



March 2009

Nature's Market News



March is National Nutrition Month

Trying to find a healthy eating plan has become increasingly difficult over the years, as more and more diets come out. There is also a lot of conflicting information out there on what to eat and what not to eat. National Nutrition Month, sponsored by the American Dietetic Association, raises awareness and is urging Americans to "look beyond the myths of nutrition and focus on the facts."

National Nutrition Month was created in 1973 by the American Dietetic Association.

Some of the common dietary myths that the American Dietetic Association say are false include:

- *If you eat after a certain time at night you will gain weight or not lose weight.
- *You have to avoid all carbohydrates in order to lose weight or to be healthy.
- *Eating a piece of cake will ruin your diet.

Join us at Natures Market this march as we bust the myths and celebrate Nutrition Month with great sales in all departments, events with local practitioners on hand (see our events next page) and new healthy wraps and special additions to the deli menu.

www.naturesmarketmelbourne.com

**WE ARE MOVING SOON TO OUR NEW SUPER
STORE ON APOLLO RD!!.. STAY TUNED...**

SUPERFOODS WITH SUPER NUTRITION

Avocados

Although avocados have often been criticized for their high fat content (30g per avocado), they contain monounsaturated fats, which have been proven to lower cholesterol. Avocados are rich in folate, potassium and fibre which all play a role in reducing the risk of cardiovascular disease.

Walnuts

Along with a variety of other nuts, walnuts offer many benefits. More than any other nut, walnuts contain a large concentration of omega-3 fatty acids, which help protect against heart disease and reduce inflammation.

Ginger

It is one of the most effective foods in relieving digestive problems by reducing inflammation and abdominal cramping. It also helps arthritis sufferers by acting as an anti-inflammatory

Broccoli

rich in fibre and is high in a sulforaphane, which helps to protect against various forms of cancer. It contains the antioxidant lutein, which can help improve vision. One cup of broccoli contains more vitamin C than an orange and more calcium than a glass of milk.



BERRY POWERFUL



Acai is the newest berry to hit the market and is packed with 10 times more antioxidant power than red grapes. Derived from the Amazon, this berry does more than simply boost immunity with its amazing antioxidant capacity. Acai provides the body with omega-3 fatty acids, which help prevent cardiovascular disease, improve sports performance and improve the health of your skin and hair. This wonder berry is also full of calcium, iron and vitamin E, and it contains an abundance of amino acids, which contribute to muscle strength and

development. Acai looks a bit like a blueberry and tastes like a blend of berries with a touch of chocolate. It is available in juice and pill form. Visit www.naturesmarketmelbourne.com for more information



NATURE'S MARKET UPCOMING EVENTS

Free Testing Days Tuesdays in March

Every Tuesday we have local practitioner's on hand doing Testing and answering your questions. (Check Times)

Taste of the Market - March 21st get samples from the new Deli menu and foods from all over the store. Supplement Samples and enter to win a "Gift of Health" Baskets filled With samples, goodies and gifts. 10am-2pm

Check on line at www.naturesmarketmelbourne.com



DID YOU KNOW

Water helps to regulate body temperature, maintain a normal acid/alkali environment, and is essential in helping to carry out waste material from your body. Drink at least eight 8-ounce glasses per day, and if you exercise or drink coffee or alcohol, your water needs increase. Add a touch of freshly squeezed lemon if you'd like a little flavor and sip on water throughout the day.



Green Tea

Drink to your health!



Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

Emotional Rescue

For you and your little dog too!



Over 60 years ago, Dr Edward Bach, recognized the need for an emergency treatment to help people cope with such everyday stressful situations and created Rescue Remedy. Still made to his exact specifications, Rescue Remedy has become everyone's emotional ally for its calming and centering energy and is now relied upon by people around the world to provide unconditional support, during demanding times.

Rescue® Remedy can be used for an immediate calming effect in any stressful situation, or when your pet needs help overcoming a variety of emotional or behavioral problems. Rescue comes in spray, Drops, Cream and lozenges.

Body Care Ingredients to Avoid!

Petrolatum — This is a very cheap jelly made from mineral oil that causes such skin problems as photosensitivity and interference with the body's own natural moisturizing mechanism, which leads to dry skin and chapping. Oddly enough, this product often creates the very conditions it claims to alleviate!

Parabens — Methyl, Propyl, Butyl, and Ethyl — Widely used as cosmetic preservatives and antimicrobials, even though they are known to be toxic and a leading cause of contact dermatitis. In addition, methyl paraben combines benzoic acid with the methyl group of chemicals, which are highly toxic. A University of Reading study, published in the January 2004 Journal of Applied Toxicology, found that 18 of 20 breast tumors studied contained significant concentrations of parabens.

Coal Tar — in 1993, the FDA issued a warning to consumers about coal tar being a possible cancer risk. Coal tar appears in many hair dyes and strong dandruff and psoriasis shampoos, but the FDA failed to ban it even though studies have linked it to cancer in lab animals. The Environmental Working Group (EWG) found that 71 hair-dye products contained ingredients derived from coal tar.

Synthetic Colors — Synthetic colors are used to make cosmetics "pretty" and, along with hair dyes, should be avoided as they are believed to be cancer-causing agents. They appear on labels as FD&C or D&C, followed by a color and a number; e.g., FD&C Red No. 6 / D&C Green No. 6. Get a complete list online at www.naturesmarketmelbourne.com