

A man with dark hair, smiling, is crouching in a grassy area with a large tree trunk behind him. He is wearing a red short-sleeved athletic shirt with a white Nike swoosh on the left chest and dark blue shorts. His hands are clasped in his lap. The background is a lush green forest with sunlight filtering through the trees.

JASON SHON BENNETT TALKS FASTING,
HEALTHY LONGEVITY & HIS UPCOMING
TASTE NATURE COLLABORATION

TASTE NATURE

Summer Edition

Issue 2 January 2024



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things Taste Nature

FROM THE DIRECTOR

Dear Readers,

It's with immense gratitude and excitement that I take a moment to reflect on the extraordinary journey of the last 5 years since Rodney and I took over Taste Nature from Mark and Rayna. Gratitude for what we have achieved and excitement as we take a glimpse into what lies ahead. This introduction serves as a nostalgic glance back at the milestones, community collaborations and impactful initiatives that have shaped Taste Nature over these years, and it is with great delight that we are now able to showcase the essence of what Taste Nature represents through our very own digital magazine.

Celebrating Education and Community Spirit

2024 is the year for Taste Nature Learning Community (TLC). Our vision is to develop a variety of collaborative educational programs that align with Taste Nature goals and values. Our approach to education is holistic, aligned to the principals of Te Whare Tapa Whā. We look at all aspects of the learner to empower learning and self-worth, bringing forth their inner abilities with purpose. Taste Nature at Holy Cross Mosgiel will become the home of TLC.

2023; A Year of Transformative Initiatives

The integrative health clinic, a beacon of holistic wellness, has blossomed into a space where mind, body, and soul can find harmony. Taste Nature at Holy Cross Mosgiel has provided a home for many migrant workers who now call Dunedin home. It has evolved into a hub of connection and shared experiences, embodying the true spirit of a multi-cultural community.

Our commitment to sustainability has thrived. The "Again Again" recycling initiative witnessed a groundswell of support, encouraging a culture of reusable cups and a significant reduction in single-use waste. Our Tetra Pack recycling initiatives marked a stride towards a greener future, underscoring our dedication to responsible environmental stewardship.

Forward into 2024

As we bid adieu to 2023, we carry its triumphs forward into the canvas of 2024. The journey ahead holds promises of deeper community engagement, continued strides in integrative health, and an unwavering commitment to environmental responsibility.

Thank you for being an integral part of this transformative year. As we turn the pages, let the stories within be a testament to the power of collective action and the boundless possibilities that unfold when a community comes together with purpose.

Here's to the memories we've made, the progress we've achieved, and the exciting chapters waiting to be written. May the coming year be as inspiring and transformative as the one we've left behind.

With anticipation and gratitude,



CLINTON CHAMBERS
MANAGING DIRECTOR





PANE ORA

Gluten-Free Mastery

"Pane Ora" beautifully fuses the Italian word for bread with the Māori word for good health, showcasing a dedication to excellence and a harmonious lifestyle. The team at Pane Ora, comprised of two skilled surfer/chefs and a talented skater/baker, embody this in their **100% gluten-free** and organic bread craftsmanship.



Pane Ora's culinary breads are crafted from 100% **Gluten-Free**, vegan and certified **organic** ingredients



Frozen Pane Ora loaves are available on a daily basis

BAKING SCHEDULE

MONDAY – WEDNESDAY – FRIDAY

- Original Loaf
- Mini Original Loaf
- Hemp Loaf
- Buckwheat Loaf –
- Seeded Loaf
- Polenta Loaf
- Multigrain Sourdough Load
- Turmeric & Seed Sourdough Loaf

SPECIALITY SCHEDULE

MONDAY

- Foccacia
- fruit Loaf
- Brioche Loaf
- Ciabatta Roll
- Baguette
- Pain au Chocolat

WEDNESDAY

- Foccacia
- Ciabatta Roll
- Baguette
- Almond Croissant

FRIDAY

- Foccacia
- Brioche Loaf
- Ciabatta Roll
- Baguette
- Cinnamon Scroll

More information at tastenature.com/bakery

COLLIN BLAKE: ACUPUNCTURE

Collin is an Acupuncturist and Traditional Chinese Medicine Practitioner registered with the Chinese Medicine Council of New Zealand.



Like many Westerners, Collin was skeptical of acupuncture when he went in for his first treatment nearly 20 years ago. But after one session resolved the pain he had been dealing with for years, he went from skeptic to advocate, telling everyone he knew about the incredible benefits he felt from acupuncture. Eventually, telling people about acupuncture wasn't enough, and he enrolled in the New Zealand School of Acupuncture and Traditional Chinese Medicine so that he could learn and share the healing effects with people firsthand.

Collin now enjoys treating those same types of patients, who come in knowing little about acupuncture, and are dubious about acupuncture's ability to treat pain and other symptoms.



Not Just Needles: Moxibustion therapy uses the burning of mugwort leaves to stimulate Qi flow.



“I love when patients come in sceptical, and leave with a smile. I always wonder if they will do what I did and become an acupuncturist. I hope so!”

Acupuncture is most commonly sought out for help with pain throughout the body. From headaches to plantar fasciitis, many of Collin's patients have noticed a remarkable reduction in pain, often after only one or two sessions. In addition to pain relief, Collin finds many patients seeking help for anxiety. “Even in a laid back country like New Zealand, we live in a society that creates a lot of stress and anxiety, and people struggle to find ways to adapt. Acupuncture has been a great tool for people to reach those levels of deep relaxation in a very short period of time. It helps remind them of their body's potential to be at ease, and they carry that with them after they leave the treatment room.”

To book with Collin, visit southislandacupuncture.com or tastenature.co.nz/health

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ENERGY & VITALITY
DIGESTIVE HEALTH
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JASON SHON BENNETT: THE MIRACULOUS POWER OF FASTING



“Fasting is the inner doctor”
Hippocrates

Fasting.

The very word makes people go strange and make accusations that you've joined a weird cult dedicated to the worship of thin celebrities. However, the fasting I recommend is what I call Regular Intelligent Fasting® (RIF®). For most people, fasting as I recommend gives you more nutrition in a day than you would usually get, not less. You drink living, freshly made vegetable juice, with additional green superfoods such as spirulina, barley grass, or chlorella (if desired). I have fasted this way many times over the last 35 years, and I have had the most incredible results, both body and mind, from these experiences. It is a time for your body to clear the backlog and take a much-needed break. Why fast? We are living in a time where more people than ever are sick and they are getting sicker, at a younger age, all over the world.

Why? (1) We simply eat too much food. (2) The food we are eating is among the worst quality food ever created. The modern diet is a low-fibre, sugar-rich, high-meat, nutrient-poor, 3000+ calories a day, gluten-filled mess, prepared with processed, toxic, rancid fats. The modern diet creates nasty toxins that accumulate in our body's fat cells. Regular fasting, lifestyle changes and a healthy, balanced, plant-based wholefood diet, is the best strategy to remove this waste and transform your health, vitality and longevity.

Fasting is a natural response to sickness or trauma.

When you break a leg, what do you do with it? You rest it so it can heal. When you are exhausted, what do you do? You rest so you can recover. When your digestive and bowel system is clogged, what do you do? You fast, so your engine room, your digestive system and your entire body can rest, recover, rebuild, reboot, refresh, rejuvenate and revitalise. You feel reborn. Fasting is to recovery what sleep is to recuperation. For me, discovering fasting has been one of the key health-changing moments in my sickness-to-health journey. Slowly starting to fast, gently at first, and then more rigorously over time, will for most people completely transform their health.

Babies and animals naturally fast when unwell.

Fasting is second nature to babies and animals. Human babies, when sick, will immediately fast. Animals automatically avoid food and fast to ease pain, discomfort or disease. When ill, animals will instinctively find a source of clean water, then rest by it and fast. Dogs have been known to fast up to 60 days. When we get sick, we lose our appetite. This is your body begging you to fast so it can concentrate on fixing the problem. The real problem is not fasting. The real problem is that we keep eating



Fasting versus starving.

Fasting is officially 'only taking in water or liquid-based sustenance over a period of time'. Fasting is allowing your body to digest and remove the stored fuel it is carrying as fat. Each half kilogram of extra fat you carry is stored fuel and is equivalent to 3500 calories, or two days' food supply. Most people have plenty of stored fuel... RIF® is not malnourishment or starvation. Starvation is very different to fasting. Starvation is when your body has no fuel, no fat or nutrient

THEY SAY THAT 'IF YOU DON'T
EAT, YOU DIE'. THE ACTUAL
TRUTH IS, 'IF YOU DON'T EAT
REGULARLY, THEN YOU LIVE
LONGER'

~ JASON SHON BENNETT

Fasting is NOT a silver bullet.

Finally, in this modern age of searching for the instant fix; remember that fasting is one part of a holistic approach to a healthy, vibrant lifestyle; not a single magic bullet. I have fasted this way many times over the last 35 years, and I have had the most incredible results, both body and mind, from these experiences, healing my asthma, hay fever, allergies, flu, colds, weight, and digestive issues... I have also taught thousands of people to fast this way with very positive results. I have written a best-selling book on fasting called 'Eat Less, Live Long'. Slowly and INTELLIGENTLY starting to fast, gently juice-fasting at first (and sometimes smoothies for a day before trying vegetable juices only), and then more rigorously over time (once you are used to it), will, for most people, help to completely transform their health (alongside other smart diet, lifestyle and environmental choices of course). Regular Intelligent Fasting® is what many of the great leaders, teachers, philosophies and religions have taught for over 2000 years, in an effort to achieve exceptional health. Fasting is the best medicine, the original cure, and simply the oldest, most powerful, historically proven, immediate and effective, natural rejuvenation process available.



Jason is headlining Taste Nature's upcoming Health expo on Tuesday 13th of February with his 'Miracle of Fasting' seminar. To book your tickets, visit jasonshonbennett.com/tickets or purchase instore at Taste Nature.

PLANT BASED GOODNESS



Tracey Bennett aka The Reckless Foodie is a self-educated Plant-Based Wholefood Chef who is passionate about creating, enjoying and sharing delicious and nourishing plant-based food with others. As a working mother of 4 young adults and a grandmother to 4 gorgeous grandkids, Tracey knows just how important it is to create simple, healthy meals that taste fantastic and don't demand too much of your time.

Tracey takes great pleasure in sharing her love of healthy, plant-based food with others and finds many ways to do this. She developed over 300 delicious plant-based recipes for the online programme 'thelifeplan' that was created over 10 years ago by her and her husband Jason Shon Bennett, best-selling author, health researcher and international speaker. These have been used and are still being enjoyed by over 1000 people who have completed 'thelifeplan.'

Tracey's biggest passion is leading wellness retreats and taking people on a health and wellness journey in person. Over the last 5 years, she has co-led 27 Fasting & Wellness Retreats around N.Z. with her husband Jason. More recently she has led her inaugural three-day Plant-based Cooking Retreat, and has another one coming up very soon. She also teaches intimate one-day cooking workshops and offers delicious, boutique, plant-based catering for special events and retreats in the wellness space.

A people person through and through, Tracey loves connecting, creating and collaborating with others on a similar path and sharing her passion for plant-based food. Her first cookbook is not far from being launched – watch this space!



Tracey and Jason's first ever lower South Island 3-day WELLNESS RETREAT is being held right here at The Long House Dunedin from 16th -18th of February! Visit therecklessfoodie.com/retreats to book your spot.

THE RECKLESS FOODIE'S NUTTY BROWN RICE SALAD

(Serves 4 – 6)

Ingredients

- ½ cup sesame seeds
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup chopped raw cashews
- 3 cups cooked brown basmati rice
- 1 red onion chopped small
- 2 spring onions chopped small
- 1 cup corn kernels
- 1 red capsicum diced
- ½ cup currants
- Grated zest of a lemon
- 1 – 2 cups edamame beans
- ½ cup parsley chopped fine (optional)

Dressing

- ½ cup olive oil
- ½ cup tamari
- 2 cloves garlic chopped very fine
- 1-2 inch knob of fresh ginger chopped fine
- Juice of one lemon

I find it great to have a repertoire of salads that I can throw together and have in the fridge for an easy lunch on a bed of greens or to take to a BBQ or shared dinner. I have been looking for a tasty brown rice salad and after a bit of research and much trial and error, I have come up with this scrumptious one. Don't think about all those boring rice salads you may have had in the past – this is an epic crowd-pleaser. The nuts give it real substance and crunch and the dressing gives it a good punchy Asian fusion taste explosion!

How to Make

1. Put all the nuts and seeds into an oven tray and bake on medium heat for about 10 minutes stirring occasionally until golden.
2. Put the cooled cooked rice into a serving bowl and add all other ingredients including the nuts once cooled.
3. Mix together gently and well.
4. To make the dressing, just combine all ingredients and whisk well.
5. Pour over the salad and fold it through. Voila! It's ready to eat.

This salad keeps well in the fridge for a good 2-3 days which is a big bonus too!



Find out more of Tracey at therecklessfoodie.com, including over 25 of her plant based recipes.

JANENE WEIR: BOWEN THERAPY



Janene's journey with Bowen began due to a series of injuries, sparking a newfound enthusiasm for thriving under its gentle rejuvenating treatments. This ignited a strong desire to undergo training in Bowtech Bowen Therapy and be of service to others.

Bowen therapy is a holistic healing technique that involves gentle, rolling movements over muscles and connective tissues, aiming to stimulate the body's natural healing abilities. It focuses on addressing imbalances and promoting overall well-being through subtle and precise maneuvers.

The lymphatic system in particular responds very well to Bowen enhancing a higher level of immunity and wellbeing. Clients may also find there is a greater improvement in mental and emotional wellbeing making Bowtech Bowen a very holistic approach to enhancing wellness. It is often called the homeopathy of remedial treatments because the smallest movements trigger the body to heal itself.

The goals of Bowen are:

- triggering relaxation, ie the parasympathetic nervous system
- Realignment, easing the fascia helps to restore posture
- Rejuvenation, the moves over acupuncture points restore not only muscular and joint health but organs may also be gently stimulated.



Bowen is for all ages and differing levels of health, from pregnant mothers to babies through to the elderly. Clients come for a variety of reasons, maybe just a regular tune-up to keep in top shape right through to more complex long-term issues.

To book with Janene, call 022 393 0271 or visit tastenature.co.nz/health/bowen-therapy-dunedin

Six Easy Ways to Balance Blood Sugar and Improve Your Wellbeing

Skye Macfarlane – Wild Dispensary, Naturopath



Blood sugar levels measure the amount of glucose in the bloodstream. Glucose is essential to life, and you must have regular and sustained supplies delivered throughout the day. Glucose comes from the carbohydrates you eat, and it is your primary energy source.

The cells within your body (except your red blood cells) all have mitochondria. The role of mitochondria is to help provide energy, which is done by turning the glucose in your food into ATP (Adenosine triphosphate) moves energy through the body and your cells break down the chemical bonds to release that energy for you to use.

You need ATP to function and also for growth and repair. When you eat carbohydrates, glucose enters your blood and in response, you release a hormone called insulin. Insulin is what encourages your cells to pick up glucose as fuel. However, this is also where many 'blood sugar' issues arise.

If you have been consuming too many carbohydrates or sugar your body begins to lose its sensitivity to insulin and you stop being able to absorb glucose properly. When this occurs, it stays circulating in your blood as opposed to being absorbed.

For those who have type 1 diabetes, their body is not able to create enough insulin to balance their blood sugar levels. Type 1 diabetes is an auto-immune condition which means the body is effectively attacking itself.

REASONS WHY YOUR BLOOD SUGAR BECOMES UNBALANCED

Diabetes – Certain medical conditions affect how your body produces or absorbs insulin. Type 1 diabetes is one of these conditions. As is type 2 diabetes.

PCOS – A hormonal condition – polycystic ovarian syndrome (PCOS) can also affect blood sugar levels. PCOS can cause insulin resistance which leads to very similar issues as diabetes. It can also affect how the body produces hormones and how the reproductive cycle works.

Diet – A diet high in processed foods or carbohydrates can add an extra burden to the pancreas, which after repeated overuse, will start to show signs of insulin resistance.

Perimenopause – Perimenopause is another time when insulin resistance can appear. The metabolic changes that happen in perimenopause originate from the fluctuations and changes in which hormones the thyroid and adrenal glands release. These fluctuations can greatly affect blood glucose levels, which can lead to people struggling with imbalances. Estrogen helps with insulin sensitivity, so with the fluctuations and the eventual decline of estrogen, this ability to help with insulin also reduces, leading to unbalanced blood sugar levels.

Stress – All forms of stress can contribute to unbalanced blood sugar levels. The hypothalamic-pituitary-adrenal axis (HPA) plays a role in how you manage your blood glucose. If you are stressed, it can dysregulate your HPA, leading to poor glucose management.

SIX THINGS YOU CAN DO TO BALANCE YOUR BLOOD SUGAR

1. Protein. for blood sugar balance Protein helps keep you feeling fuller for longer (so you don't reach for the chocolate and chips half an hour after eating). Protein breaks down more slowly than carbohydrates and sugar and releases glucose more slowly, so you don't get the highs and lows of blood sugar.

2. Eat more fibre. The modern diet is low in fibre. We are consuming far less fibre daily than we used to, and this has had an effect on our digestive system as well as our blood sugar. Fibre, like protein, slows the release of glucose into the bloodstream, helping balance blood sugar.

3. Movement. Being active helps support how your body balances its blood sugar levels. After exercise, your blood glucose levels drop, making your body more sensitive to insulin.

4. Plants that help blood sugar balance
Ayurveda has traditionally recommended bitter plants to support blood sugar imbalances, in particular bitter melon, okra, turmeric, gymnema and fenugreek.

5. Incorporate complex carbohydrates
Carbohydrates can be broken into two groups; simple and complex. Simple carbohydrates are foods that can be broken down into sugar molecules 'simply'. This group includes things like fruits, juices, processed foods, syrups and soft drinks. Complex carbohydrates have three or more sugars linked together, which makes them harder to break down into sugar molecules. Most complex carbohydrates contain more fibre than simple carbohydrates, making them harder to digest – slowing their impact on blood sugar levels.

6. Have vinegar before your meal
Having lemon water or apple cider vinegar before meals has been around for thousands of years. It gained traction recently as a way to help lose weight through 'cleansing detox' diets. While it won't make you lose weight or 'detox' you, there is some evidence that consuming vinegar before eating can help balance blood sugar.



Taste Nature presents
JASON SHON BENNETT
The Miracle of Fasting
Grow Younger — Feel Healthier — Boost Vitality
KEYNOTE SPEAKER AT THE MEN'S & WOMEN'S HEALTH EXPO

WHERE: Taste Nature Holy Cross
Mosgiel, 89 Church Street

WHEN: Tuesday 13th Feb, 2024

COST: \$40 single • \$70 double
(Early Bird Special: First 50 tickets \$35
single, \$60 double)

TIME: Expo: 5pm – 7pm
Jason: 7pm – 8.30pm

Variety of stall holders from products to
health practitioners and specialists

Delicious healthy drink on arrival.

Nibbles provided by The Reckless Foodie.



**FEATURING
TRACEY BENNETT**



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plant based love

Plant based goodness

Cookbook pre-launch and
demonstration



LIMITED TICKETS AVAILABLE FROM

www.jasonshonbennett.com

or in-store at Taste Nature (or on the door until sold
out)



**TASTE NATURE
INTEGRATIVE HEALTH**

For more information on the Men's & Women's Health Expo visit
tastenature.co.nz/events

CAFE MENU SPOTLIGHT: Nadel's Labneh Special

Nedal Ebrahim has become an integral part of the Taste Nature community, enriching the Cafe's menu with his culinary skills. A shining example of this is his labneh balls recipe, made of small rounded portions of labneh, a traditional Middle Eastern and Mediterranean strained yogurt or cheese.

Labneh is made by straining yogurt to remove excess whey, resulting in a thicker, creamier, and tangier product with a texture similar to soft cream cheese. Labneh balls are often rolled into small, bite-sized spheres and preserved in olive oil, which helps enhance the flavour and extends their shelf life. This tangy and concentrated dairy product is commonly used as a spread, dip, or ingredient in both savoury and sweet dishes. They can be found periodically for sale at the Taste Nature Cafe, as well as woven into different Cafe specialties like our Comfort Bowls.

Visit tastenature.co.nz/cafe for
our Cafe Menu.



A curated collection of biophilic-inspired, sustainable homewares crafted by global artisans. Loka & Lore offers embraces trade, community, and art for our collective well-being.



LOKA AND LORE

Baskets are nothing new. They are as ubiquitous as they are anonymous. From K-Mart to Bunnings, even homeware shops with a more sophisticated offering, but they are still numerous degrees removed from the source, the artisans, the raw material... the story.

Basketry is universally distributed, across continents and cultures, but can in essence be distilled into two main “genres” or techniques: coiled or plaited weaving. Our basketry journey commences in West Africa, near the town of Bolgatanga, in the Upper East Region of Ghana... in the shade of The Baba Tree. Their vision is

“That everyone that joins this undulating apple cart called The Baba Tree Basket Company must benefit, if they allow it, by walking away with a great product, abundance, an open heart, and hope.”

*We believe trading with
passionate and talented artisans
is the best way to serve Africa,
though we also need her to remind
us that "beauty has many faces
and helping has many hands."*

~Ilse Erasmus





In the placid hills of the Hhohho region of the small and peaceful Kingdom of eSwatini, the talented women of Tintsaba delicately fashion these fine-woven decorative baskets from sisal, harvested in the wild, but only after it has been stripped, cleaned, and spun by hand - then coloured using certified organic dyes. It can take up to 50 hours to spin the fine yarn and complete the weaving of a basket, and women progress from producing craft or gallery-grade quality as new and intermediate weavers, to ultimately becoming masters of their craft.



Dress up your walls, adorn your shelves, or brighten your table setting with beautiful basketry, fine-woven in silky sisal deep in rural Southern Africa., with the accompanying title Master Weaver. Since its inception 30 years ago, Tintsaba has endeavoured to create a workplace that helps the artisan women grow and develop through various courses and workshops ranging in a variety of subjects such as leadership, skill-set development, environmental awareness, and women's health - training over 1000 women in rural Swaziland.



PEDALS COURIERS

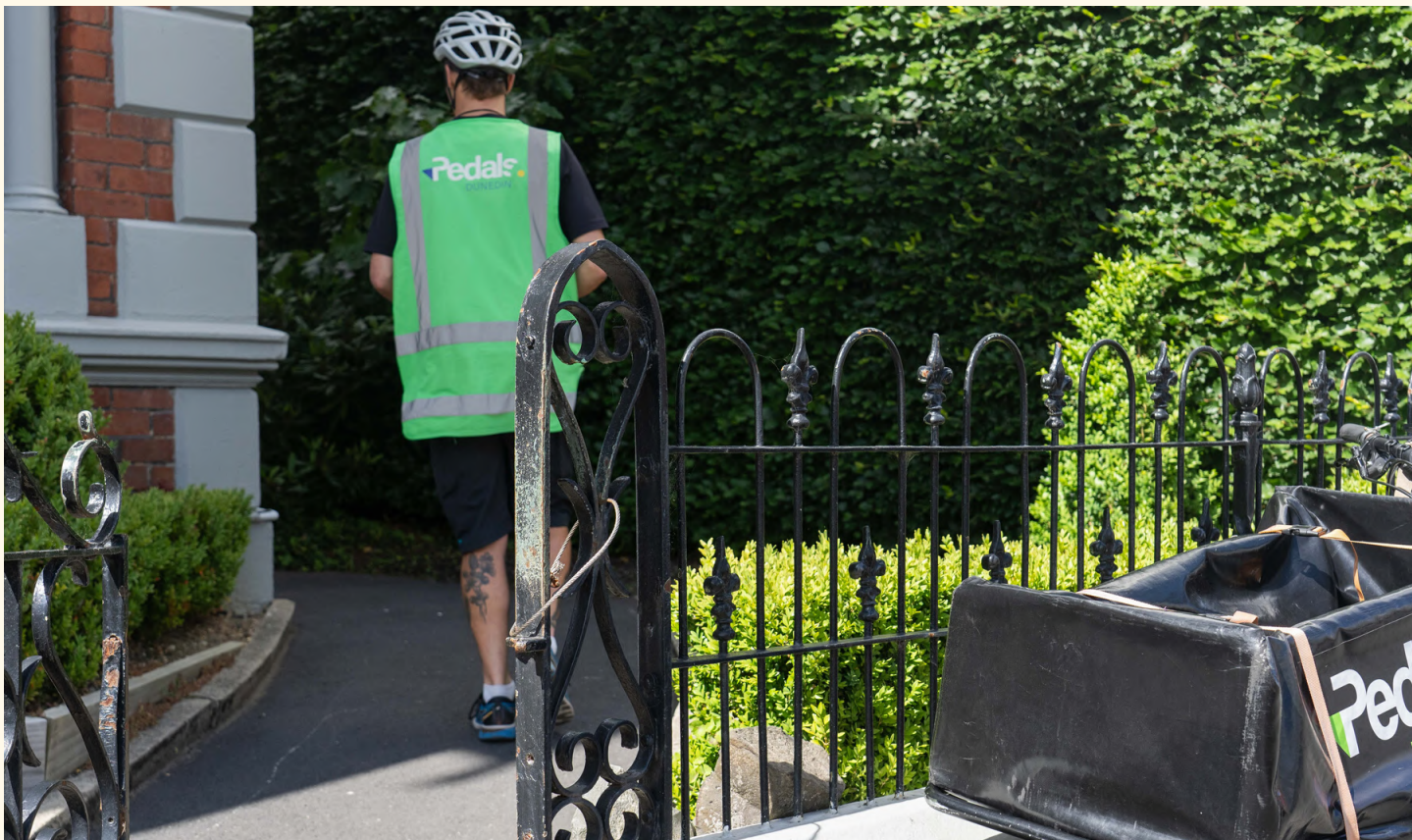


Meet Pedals:

An innovative courier service is redefining the way we think about getting goods around Central Ōtepoti. Committed to sustainability, Pedals Dunedin utilises bikes for deliveries, offering a greener and more efficient option for the community.

We've partnered with Pedals to bring this same-day delivery option to all of our customers! Whether you're after a full trolley of groceries, a selection of dispensary goods, or a tasty snack from our cafe, no delivery is too large for their 90kg capacity





Photos by Zac Whiteside

For more on Pedals, visit tastenature.co.nz/cafe or pedalscouriers.nz

PHYTOmed Medicinal Herbs

PHYTOmed was established in 1998 by Phil Rasmussen, a Pharmacist and Medical Herbalist, to bring high-quality liquid herbal extracts made from plants that are cultivated or wildcrafted in a sustainable, safe, and ethically sound manner.

Aotearoa New Zealand has a wealth of native medicinal plants (Rongoa) that have comparable or superior efficacy to imported or endangered species.

PHYTOmed manufactures 14 different Rongoa liquid extracts, here at the Dispensary we stock 11 of them.

Akeake/Dodonaea viscosa (leaf) is antimicrobial and has been used for respiratory and digestive ailments, as well as Rheumatoid Arthritis.

Harakeke/Phormium tenax (root) has been used for constipation, fungal infections & worms. A cream can be made with it and Horopito for fungal infections or Poroporo for eczema/dermatitis

Hoheria/Hoheria populnea (leaf) can be used as a substitute for Slippery Elm, both internally & externally, and so can be beneficial for IBD, constipation, reflux, and coughs.

Horopito/Pseudowintera colorata (leaf) can be used as a circulatory stimulant, it's anti-fungal and has been used to treat diarrhoea.

Kānuka/Kunzea ericoides (herb) and Mānuka/Leptospermum scoparium (herb) are both excellent antimicrobials – great for the lungs, and digestive disturbances.

Karamu/Coprosma robusta (fresh leaf) has been used for colds & fevers

Kawakawa/Macropiper excelsa (leaf) is used as a digestive aid and promotes good skin health

Kohokohe/Dysoxylum spectabile (leaf) has been used for restless leg syndrome, and also the digestive & respiratory systems

Kumarahou/Pomaderris kōmerahou (herb) can be used for pneumonia, and other respiratory conditions, it is also anti-rheumatic.

Poroporo/Solanum aviculare (herb) is for EXTERNAL use only! It's great in anti-fungal, antimicrobial, and anti-inflammatory creams



This is just scratching the surface! And please note that all of these herbs are contraindicated in various conditions and pregnancy. Pop in and have a chat if you'd like to find out more about these Rongoa allies, we'd love to see you.

THE FANTASTIC MR FOX!



Ginger Fox Foods' range is available around Dunedin; Taste Nature was the first to stock it in 2022. For a long time, Adam had harboured an itch to launch a venture from nothing, keeping a journal of ideas. That desire coupled with family lifestyle decisions made around food consumption, and the ingredients in our purchased food formed the rough vision for Ginger Fox Foods.

The three leading characteristics of all Ginger Fox's peanut butters are:

- **High oleic peanuts;** rich in monounsaturated fat (good fat, regulates good cholesterol)
- **Red skin peanuts;** keeping the jackets on means higher antioxidant levels
- The elixir that is **extra virgin olive oil**.

Furthermore, they are fortified with whole food natural ingredients. Health-enhancing additives into peanut butter has become popular in recent times, but few have advanced the concept as far as Ginger Fox Foods. To see that people are enjoying the flavours, hear how they eat it and what with or how they cook with it are wonderful engaging conversations.

“I’ve spent two decades as a product designer and now I find myself designing food that folk are thoroughly enjoying, it’s fantastic!”

The playful Ginger Fox branding is derived from a gifted nickname from my brother. But Ginger Fox is suffixed with ‘Foods’ rather than ‘Peanut Butter’ to allow the company to expand, as it has done recently with unhulled white and black tahini with both delivering a complex yet exquisite flavour profile. With a lot of potential to expand into other foods and if the customers continue to support and enjoy the products, you may be seeing more from me.

Adam Sudale, Founder.
Ginger Fox Foods

Ginger Fox Foods are available instore at Taste Nature or online at tastenature.co.nz/online-shop



Beauty Products are now available as refills.



REFILL NOT LANDFILL

REDUCING WASTE - REUSING RESOURCES - RECYCLING RIGHT

In the thriving landscape of the circular economy, refills emerge as eco-champions, embodying a sustainable shift towards minimising waste and maximising product longevity. This innovative approach not only promotes environmental stewardship but also empowers consumers to actively participate in a closed-loop system, fostering a greener and more resource-efficient future. Taste Nature boasts Dunedin's largest range of refill products, whether it's grains, frozen foods, nuts, teas, hygiene products, cleaning products, essential oils and much much more.

A few more examples of our extensive refill range.



The Versatility of Castor Oil: A Multifaceted Marvel

Castor Oil has antibacterial, antiviral, antifungal and anti-inflammatory properties, is high in vitamin E, minerals, proteins, and omega-6 and -9 fatty acids. Castor Oil has the highest concentration

of Ricinoleic Acid of any oil. 80-90% of Castor Oil's total fatty acids in fact. It's the star of the show here. Our Castor Oil is cold pressed and Bio-Gro certified which means it retains all of the above, and contains no solvents (ie:Hexane)



Historic Use

Castor Oil has a very long history of cosmetic and medicinal use - alone or in combination with essential or other carrier oils. For inflammatory conditions of all sorts (think arthritis, menstrual pain, liver detoxification, lymphatic congestion, boils, etc) a Castor Oil pack could be just what's needed. They are super simple to make and apply a pack can last up to a month depending on the inflammation and how often it is used.

For skin infections

Use it on its own or with a suitable essential oil. As a skin-care oil, by itself or with another carrier oil it will moisturise by preventing/reducing water loss through the skin. You can make a cleanser with it and one of either Jojoba, Almond, Apricot or Rosehip oils.

Use Castor Oil to Condition Your Hair

Many report it helping their tresses to grow faster & become thicker. Applied to the scalp it can aid dandruff, folliculitis, and irritations in general. To apply, mix 3 parts Castor Oil and 1 part Argan or Jojoba Oil in a dropper bottle and apply to the roots 1-2 weekly. Be sure to wrap your head in an old towel or a shower cap as oils of course do stain. Massage in well, for about 5 minutes then leave it for an hour or overnight then shampoo out.



Practitioners

Intergrative Health Clinic



Charles Giudicelli
OSTEOPATHIC PRACTITIONER



Kate Bendall
YOGA PRACTITIONER



Michael Williams
REGISTERED PHYSIOTHERAPIST



Francisca Griffin
NATUROPATH



Collin Blake
REGISTERED NZ ACUPUNCTURIST



Valerie Maraine
MASSAGE THERAPIST



Janene Weir
BOWEN THERAPIST



Tracey Gear
NATUROPATH



Ilse Erasmus
PH360 & HEALTH COACHING



Dr. Zuzana Oravcova Wheeler
INTEGRATIVE LIFESTYLE MEDICINE DOCTOR

Summer Edition

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Last but not least thank you to our community, for supporting local, fresh, quality organics.



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