are filling up quickly.

For more information contact yak@yealands.co.nz or enter online at yealands.co.nz



if we do not show
our children the road to
SUSTAINABILITY
nothing will change

do not **EXPECT**
that the next
generation
will clean up our mess

we ourselves
have to start right here

and right **NOW**

