



PANTRY Post

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We hope the customers who joined us for our first anniversary in Cheapside enjoyed the selection of produce from the local suppliers who kindly joined us - the "Orchard Mist" certainly disappeared quickly along with the chocolate brownies birthday cake!!

Those customers who have sampled the organic bacon, ham and other meat, fish and ready made meals from Swaddles have been impressed with the quality as well as their box service. We have copies of their Christmas list, including items such as organic turkey stuffed with a goose and a duck to cider and honey roast ham on the bone! All items can be ordered and delivered to suit your arrangements, so please ask for a

copy - even if only to savour the descriptions!!

We are compiling the same for the various cases of organic wine we are able to supply, so welcome any comments you may wish to add to our own tasting notes.

Do not forget we offer a "bring us your Christmas recipe" service - just bring in your recipe and we will weigh up only what you need, so saving you time and money. Ourselves we have been making Great Grandmother's Christmas puddings and mincemeat ready for Christmas so these are now available in the shop, cakes will be coming toward the end of the month. If you have a special requirement such as no sugar or no peel, then please let us know -

Christmas seems to arrive more quickly each year!! Which means if you wish to order fresh vegetables, Stilton, or other items, we really need these before 18th December in order to be able to ensure collection by 24th December.

By the way Langport's annual Christmas Fayre is on 4th December so you may be able to find something unusual if you come along - with many special treats as well!!

Natural Products for your Skin

Thousands of these man-made synthetic chemical now make-up the environment in which we live, work and study.

Almost all of these chemical "outgas" - in other words, they discharge a battery of volatile organic compounds or VOCs into the air around them, which literally get up our noses. Many of these come from synthetic fragrances such as the lemon scent of washing-up liquid, the pine-like whiff of spray-on furniture polish or the aromas in laundry or other household products. Those we come most into contact with are cosmetics, perfumes, soap, bubble baths and shampoos.

In May the Co-op concerned about links to cancer, fertility problems and environmental damage, removed most of the worrying groups of chemicals, synthetic musks, from its range of household laundry and cleaning products. Although the EU has banned dozens of them as



unsafe, there are hundreds more in everyday use that have never been thoroughly tested, and could have adverse effects on you and your family. Hyperactivity, learning difficulties, asthmas and eczema are all being linked with VOC pollution.

Our suppliers such as Ecover and Weleda have expanded their ranges in response to these concerns and as more natural products come to market we have been able to add companies such as Barefoot Botanicals. We have some available as testers should you wish to sample and several customers say their skin and hair has improved considerably since they changed to natural products! One of these is Naturtint, a natural range of hair colourants free from ammonia - one of the kindest, most natural ways possible to effectively colour your hair.

Winter is Nigh - the Season of runny noses



Seasonal Affective Disorder ("SAD") is twice as common in women as men and is most likely to start in your thirties; it is said to affect up to 20% of the adult population. Research has now linked SAD to a

decrease in hormones and brain chemicals that control mood and sleeping patterns.

One of our customers has found that increasing the intake of **UDO's Oil** as the clocks change has helped offset these effects. Others have found **Rhodiola** and increasing their **Vitamin B** complex intake works for them. Avocados, beans, bananas, wheat germ, porridge oats, brown rice and wholemeal pastas are foods that help to increase **Serotonin**, the brain chemical that makes you feel happy.

Vitamin D is also an important nutrient to take as levels drop during the winter months. **St. John's Wort** is well known for its mood lifting properties - in Germany it is prescribed three times more than Prozac, though not for those taking blood thinning drugs such as Warfarin.

With the average British adult suffering three colds a year, the average child puts up with seven, research on winter remedies shows that **Vitamin C** is best used to reduce the duration of the common cold rather than prevent it. Complimenting nutrients such as **Vitamin C** and **Zinc** with herbs such as **Echinacea** has been shown to be more effective than taking any of the three separately. Because of the vast weight of positive research supporting it, **Echinacea** has become the mainstay of the natural relief from the general symptoms. Several other herbs can be combined with **Echinacea** to offer more relief of specific symptoms or

Hydrogenated Fat - a nasty Word!

One word you may have missed in the media's attempt to make us improve our diet - **hydrogenated fat or oil. This is the most prevalent and therefore the most insidious of the toxins present in processed or packaged foods.**

They now constitute 47% of the current dietary fat intake. These oils are artificially hardened by metal and hydrogen gas to produce a fat which as it is unnatural, the body cannot process. The evidence is that eating these processed, hydrogenated, man made fats puts one in greater danger of contracting various diseases than consuming animal fats - which after all are natural and so the body is designed to process them!! The other point is that if the liver cannot process items, then a clogged and toxin loaded liver tends to lead to fatigue, listlessness and at odds with the world - hence the expression liverish!

boost aspects of the immune system that **Echinacea** does not affect.

Plantain has a whole host of benefits, including anti-viral, local anti-inflammatory, expectorant and demulcent actions. Many of these make **Plantain** a specific herb for those with a bad 'head cold' easing congestion and discomfort of the membranes of the ear, nose and throat, including 'glue ear' and repeated ear infections. **Elderberries** stimulate the immune system and have anti-catarhal and local anti-inflammatory actions, making it especially good for heavier colds and influenza that involve deafness and sinusitis. **Garlic** is effective in killing many of the infectious bacteria that no longer respond to antibiotics by stopping them from multiplying. Combining **Echinacea's** immune boosting properties with **Goldenseal** makes an ideal combination for acute infections; it is regarded by many as more heavy duty! **Goldenseal's** powerful anti-microbial actions and astringent effects have ideal effects in the gut for those suffering digestive infections, such as gastritis.

Vitality

For the healthy functioning of the body, **CoQ10** is important in maintaining healthy cardiovascular function and healthy immune function. It is a vitamin like substance which acts in conjunction with enzymes in the conversion of sugars and fats into energy.



Declining **CoQ10** levels as one grows older may be in part responsible for the age related deterioration of the immune system and energy levels. A deficiency can occur as a result of nutritional deficiencies or due to increased needs by body tissues. One study has shown that the heart may be unusually susceptible to the effect of a **CoQ10** deficiency. A deficiency has also been found in those taking cholesterol lowering statins, now made available over the counter. A recent petition to the US Food and Drug Administration has required statin manufacturers to include on the packet recommended use of **CoQ10** supplementation. Another study has shown it may aid in the reduction of blood pressure and migraine. Studies as long as thirty years ago identified **CoQ10** as beneficial in dental disease, hence its inclusion in some toothpastes. A deficiency has also been linked to obesity and cancer.

Patrick Holford suggests in "Supplements for Super Health" a daily intake of 10 - 90 mg. Though not recommended for pregnant and lactating women and there have been concerns expressed about possible interaction with Warfarin.