



PANTRY Post

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You vote 'Sue's Pantry' one of the top three organic retailers in Somerset !

Toward the end of April we received a telephone call from Somerset Life to say that their readers had been voting for those retailers who promoted the excellence of organic produce and Sue's Pantry was in the top three!!!

The next day we were visited by a lady from the Soil Association who was evaluating all three of us - and no she would not tell us the names of the other two!! All would be revealed we were told at the Bath & West Show on the 3rd June at the Food & Drink Awards 2005.

We are obviously delighted that it is you our customers who think we are meeting your needs. It is your coming into Langport and raising requests with us that we can meet them and your votes would suggest we are going in the right direction. So please do ask if there is anything else we can do to help, whether it is just asking for advice or for us to search out new products, we are always here to help.

By the way the loyalty scheme continues to grow steadily and we now have 114 members, several of the more recent ones have been organisations such as Schools and Businesses where by pooling individuals' purchases, the organisation can then use the bonus for its tuck shop etc.! Our next members' evening will be on **Thursday 16th June** when we will be joined by Liz from Olives et al, no guesses as to her subject, and Sue from Bioforce who will be talking about Hay fever and other respiratory issues. At that time we will be presenting a gift of a bottle of Julian Temperley's cider brandy to the 101st member, one of our three Thelmas!

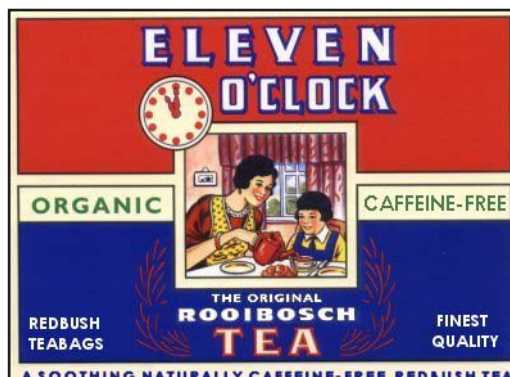
A cup or two a day...

Research by the Medical Research Council in South Africa has shown both redbush (Rooibosch) and its relative honeybush to have considerable antimutagenic properties, reduce the number of pre-cancerous lesions in a liver cancer model and cause a 70% reduction in skin tumours. Redbush contains a variety of antioxidant compounds - making up some 30% of the plant's volume, some of which are not found in other plants.

These antioxidants were observed to be most effective when redbush was taken daily. It has the additional benefits of being caffeine free with a low tannin content and contains iron, fluoride and vitamin C.

A study by the Biological Science Laboratories in Japan has found that habitual consumption of green tea extract improves endurance by upto 24%. It appears that the catechins (antioxidant polyphenols) in green tea stimulate the use of fatty acids by the muscle, speeding up fat breakdown and possibly aiding weight loss. The

conclusion was that habitual exercise and consumption of green tea extract enhanced fatty acid availability, catabolism and utilisation in the muscle resulting in prolonged endurance during exercise - no effects were observed after a single dose!!



Whilst in the UK, a study published in Journal of Agriculture and Food Chemistry lends some support to the long held belief in the medicinal qualities of chamomile. Elaine Holmes, a chemist at Imperial College London, recruited some

volunteers who drank five cups of tea daily for two weeks. They found that drinking the tea was associated with a significant boost in a substance called hippurate, which has been associated with increased antibacterial activity. This could help to explain why the tea appears to boost the immune system and fight infections associated with colds, say the researchers. Elaine Holmes was also quoted as saying "This is one of a growing number of studies that provide evidence that commonly used natural products really do contain chemicals that may be of medicinal value".

Mediterranean diet extends life!

The conclusion of a study involving almost 75,000 elderly people in nine countries has recently been published in the British Medical Journal.

The findings lend more support to a diet that many experts consider to be one of the healthiest. The Mediterranean diet is high in vegetables, fruits, nuts, cereals and olive oil, low in saturated fats and includes a regular glass of wine at mealtimes!! The results show that a healthy 60 year old man that followed the diet closely would live about one year longer than a man of the same age who did not.

Food the next Frontier!

A recent conference at the Royal Society of Medicine addressed the prospect of pharmaceutical intervention is not always the best means of treating modern ills.

Dr. Paul Clayton, the President-Elect of the Food and Health Forum, explained that our diet is increasingly unbalanced as the levels of micro-nutrients have not increased in line with our calorific intake so our diet is fundamentally lacking. He outlined that we are ingesting 75% fewer flavonoids, 50% less vitamin C, 50% less omega-3 and 40% fewer carotenoids. Not only is our intake of these vital nutrients inadequate but our penchant for processed food means we are actually depleting our nutrient levels further by ingesting so called anti-nutrients, e.g. sugar, which prevent absorption of the vitamins and minerals we desperately need. The result is that: 40-60% of hospital admissions in the UK arrive malnourished; 14% of the population now suffer from asthma, an increase of 250% in the last 20 years; and children and men are starting to present with osteoporosis, previously only associated with post-menopausal women. If current trends continue within 10 years a quarter of all adults will have impaired glucose tolerance.

Hence we are back to "We are What we Eat" as many fruit varieties are now bred for flavour and appearance, often at the expense of nutritional content - from 1980 to 1990 the potassium content of bananas fell by 75%! Lutein, a carotenoid commonly found in green leafy vegetables can help to reduce the risks and effects of age related macular degeneration, cataracts and even free radical damage to the skin and immune system. Yet studies are showing that we are simply not ingesting enough of this key nutrient through our diet alone as nutrient levels in the soil have plummeted, so back to the need to ensure a good multi-vitamin and mineral intake each day, let alone the omega 3, 6 and 9s!

Natural Hair Colouring

Following our visit to the Brighton Trade Show, we have been able to extend the Naturtint range of hair colourants. These are free from ammonia and resorcinol, using instead active vegetable ingredients - one of the kindest, most natural ways possible to effectively colour your hair.



Prostates

In the UK alone more than 24,000 cases of prostate cancer are diagnosed each year and it is in fact the second leading cause of death among young men.

Recent research published by the US Department of Agriculture shows that the activity of the enzyme that causes prostate cancer can be inhibited by certain foods, including ginger, green tea, saw palmetto and olive oil. Another study by the Erasmus Medical Centre in Holland shows that men should ensure their diet includes Lycopene, the pigment in tomatoes that makes them red, along with vitamin E; low doses of the combination achieved the best results suggesting that regularly eating modest amounts of these foods may be the best form of defence. The data from the study shows that when combined, tumour growth was reduced by 73% - by the way as cooked tomatoes are a better source than uncooked please ask us for the Essential organic tubes and cans and the no sugar added sauces we also carry! Men who eat Lycopene rich tomatoes 10 times per week have been found to have a 45% lower risk of developing prostate cancer. To enhance absorption, it has been found to be best consumed with oil, of which we have a wide variety, including that from Hojiblanca in Spain which we sell from a container so all you need is a bottle or you can have one of ours to recycle!

Network of Advice

Quite often we are asked by a customer if we can recommend a practitioner and whilst we have various names, it was suggested we keep contact details and a broad overview of the nature of the advice which can be offered. We have therefore started a file containing the necessary details and for customers to peruse. So if you are or know of a practitioner who may like to provide us with their professional practice details, then please pass them to us so that they may be added to our file.