

**NISA'S REVIVAL:
A TALE OF
RESILIENCE FOR
SUSTAINABLE
TEXTILES**

TASTE NATURE

D I G I T A L M A G A Z I N E

Spring Edition

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The New Mainstream

Promising innovations in the textile Industry

There's no better time than spring to embrace renewal – not just in nature, but also in the way we approach fashion. This edition of our magazine is dedicated to shining a light on the growing movement towards sustainable textiles and clothing, and the promising innovations that many clothing manufacturers are turning to.

The fashion world is often associated with fast-paced trends and disposable styles, but behind the scenes, significant shifts are happening. From the development of man-made cellulosic fibres like viscose and lyocell, which come from renewable plant sources, to innovations in sustainable dyeing processes that reduce harmful chemicals, the industry is starting to move in the right direction. Closed-loop production methods and more conscious sourcing of materials are not just buzzwords anymore – they are becoming mainstream practices.

But what about the labels and certifications that claim to represent ethical fashion? Recent research suggests that the vast number of sustainability certifications can confuse more than inform. However, there is a push towards creating clearer standardised certification systems that make it easier for consumers to make informed choices. This shift is crucial for building trust between brands and shoppers and ensuring that sustainability becomes the norm, not the exception.

The challenges are real, from the waste generated by fast fashion to the toxic chemicals still used in some production processes. Yet, the solutions are within reach. Brands are responding to consumer demand for greater transparency and ethical practices, showing we CAN transform the fashion landscape. As awareness grows, so too does the availability of products that are kind to both the environment and the people who make them.

This spring, we invite you to seek out brands that walk the sustainable fashion talk. Let's celebrate the brands that are leading the way, the innovations that are making a difference, and the choices we can all make to help reduce textile waste.



NISA

~Pam Lowe~

Nisa has been part of my life since I came on board in 2018 as a production manager/pattern and sample maker. I've been incredibly lucky to land a job doing not only what I love, but also to work in an environment that nourishes my soul, and an industry that I hope I can make meaningful change in.

Nisa is a little underwear/activewear/swimwear manufacturer tucked upstairs from the hustle and bustle of Willis Street, in the heart of Ponake. It was set up by founder Elisha Watson to help provide a foothold into the New Zealand workforce, for women from refugee and migrant backgrounds. It has been doing awesome things since before I came on board.



When I and four other staff and former staff took the business over just over a year ago to save it from closure, we decided we needed to put an emphasis on bringing down the amount of waste that we produce, and put more focus on sustainability, while keeping our employment mission at the heart of Nisa.

We recognised that consumers are not willing to go back to wearing bloomers, and want the comfort that elastane provided. If we were going to continue using elastane in our underwear, and elastane and nylon in our activewear and swimwear - we needed to not be sending as much to the landfill before it is even sewn up. This, it turns out is a lot easier said than done.

Within the fashion and apparel industry, creating 15-30% PRE-consumer waste (this is the waste that is created during cutting, before the garments are even sewn up) is not uncommon, we knew we needed to do more to show that these figures can change.



At the start of last year, I heard about Zero-Waste Patternmaking and had brushed it off as a bit woo-woo. Too hippy-ish. Nisa is form-fitting, and made from stretch knit fabric, and I was certain that this was something that could only be done from non-stretch woven fabrics.

Then I heard about Emma La Rocca from Emroce. Emma was making Zero-Waste swimwear in Mount Maunganui, and she was running patternmaking workshops on how to do it. I took a couple of her workshops and realised that this was totally achievable for Nisa.



This began our journey toward becoming a Zero-Waste manufacturer by the end of 2025.

Zero Waste patternmaking is kind of like Tetris. You need to cleverly make and panel garments so that you use up all of the fabric. It's challenging and at times, incredibly frustrating, but boy oh boy, it is totally worth the headaches.

Since starting the process of becoming zero waste, we have managed to get from about 15% down to 4% in our Low-Zero Waste Activewear range and we know with a bit more time and effort our Naturals Underwear (and Swimwear range), that we will be able to achieve this.

If we, Nisa, a little manufacturer tucked upstairs on Willis Street can do it, when times are hard - surely other big brands can follow suit.



NISA Clothing can be purchased from Taste Nature.
For more information, visit nisa.co.nz



ORGANICS UNEARTHED

Food Resilience & Soil Regeneration

~Michelle Ritchie~



Growing up on a spray-free sheep farm, and with a background in Zoology, Environmental Policy, Organics, Permaculture and Education, it seems I was destined to end up teaching people how to grow their own chemical free, life-affirming food! Since 2002, I have been sharing Organic learnings, and offering Permaculture Design and Consultation in Dunedin and around Otago.

The whole garden ecosystem breathes a sigh of relief when we begin to honour and support its needs in a holistic way. Especially the seemingly 'insignificant' microorganisms inhabiting the soil. The Beautiful Soil!! All that diversity of life within - which in turn supports ALL LIFE.

We simply have to start with returning balance to the soil ecosystem through an holistic, regenerative approach - and the garden naturally thrives!

An example: I found the holistic solution to a slug outbreak in my potatoes a couple of seasons ago. (Thanks to online study at the Soil Food Web School with Dr Elaine Ingham). Yes ducks came to the rescue - but why had the molluscs come that season? To that crop? The reason: compacted, low oxygen soil 'selects for' slugs. That's the way slugs like their homes, then they sneak out after sunset for supper!



So, how to minimise slugs? The answer: open up the soil gently with a broadfork, sow deep rooted crops and green manures. Problem solved. No 'substitution pest control' with soap spray, salt, beer traps, or copper wire deterrants! No rotary hoe – this would shatter the soil structure and initiate a new round of compaction and more slugs than ever!

I'm happy to report that as my soil has grown in health and resilience over the years, so too has my entire garden ecosystem. The beneficials tell their friends how good life is, and more of them move in. They bring a beautiful balance back to the soil, and the garden ecosystem thrives. The human inhabitants do pretty well out of it too!



If you too are interested in regenerative growing, I recommend the work of both Dr Elaine Ingham and Nicole Masters - two outstanding Soil Health specialists. True revolutionaries in earth based education, and of great inspiration. If you prefer hands-on learning closer to home, come along to a Living Soil Workshop series with me this Spring. You will test your own soil and learn how to successfully work with the regenerative growing approach at your place, whatever the scale and stage you are at.

ORBA

Walk the talk. Make an impact. Leave no trace.



Spring Clean

Spring Clean Time – and isn't it just wonderful that our gardens are sprouting forth with plants that can help us with this?

First up let me introduce you to Cleavers (aka sticky weed or goosegrass) – Gallium aparine to be exact. In Spring Cleavers will be attempting to take over your garden and be easy to spot. It contains Vitamin C, some B vitamins, Calcium, Potassium & Magnesium and of course Chlorophyll.

As herbal medicine, it has been used both internally and externally in the treatment of a wide range of ailments. It has been used as a general detoxifying agent, it is a mild laxative and will stimulate the lymphatic system. The fresh plant or juice of Cleavers herb has been used as a poultice for wounds, ulcers and many other skin problems. An infusion is a good way to keep the bladder & kidneys at optimal function.



A cold infusion of Cleavers is a great Spring Clean – put some gloves on and collect up enough fresh, clean Cleavers to fill a 1 litre glass jar. Pour over enough cold filtered/spring/alkaline water to cover, and leave it with a lid on overnight on the bench. In the morning, strain into a jug, and drink a 300ml glass before you eat or drink anything. Store your infusion in the fridge, and repeat for 2 more days.

Cleavers Succus is an easy way to get children complying. Make it by juicing fresh cleavers & mixing it into an equal measure of runny honey, eat a teaspoon at a time, 4 hours apart.

Why not eat Spring Salad for the next few months?

Collect young Dandelion leaves, young Chickweed (before it flowers), young Ribwort leaves, Heartsease flowers, Violet flowers and leaves, Calendula petals, Nasturtium leaves if there are any, even a few young Dock leaves – dress with oil or oils of your choice – Flaxseed, Hemp, Star Flower (Borage) are great choices, and a little Lemon juice or Balsamic vinegar, salt & pepper and you're good to go. You can of course eat differing versions of this year-round, do focus on young leaves, as the older they get the more bitter they will be.

And now for the outside of your body! Why not make a sugar scrub to use in the shower once or twice a week?

Easy as – in a ceramic bowl combine 1-2 cups raw sugar, 1/2 cup fine oatmeal or cornmeal or spent coffee grounds. Add 1-3 tablespoons of Sweet Almond or Jojoba oil; just enough to barely moisten the dry ingredients. Lastly 10 or so drops of essential oils – Geranium, Bergamot, Clary Sage, and Palmarosa are all uplifting, and great in the morning.

Do soap up first, you don't want to wash the oils off! Now, use small handfuls to polish you all over (not your delicate spots please!).

~Francisca Griffin~



Francisca is a Naturopath at Taste Nature with over 20 years of experience. She offers private consultations for a wide range of ailments and can be found in the apothecary select weekdays for general health inquiries.

Find more Francisca Wisdom on our Youtube channel [here](#)





ECOVASK

THE EVOLUTION OF THE KITCHEN WASHCLOTH

~Vivienne Wilson~

With environmental sustainability a core pillar of Ecovask's ethos, earlier this year I attended the global Heim Textile trade fair in Germany with the objective of gaining more insights into eco-friendly practices and trends in the industry. What I learned was both eye-opening and alarming. The numbers are staggering, and the environmental challenges we face are more urgent than ever. The textile industry, particularly its reliance on synthetic fibres, is a key contributor to some of the most pressing issues affecting our planet today.

The textile industry produces an astounding 120 million tonnes of textiles each year. To put that into perspective, if we spread this amount evenly across New Zealand's land area, it would create a layer about 1.5 meters (5 feet) thick! And that is just one year's production...

But what is concerning, is that 75% of this textile production consists of synthetic fibres, primarily derived from fossil fuels / petrochemicals. And while synthetic textiles came into existence 70 years ago, it has only been in the last 30 years that synthetic fibre production has dominated the textile industry.

Synthetic fibres are used in countless everyday products. The clothes we wear, the bedding we sleep on, the carpets underfoot, and even the dishcloths we use to wipe our counters—all are frequently made from synthetic, petroleum-based materials. But do we ever stop to think about the environmental consequences of these everyday items?

The problem is that synthetic fibres are not biodegradable and aren't easily recyclable. Without textile recycling plants, synthetic textiles end up in our landfills and can take up to 200 years to decompose. But the real environmental challenge lies in how these synthetic fibres break down. Much like plastic bags, they break into smaller pieces eventually becoming microplastics. These microplastics persist indefinitely in our ecosystems, contributing to pollution in waterways and soil.



At Ecovask, we want to foster a more conscious approach when it comes to purchasing decisions. Our mission is simple: to provide game-changing, natural alternatives for everyday household essentials.

The dishcloth is a perfect example of an item we hardly give a second thought to in our homes. Growing up, unless you grew up with the benefit of hand knitted or crocheted cloths, all we knew were the synthetic options that dominated our supermarket shelves. The simple act of rinsing and washing these cloths releases microplastic into our waterways. Until recent years, there has been little development in this area.

With nearly two million households in New Zealand alone, it doesn't take much to do the maths. It's staggering to think about the sheer number of synthetic and microfibre dishcloths that get used and discarded every year. While some synthetic cloths will last for months, cheaper bulk options are often replaced daily. That means, if we all replaced a synthetic dishcloth each month, that's 2 million cloths going to landfill each month – let alone those disposing of them daily!

So, while it's just a humble dishcloth, it is why Ecovask is committed to providing a sustainable alternative made from organic cotton. Not only are they biodegradable they are also stylish, durable and incredibly effective, while helping to reduce both financial and environmental waste.

It's time to rethink our choices. The products we use daily may seem insignificant, but they contribute to a much larger environmental challenge. Let's start making small changes that can have a big impact. Together, we can reduce our reliance on synthetic textiles and help protect our environment for future generations.



Ecovask Dishcloths can be purchased from Taste Nature.
For more information, visit ecovask.nz



Natracare

~Susie Hewson~

When I founded Natracare back in 1989, I was a lone campaigning voice. But in designing and manufacturing organic and sustainable period products, I have, over these past three decades, been vindicated for challenging the industry and making period products both better for the environment and for human health.

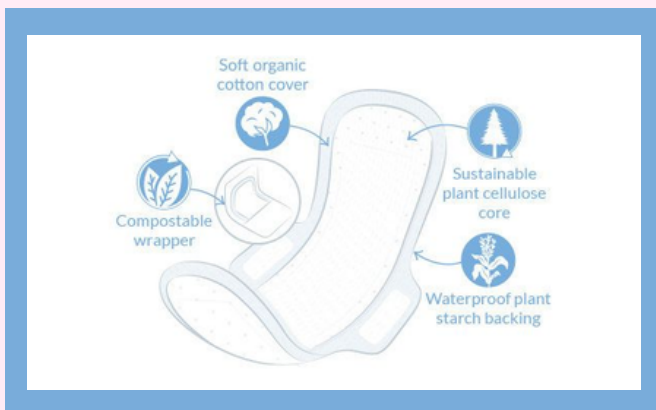
Natracare certified organic 100% cotton tampons first landed on New Zealand's shores back in 1992. They have been a constant on the shelves of organic and natural product stores since then as well as in over 50 other countries around the world. And although the market is now filled with many me-too brands, Natracare is the only brand designed to be bio-recyclable.

When successfully composted, nothing but biomass, carbon dioxide and water is left behind, and we have certificates to prove it! Natracare pads and pantyliners carry the TUV Seedling mark as being certified in Industrial Composting facilities.



It continues to shock me that it's not yet a regulatory requirement for brands to fully disclose the composition of period products. Since we're all waking up to the climate emergency, folk are looking for eco-friendly swaps for everyday products. Unfortunately, this has led to a lot of greenwashing and unsubstantiated claims.

This is why independent validations, and precautionary testing has always been central to our quality systems. At Natracare, we want to be completely transparent with our ingredients and show by independent accreditations that our claims are substantiated.



It's also important to highlight that, despite market growth in terms of organic period products there remains huge concern regarding residuals and chemicals found in disposable and reusable period products in mainstream, organic and natural brands. Certain brands of washable period underwear were exposed as containing high levels of the toxic "forever chemicals" (PFAS).

Recently, a University of California at Berkeley study found 16 metals, among them lead and arsenic, in 30 tampons from 14 brands and 18 product lines, sold across the U.S. and Europe ([Shearston et al, 2024](#)).

Metals may easily be absorbed when placed in direct contact with the vagina, as noted in the study, published in the journal, Environmental International. Such findings are concerning for women's health.

The period products industry I have challenged for 35 years has long exhibited a lack of transparency and an apparent absence of precautionary principles in design and material selection. I applaud the study and its findings and hope this creates more pressure for better regulatory measures.

As a precautionary principle and as part of Natracare's annual organic certification audit, tests for detecting heavy metals, PFAS, Pesticides, Glyphosate are conducted by a third- party accredited laboratory.

These test results of our GOTS certified organic cotton tampons show no detectable traces of heavy metals or other chemicals of concern. Our test results are publicly available to offer peace of mind and full transparency.

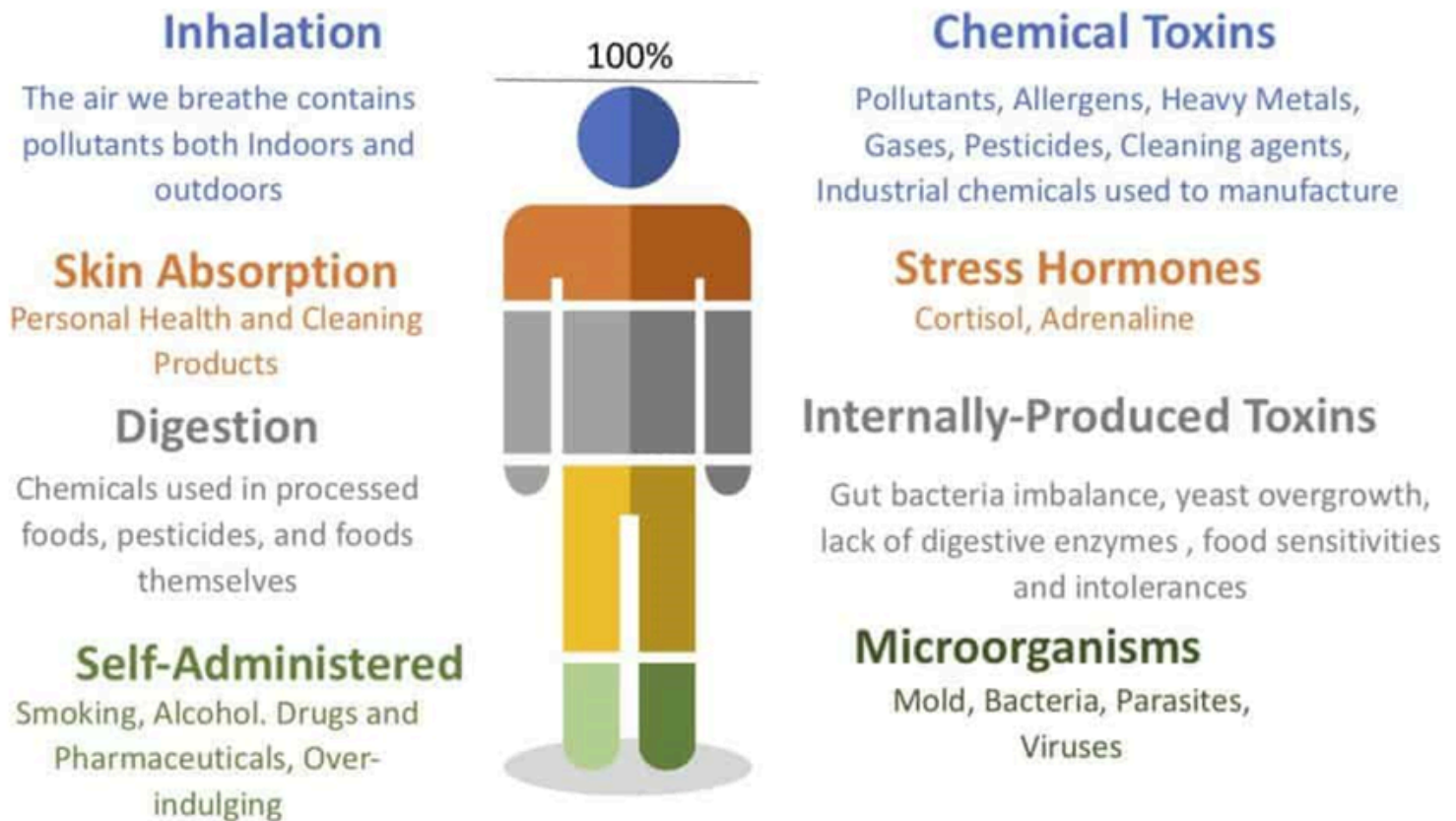
Natracare will continue to champion knowledge and transparency to allow all those who bleed to be able to make educated choices.



Natracare Products can be purchased from
Taste Nature. For more information, visit natracare.com



The Body's Toxic Load



ENVIRONMENTAL TOXINS AND TOXIC LOAD

Human-made chemicals are widespread in our environment. According to reputable sources, over 400 potentially harmful chemicals have been detected in human samples, underscoring the widespread nature of our exposure ([source](#)).

The health effects of these chemicals vary significantly—some are highly toxic, while others become harmful only when they accumulate to certain levels.





Let's begin with some definitions. Strictly speaking, toxins are harmful substances produced naturally by living organisms such as bacteria, plants, or animals. While "toxins" is a commonly used term, it doesn't accurately capture the full scope of our discussion.

In this and the following articles, we will mostly discuss xenobiotics. Xenobiotics are chemicals, either man-made or naturally occurring, that can accumulate in our bodies. Once they reach certain concentrations, these substances can interfere with various chemical processes essential for keeping us alive and functioning properly, potentially leading to disease.

The systems most vulnerable to the harmful effects of these chemicals are the endocrine (hormonal), immune, and nervous systems, as well as the microbiome. The term "toxic load" refers to the gradual buildup of harmful chemicals and toxins in the body over time.

These toxins and xenobiotics enter the body through sources such as air, water, food, personal care products, and so on. Additionally, the body produces compounds like stress hormones, which can accumulate and cause harm if not efficiently cleared

While the body can manage a certain level of toxic load, maintaining a balance between input and output is essential. Problems occur when the body's ability to eliminate harmful substances is overwhelmed or when its natural detoxification processes are impaired.

To support the body, we can either reduce input (exposure) or increase output (enhance detoxification)—ideally, doing both for optimal results.

With approximately 125,000 man-made chemicals in our environment, our bodies are constantly fighting to stay healthy! Embracing a low-tox lifestyle can be a powerful step toward achieving optimal health and holistic well-being.

By actively reducing exposure to harmful chemicals in our everyday environment, we not only protect our physical health but also boost our emotional well-being and mental clarity.

Additionally, preventing or minimizing exposure to toxic compounds can benefit future generations, because some chemicals, such as endocrine-disrupting chemicals (EDCs), can alter gene expression and potentially impact the health and development of our descendants.

By reducing exposure now, we can help safeguard the well-being of future generations.



Yours in WELLTH Dr Zuzi and Coach
Ilse from Real Wellth

DISCLAIMER: THIS ARTICLE DOES NOT PROVIDE MEDICAL ADVICE

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TRACEY GEAR



Tracey is a qualified Naturopath and Medical Herbalist. She is passionate about guiding others on their journey to health and wellbeing through integrative medicines and holistic healing.

Tracey is particularly interested in Gut Health which is integral to the healthy functioning of body organs and systems. Gut issues are often the underlying cause to many health conditions and imbalances, they can become the root cause of more serious health concerns. Through comprehensive treatment planning, Tracey can support you in healthy dietary and lifestyle choices using a range of treatments tailored to suit you, the individual.

She uses: herbal tinctures, medicinal foods, nutritional supplements, lifestyle techniques and gentle exercise to help regain and retain true health and balance.

Tracey's diagnostic tools include traditional: tongue analysis and iridology, as well as modern functional testing such as: Hair testing, Omega-3 index, and Gut microbiome testing.

With her medical herbalist training, Tracey has studied herbal interactions with prescription medications giving her the knowledge to support all aspects of your health.



Zac Whiteside Photography



Tracey has great interest and experience in supporting (amongst others):

- Digestive issues, including food intolerances
- Auto immune disease
- Allergies including: hayfever, eczema, asthma
- Sleep/nervous disorders
- Stress management

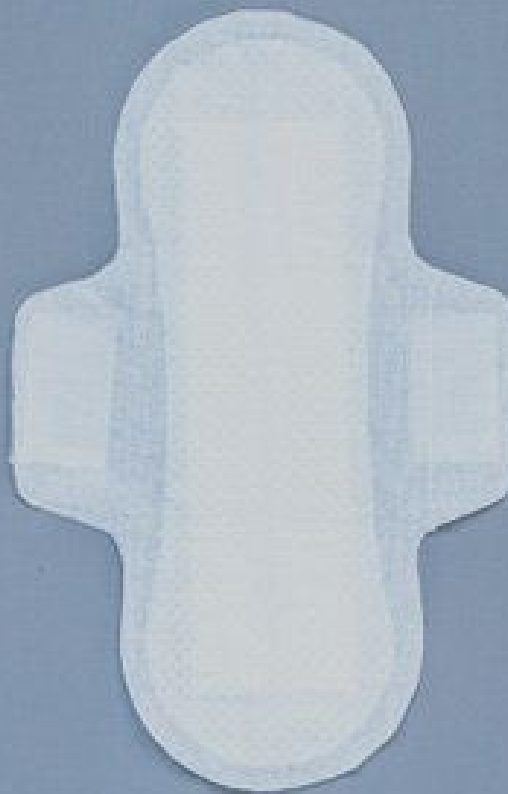
To book with Tracey, visit
tastenature.co.nz/health



Visit our Youtube channel below
to learn more

[@Tastenaturenz](https://www.youtube.com/@Tastenaturenz)





natracare®

No Plastics- No Chlorine- No Dyes





ORBA

Shoe Waste Could Choke Us - Here's How We Solve It

~Scott Anderson~

The problem is caused by the footwear industry, not by people, most of whom cannot find products that are more sustainable.

My co-founder in Orba Shoes, Marshall Westlake made his first shoes in 1963 as a 15-year-old engineering apprentice for Clarks Footwear in the UK. Sixty or so years later, he's known as the "Grandfather to the Indonesian Footwear Industry," now the world's second-largest.

If we keep making synthetic shoes at this rate, the end-of-life waste could fill a line of Olympic pools that would wrap 2.4 times around the equator before a pair of Nikes made today has gone from landfill.



Around 40 years ago, when Marshall began setting up shoe factories in Surabaya, East Java, Javanese people often were using wrapped banana leaves as footwear. They would throw the leaves away to biodegrade. As plastics replaced natural materials, Java, with 150 million people in the same area as the South Island, began to take on the same habits.

So, around 12 years ago Marshall dedicated himself to using his knowledge and contacts to invent materials that would work in shoes without compromising on style, comfort, durability or affordability, that would biodegrade and compost upon disposal, just like the banana leaf.

And during this process he was joined by three Kiwis and a Canadian, who became the 5 co-founders of Orba. Together, with massive support from the Indonesian manufacturers and materials scientists we set about improving the non-polluting plant-based materials that have been around for hundreds of years, and, in the process, building a business

The scale of shoe waste disposal	
24,000,000,000	pairs of shoes made per year
200	years average to last in landfill
4,800,000,000,000	pairs of shoes in waste in 200 years
2,500,000	litres in an Olympic pool
1	litre of synthetics per pair
1,920,000	Olympic pools of shoe waste in 200 years
40	meters, length of Olympic pools
96,000,000	km's of Olympic pools
96,000	km's is the length of the equator
2.4	the number of times these Olympic pools of waste would wrap around the equator

We maximise the use of crops that can grow on waste land without irrigation, fertiliser, or pesticides, such as flax, ramie (nettle), kenaf (hemp) and cork. We use waste-stream products, coir (coconut husk), rice husk ash, and minimise plantation crops, such as natural rubber and GOTS cotton.

There's nothing in the "Ghost", (so called because "it leaves no trace") to prevent the in-soil microbial activity that's necessary for biodegradation on disposal. No toxins, plastics, or forever chemicals.

Achieving that, without compromise, is where art meets science.

Orba's off white Ghost is available in store, and the all-new "black Ghosts", a world first shoe using plant-based dye from the umbrella tree, is available for pre-order.



Orba Shoes can be purchased from the Taste Nature.
For more information, visit orbashoes.eco



HOW TO SUPPORT DETOXIFICATION FOR OPTIMAL HEALTH

~Dr Zuzana Oravcova Wheeler~

The term detox has become synonymous with a detoxification protocol or diet - to undergo some sort of "cleanse."... However, the reality is that our bodies are naturally detoxifying all the time.

Several organs and body systems are continuously involved in detoxification and elimination processes, including the liver, kidneys, lungs, gut, skin, and lymphatic system.

These systems work tirelessly around the clock to keep us healthy. Understanding how our bodies naturally detoxify and learning how to support these detoxification pathways is crucial for enhancing our health and well-being.

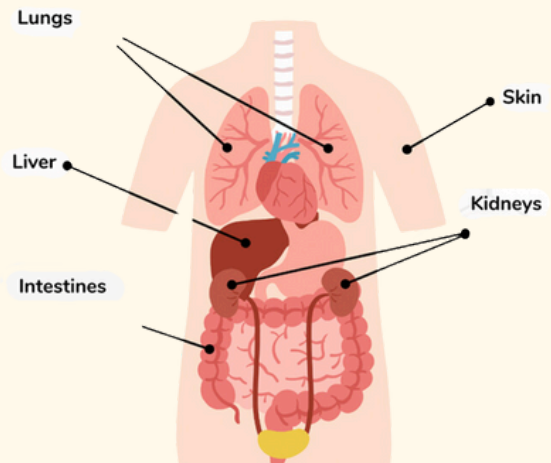
It turns out that diet and lifestyle choices are also key to supporting our bodies' detoxification pathways.



In our modern world, exposure to various toxins is almost unavoidable - it is true that we are generally living with increasing toxic exposures from our environment, as a result - our toxic load is increasing. From the air we breathe, to our home and office environments, to the food we eat, and even the products we use daily - our bodies constantly encounter potentially harmful substances.

Our bodies are equipped with remarkable natural detoxification systems designed to protect and purify us. Understanding how these systems work can empower us to support them and promote our overall health and well-being.

Our Detoxification Organs



Our lungs diligently filter out airborne toxins and keep our respiratory system clean. As we breathe, our lungs work to remove harmful particles and gases, ensuring that the air we take in is as pure as possible.

Ways to support our respiratory detoxification:

- Avoid Smoking, Vapes and secondary smoke exposure
- Avoid heavily polluted areas
- Correct Mouth Breathing to Nasal Breathing
- Breathing Exercises
- Physical Exercise to keep our lungs strong
- Air Filters in the office & home
- Use a face mask when in contact with common toxins - herbicides, doing DIY work, potting mix, renovations, paint, pollutants.
- Choose Ultra Efficient Log Burners in the Home
- Avoid burning coal
- use a Neti pot (sinus rinsing)

Liver

The liver, often considered the body's primary detox organ, processes and eliminates toxins from the blood, converting harmful substances into less harmful ones that can be excreted. The liver plays a crucial role in detoxification, acting as the body's primary filter to remove toxins and waste products from the bloodstream.

By breaking down harmful substances and converting them into less harmful compounds, the liver supports overall health and well-being. Its efficient detoxification process is integral to maintaining the body's balance, contributing to optimal physical, emotional, and cognitive health. The kidneys, working in tandem with the liver, filter waste products from our blood and expel them through urine.

The body's detoxification pathways are a sophisticated, multi-phase system designed to efficiently rid our bodies of toxins and waste. In phase 1, enzymatic detoxification occurs to modify harmful substances, making them more water-soluble and easier to process. Following this, phase 2 involves further chemical breakdown through conjugation to the modified toxins, enhancing their solubility and preparing them for elimination.

Finally, phase 3 focuses on the elimination of these now less harmful substances through bile, urine, or faeces. The liver breaks down toxic byproducts so that they can be filtered out through the kidneys. The liver supports the body to eliminate pathogens like viruses and bacteria, cholesterol, hormones, and exogenous toxins including alcohol, drugs, chemicals, and heavy metals.

The kidneys keep our body in balance, filtering out unwanted by-products and regulating fluid and electrolyte balance allowing for optimal cellular function and controlling blood pressure.

Love your liver by reducing your body's overall toxic burden.



To support Phase 1 Detoxification Pathways:

- Cruciferous Veg/ Celery/Berries/ Rosemary/ Garlic/ Quercetin/ Iron/ Anti-oxidants/ Polyphenols

To Support Phase 2 Detoxification Pathways:

- B Vitamins/ Glutathione/ NAC/ Magnesium/ Turmeric/ Garlic / Epsom Salt baths

To Support Phase 3 Elimination:

- Fiber/ Hydration/Aloe Vera/ Binders - Zeolite/charcoal (the latter should be done under the supervision of a trained professional)
- Your Kidneys thrive with adequate hydration and mineral balance. Electrolytes and mineral salts can further support hydration. However, please consult your health practitioner before adding electrolytes if you suffer from kidney impairment or high blood pressure.



Skin

Our skin, the body's largest organ, acts as a barrier and an excretory system, shedding toxins through sweat. Up to 80% of what we put on our skin can be absorbed into the bloodstream. Our skin is our first line of defense against toxins.

Ways to support your Skin's Detoxification Pathways:

- Choose natural skincare products
- Choose natural sunscreens
- Avoid antibiotic and harsh sanitisers
- Move and Sweat
- Sauna
- Dry Skin Brushing
- Choose natural fibers on your body over synthetic fabrics
- Choose organic natural bedding – cottons and linens
- Choose natural home furnishings
- Use natural cleaning products

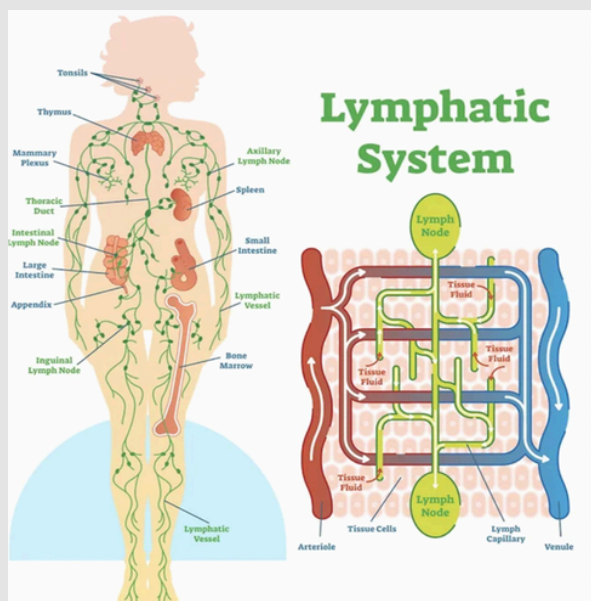


Gut

Next, we turn to the gut, where a complex interplay of beneficial bacteria and digestive processes help to break down and neutralize toxins found in our food and drink. A healthy gut not only aids in digestion but also plays a critical role in our immune defense & mood regulation. We expel toxins through our bowel movements. To support the right balance of good gut bacteria and to reduce an overgrowth of harmful bacteria we need to support our bodies with good nutrition. Poor gut microbiome and nutrition can compromise the tight junctions in our intestinal wall leading to increased gut permeability or “leaky gut”.

Ways to Boost your gut health:

- Choose an organic whole-food, high-fibre, varied diet eating all the colours of the rainbow
- Avoid ultra-processed foods
- Choose fermented foods, pre-, pro- and post biotic rich foods
- Hydration



The lymphatic system is a crucial yet often overlooked component of our body's intricate network, playing a pivotal role in maintaining optimal health and well-being. This complex system comprises a network of lymphatic vessels, nodes, and organs that work in harmony to transport lymph—a clear, nutrient-rich fluid—throughout the body. The lymphatic system supports our immune defenses by filtering out toxins, waste, and harmful pathogens, ensuring that our bodily environment remains clean and balanced. Moreover, it facilitates the absorption of dietary fats and fat-soluble vitamins from the digestive system, nourishing our cells and tissues. By promoting fluid balance and aiding in the removal of cellular debris, the lymphatic system is fundamental to our overall wellbeing.

Ways to support the Lymphatic System

- Hydration
- Exercise
- Sleep (lymphatic system)
- Restore & Rebalance Minerals
- Herbal Bitters
- Avoid Aluminium and metalloestrogens (metals that can mimic the action of estrogen in the body by binding to estrogen receptors: Aluminium, Cadmium, Lead, Mercury, Nickel, Tin, Chromium, Arsenic)
- Bounce, Rebounding
- Dry Skin Brushing
- Lymphatic Massage
- Inversions
- Sweating
- Sauna & Cold Showers
- Epsom Salt Baths
- Castor oil compresses



By understanding and supporting the vital detoxification organs—the lungs, gut, liver, kidneys, skin, and lymphatic system—we can promote lasting well-being.

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6 Tips on How to Improve Your Digestion Naturally

~Skye McFarlane, Wild Dispensary Naturopath and Herbalist~

Did you know that the most ‘toxic’ thing we do every day is eating?

Weird eh? But think about it. Every day on multiple occasions we put ‘foreign’ material into our bodies.

Then we rely on our body to break it down, extract what it needs and eliminate what it does not.

Before you learn how to improve your digestion naturally you must first understand where these issues come from, so let's dive in!

Leaky Gut

Our body does a pretty good job at doing this, but it is important to remember that there is a very small lining between our digestive tract and the rest of our body. The lining of our digestive tract is only about one cell thick and divides the gastrointestinal tract from the rest of us (blood supply etc). So, when people talk about ‘leaky’ gut they are referring to this gut permeability that can occur when things cross that lining that shouldn't. Leaky gut results when there have been injuries to the gastrointestinal tract such as antibiotics, illness, food intolerances and inflammation. Ongoing gut disturbances can affect mood, energy levels, nutrient levels, healing and immunity. About 75-80% of our immune system resides in our gut, that's why your digestive system is so important.

What Can You Do to Help?

If you are struggling with digestive upsets here are some things to consider.

1. Eat More Fibre

If you are looking at how to improve your digestion naturally then the easiest thing you can do is to look at your diet. The first thing to consider is if you are eating enough fibre rich foods. Your gut bacteria need fibre to live - that is their food source. So feed them the good stuff! Fibre is abundant in whole fruits and vegetables, legumes, chia seeds and nuts. So, incorporate these foods into your diet as much as you can!

2. Reduce Your Food Load

If you've been looking into how to improve your digestion naturally you've probably come across an abundance of people telling you to cut things out completely. But this isn't always the case. Think about your food 'load'. Maybe you can't eat as much gluten, dairy or sugar as others. This does not mean you can't ever have those things, but it might mean your portions or frequency should be less than others. For example, try having bread every second day, rather than every day. While it takes a bit of time to play around and get this level right, once you do you will feel much better for it.

3. Try Some Bitters

Bitter foods help with digestion. Your discomfort might be the result of eating too much at that fancy dinner party or doing a cheeky drive thru run, and no doubt you feel it afterwards! But bitters can help digest that food a little easier. Taking a dose of bitter plants after a meal can help relieve the discomfort helping you recover a little quicker. (like [Wild Dispensary's Liver Bitters](#))

4. Probiotics

Pre and probiotic rich foods are key to helping your gut and digestive system. Prebiotics are what the bacteria live on (so think fibre) and probiotics are the bacteria that populate your gut. You can buy probiotics from your local health store or pharmacy. But you can also incorporate foods that help your gut function and immunity like sauerkraut, kimchi, kombucha, kefir, yoghurt and apple cider vinegar (like in Wild Dispensary's [Fire Cider](#) and [Switchel](#)). But just add in a small amount into your daily diet - this will help you to improve your digestion naturally.

5. Eat More Plants

As always, we love incorporating more plants. This is one of the best ways to naturally improve your digestion. So, what plants are great if you are experiencing digestive problems? Plants like horopito and ginger help to support digestive functions as well as bringing increased circulation to the digestive organs (as they are warming herbs).

Turmeric is well known for its anti-inflammatory properties and in combination with black pepper (to add to its absorption), it helps to reduce inflammation and support people with gut and inflammatory concerns. Some studies have shown it helps with adjusting microbiota, working similarly to a prebiotic.

6. Try Our Anti-Flam Tonic

If you are not sure how to incorporate all these wonderful plants into your diet, or you are just short on time then you could try our [Anti-Flam Tonic](#). Our Anti-Flam Tonic is infused with turmeric, ginger, black pepper, horopito and akeake. It's delicious tasting and a good choice if you are experiencing stomach discomfort.

Skye Macfarlane is a Naturopath and Medical Herbalist at Wild Dispensary. Having gained a Bachelor of Natural Medicine from South Pacific College, further study drew her the University of Otago, where she completed a Postgraduate Diploma in Public Health. Skye remains in Dunedin where she works with Wild Dispensary alongside maintaining a small organic farm with her husband Jed.

For more on Wild Dispensary, click [here](#).





Wyld

Pioneers of Cosywear

~Angela Low~

Wyld is a New Zealand Made Woollen Cosywear brand created with wool from our Pitt Island Wild Sheep (Pihepe).

Roger Beattie, enviro-preneur and founder of Wyld, lived on the Chatham Islands for 17 years and became enamoured with the Pitt Island Wild Sheep (Pihepe). When he returned to New Zealand, he brought 8 ewes and 2 rams with him and continued to purchase more Pihepe when he could.

After many years of research and development, the brand Wyld was launched in 2017.

Roger and his wife Nicki Beattie ran 2500 Pihepe on Banks Peninsula. Unfortunately, Nicki passed away in 2021. Roger continues to breed and develop these wild sheep through Natural Selection. His daughter Stephanie has joined the Wyld team and continues her mother's legacy.

Their vision is to become the world's premier wool producer of easy care, ethical, organic sheep with a goal to create unique fibres of outstanding quality by combining the wonderful diversity of nature with infinite human ingenuity.

"Wyld celebrates the wonders of nature"

Wyld grow Pihepe wool as nature intended, with the optimum amount of wool for the sheep to thrive. They value natural quality over maximizing fleece weight and fibre traits designed for fast, low-cost production.



Pihepe are pasture raised and grazed, receive no chemical treatment, inoculation, or antibiotics in their lifetime and their tails are left as nature intended, wagging behind them. They are shorn once a year in the summer thus allowing them to keep warm through the winter months.

After shearing, the wool is scoured at Washdyke. It is then sent to Woolyarns in Wellington who card and spin this unique yarn of Pihepe, Merino, & Possum. From there it is sent to either Otago Knitwear in Dunedin for garments and accessories or Comfort Socks in Levin for socks.

The critical thing to understand about the Pihepe wool is its helical crimp and high curvature which trap air and create warmth without weight.

Its naturally smooth scales allow gentle entanglement of other fibres. Our Wyld yarn has Softloft™ an airy, lightweight, lofty, cosyness. It also has memorable stretch, stretching and returning to its original shape with ease.

“Sustainability meets beauty”

The entire range is undyed, natural brown. We do not use a Superwash or Thermoset process. We give natural comfort without any need to acid wash or cover our wool in a 0.5-micron layer of plastic.

The Wyld team are proud to produce natural, ethical, lightweight New Zealand made products to keep you warm in style. Treat yourself to the Wyld experience, you will not regret it.



Wyld Cozywear can be purchased from Taste Nature.
For more information, visit wyld.co.nz



FRANCISCA GRIFFIN



Francisca, a fully qualified and registered Naturopath invests 20+ years clinical naturopathic experience, a compassionate and discerning ear and her full professional capacity to support you on your path to wellness.

She is passionate about encouraging meaningful changes to diet (what and how you eat and drink) and lifestyle (sleep, movement, stresses, relationships) that result in a long, happy, healthy life.

Together you & she will holistically and collaboratively work to formulate the best wellness plan for YOU, from wherever you are in your life.





Zac Whiteside Photography

**To assist you on your journey towards your best
you Francisca draws upon**

- Practical, Holistic Lifestyle Advice - this can include diet, exercise, mindfulness, sleep hygiene etc
- Plant medicines
- Fluid Extracts, Therapeutic Teas and Flower Essences
- Supplements
- Functional Testing (food intolerances, hormone levels, nutritional profiles, SIBO etc)
- Appropriate referrals for - Osteopathy, Acupuncture, Massage Therapy, Breathwork, Bowen, Counselling etc



**To book with Francisca, visit
tastenature.co.nz/health**



**Visit our Youtube channel below
to learn more**

[@Tastenaturenz](https://www.youtube.com/@Tastenaturenz)





Blessed Earth

~Janine Smith~

Our purpose behind all we manufacture is to make available life-enhancing natural products for the health and well being of families.

All of our cotton clothing and bed linens are made with certified organic cotton in our fair trade factory which runs on solar power. Organic farming makes a difference to the health of the land on which crops are grown. It uses no chemicals, fertilisers or pesticides to produce, protects local habitats and the farmers who grow it. It also uses less water, preserves soil quality and limits soil erosion.

True power comes from consciousness or knowingness. It is a powerful flow because it is linked with all of life and is divine intelligence. When we link with this we are linked to a major force which is travelling in one direction or has one intention. Anything less than this is an imitation or ego-based and is a separation from the essence of self. There is a common inherent spark in all of life which is ever available to embrace more life. This spark grows and strengthens with any form of truth.

We feel called at this pivotal time to make our products available to as many people as possible who are awakening to their true value and the importance of frequencies. We are purpose driven rather than commercially driven and would like to work with anyone we can who is aligned to how we work.



We offer the highest quality certified organic products which are what we call "basics" for the health conscious. These items hold their value and are often lifetime purchases.

All cotton feels the same? It is not just the quality of the cotton you have to consider but how the fabric is woven. Options such as sateen and percale indicate the weave, using warp (vertical) and weft (horizontal) threads. Percale means the cotton threads have been woven under and over each other one at a time tightly to produce a matte finish and crisp clean feel. A sateen weave is created when warp threads pass over four horizontally facing wefts producing a silky, high lustre feel.



Testimonial

"I wanted to let you know how impressed I am with the quality of your sheets and quilt covers. I have one set that's over 5 years old, used frequently, and my children's sheets are over 3 years old, and used constantly. All sheets look and feel the same as when we first bought them. The quality is astounding. We've had so many fitted sheets from other 'good' brands rip and tear for no reason, some less than a year old. Your sheets have stood constant washing and use and are still as soft and as strong as when they were new. Thank you for making such excellent products!"

YI, 2024





An excerpt from

FEELOSOPHIES AND FOTOS

~Jane Parry~

Discomfort is a wise teacher
Take time alone to rezone
Awareness needs no preacher.

You know you are truly
Living at last, when the present
Is more powerful than the
Pull of the past.

We may have solid walls
But we are not earthbound
When the wind, water and sky
Make their call
There we are also found.

So much unknown hidden in the abyss
When vigilance is sown,
As the light comes through the mist,
As inner strength is grown
Surrender, don't resist.

ABOUT THE AUTHOR

Jane Parry (70 years) Mother, Grandmother, Great Grandmother
B.A. Double Major - Philosophy - Phenomenology of Religion
Post Graduate Diploma - Theology
M.A. - Phenomenology of Religion
A.T.C.L - Trinity College of Music (London) - Taught for 39 years

Jane's wealth of experience, including 2 years of market research, university tutoring, and psychiatric nursing training has contributed to the essence of the poetry and photos, but mostly Jane's creative inspiration is from daily living in our beautiful country of New Zealand.

This poem comes from Jane Parry's 'Feelosophies and Fotos', full copies of which are available at Taste Nature

Practitioners

Integrative Health Clinic



Charles Giudicelli
OSTEOPATHIC PRACTITIONER
 Watch Charles [Here](#)



Collin Blake
REGISTERED NZ ACUPUNCTURIST
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Spring Edition

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Scan for all things Taste Nature



This Spring Edition would not be possible without the incredible staff at Taste Nature, our team of practitioners and everyone else working hard behind the scenes.

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