



PANTRY Post

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Loyalty Scheme continues to Grow

Our loyalty scheme has been growing steadily and we now have 96⁷ members. We are planning our next members' evening for after Easter and will provide details nearer the date.

At that time we will hope to be making a gift of a

bottle of Julian Temperley's cider brandy to the 101st member, so do encourage your friends and relations to join your shopping family, so boosting your own bonuses. Please do not forget to remind us you are a member when shopping if we do forget to ask - to handle the number of members we have upgraded the software program so all we need to record now is your name! We will also be having a **TASTING** of our chutneys and pickles on the morning of Maunday Thursday 24th March 2005.

A Great Big Thank You

Thank you to all who gave so generously in the raffle we held. As a result we were able to pass over £100 to the Babe Appeal in Bristol - a charity set up to raise funds to build a hospital in Bristol for children suffering from cancer. The hamper was won by one of our loyalty members, who we hear much enjoyed its contents over the Christmas break.

More Local Food but. . .

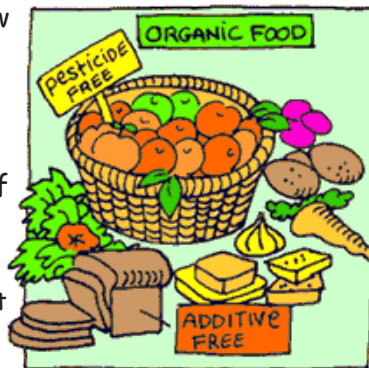
It was interesting to review the annual report on organic food and drink in the UK. This showed that in the year to March 2004 sales grew by a further 10%, twice the rate of the UK grocery market.

More interestingly sales by multiples decreased by 1% whilst those by box schemes, such as ours with Somerset Organic Link, farmers' markets and farm shops grew by 16%. The contrast is starker when put against the fact that Britain still imports 56% of the organic food it buys - almost all of which is sold by the multiples.

So the evidence suggests more of us are recognising the advantages of buying locally produced food. This we deliberately seek to source over other produce and have identified those from the West Country on our web site.

However, at the end of last year we were disappointed not to be able to source more of our luscious local apples and this difficulty will only increase as following a change in subsidy allocation by the Government you may have seen various local orchards already being grubbed out!

The Right Stuff



One of the benefits of organic food was confirmed in recent Danish research which found there is 50% more vitamin E in organic than in conventional milk.

In addition because the cows are reared on high levels of fresh grass and grass clover silage, the milk is 75% higher in beta-carotene (converted to Vitamin A in the body) and two to three times higher in the anti-oxidants lutein and zeaxanthine than conventional milk.

As the beta carotene content of a pint of organic milk is the same as in a portion of vegetables such as sprouts this a good alternative for those of us less keen on some of the green stuff!

Interestingly the Advertising Standards Authority has also recently allowed benefit statements to be made advertising organic food, one of which is that "No food has higher amounts of beneficial minerals, essential amino-acids and vitamins"

SPECIAL OFFER - 50% OFF!!

Until 31st March 2005 we have Nature's Aid Echinacea, Cod Liver Oil, Milk Thistle, Ginkgo Biloba and Evening Primrose Oil all on special offer.

Arthritis - Natural Remedies

You may have read about Merck being forced to withdraw its Vioxx arthritis and pain relieving drug after a study found patients were twice as likely to suffer a heart attack or stroke as those taking a placebo. Studies of natural alternatives have been made on the effectiveness of some herbs, fish oils and glucosamine to combat stiffness of joints caused by osteoarthritis.



Many clinical trials have shown that **Glucosamine** in particular helps maintain mobility of joints and reconstruct cartilage so many GPs now prescribe it. The Arthritis Research Campaign has also supported research showing that **Cod Liver Oil** slows the destruction of joint cartilage in patients with osteoarthritis. Other sufferers' claim **Potters' Tabritis** has worked for them. Research has also shown that **Arnica** gives excellent results when used externally for arthritic conditions as it is a potent anti-inflammatory - inflammation is the body's natural response to injury causing an increase of blood flow to the tissues of the affected area. Arnica gel is best applied sparingly to the required area and gently massaged into the skin two to four times daily to

Minerals - further decline

Updating our previous note on depletion of minerals in our food, was a further report showing alarming results for decline in both chromium and magnesium with levels down 75% in the last 75 years. The mineral Chrome is known for its efficiency in balancing blood sugar levels and a diet high in refined carbohydrates, grains and sugar will undermine intake by as much as 97%. Due to severe depletion in soil and water our diet now lacks many of the micronutrients needed to control glucose. Spinach has lost 60% of its iron levels, carrots 75% of magnesium, potatoes 47% of copper and broccoli 75% of its calcium over the last 60 years. A universal return to the grassroots method of agriculture is a wonderful but unlikely dream, so the advice is opt for organic, grow your own, or taking an optimal nutritional supplement on a preventative and maintenance basis - interestingly the Recommended Daily Allowances so beloved by legislators were set in the 1940s before the depletion occurred!!

help reduce the inflammation and in turn relieve the pain from arthritis.

When seeking pain relief **Devils Claw** can be used instead of Ibuprofen since it has anti-inflammatory properties and so can reduce the need for pain killers. **Fish oils** and **Pycnogenol** are also both good alternatives to aspirin which a recent study by Houston's Baylor College of Medicine has shown if taken long term, i.e. daily,

aspirin can cause gastric problems such as bleeding, yet simple liquorice can prevent and help restore such damage.

Arthritis sufferers also need to watch their diet as citrus fruits are often too acidic and therefore aggravating to arthritic joints. Those cousins of the deadly nightshade family: tomatoes, peppers and aubergines are also to be avoided - we now stock a **Nomato Sauce** for those sufferers looking for an alternative. Whole foods are definitely best for you, whether you suffer from arthritis or not and they are also a lot tastier than the processed alternatives. Reducing acidity in the body - uric acid helps to build crystals in the joints, can be helped by nettle whether as a tea, you can of course fresh pick the young tips off the plant in your garden or just choose **Clipper Teabags** anytime of the year, or the tincture - **Bioforce's Urtica**. Their Knotgrass complex strengthens the soft tissue around the joint while dissolving the deposits and improving mobility. Like all the others it can be taken long term - which reminds us that there is no reason why **Echinacea Purpurea** should not be used similarly, as a maintenance dose, if you have a weak immune system and wish to avoid those perpetual colds! Echinacea Purpurea improves the way the immune system recognises and attacks the bugs - if your immune system is working well it will pass harmlessly out of the body.

An Apple a Day . . .

New research from Cornell University has revealed that apple nutrients may protect brain neurons against oxidative damage known to trigger neuro-degenerative diseases, such as Alzheimer's and Parkinson's. The active ingredient is the phytonutrient quercetin so bringing more depth to the old adage "an apple a day keeps the doctor away". Further research published in the Archives of Neurology also suggests a strong case for taking vitamins E and C in combination as those who took them were found to have an almost 80% lower prevalence of Alzheimer's.