

Rediscovering the Benefits of Eating Nose to Tail

A modern-day nose-to-tail approach to eating is a rediscovery of one of the most nutrient-dense, nourishing, and sustainable ancestral practices. Many of us have become disconnected from the source of our food. We tend to favour muscle meats for their taste, but organ meats, once prized by hunter-gatherers for their rich nutritional value, were traditionally the first choice. While we've lost this connection, the Hadza people of Tanzania—a protected indigenous tribe still living the hunter-gatherer lifestyle—have not. They revere organ meats, consuming them first because they understand that organs contain the highest concentration of nutrients. As a result, the Hadza people have some of the lowest rates of chronic disease and are considered to have some of the healthiest gut microbiomes.

A nose-to-tail approach means consuming the entire animal—from muscle meat to organs, bones, tendons, and cartilage. While this may be difficult for some to embrace, it's important to remember that eating organ meats is not only great for our health, but it also honours the animal and promotes sustainability by reducing waste.

Sustainability isn't just about how we manufacture, package, and ship; it extends to how and what we eat.

Beef liver is known as nature's multivitamin. While we support a whole-food, plant-rich diet, the reality is that if nutrients aren't in the soil, they aren't in your food. That's why high-quality, ideally whole-food and highly bioavailable supplements have become increasingly important. Freeze-dried organ supplements provide all the benefits of eating nose-to-tail without the hassle.

Beef spleen is rich in heme iron but lacks some nutrients needed for optimal iron absorption and utilisation. That's where beef liver comes in, providing those essential nutrients. Together, they form the perfect 100% natural, synergistic iron supplement—fortifying both the blood and the entire body. As an added bonus, this dynamic duo also delivers a boost of vitamin B12, supporting energy levels and overall vitality.

By embracing nose-to-tail eating, we return to using real ingredients that nourish our bodies and nurture the earth.

Written by Emma Gibson, Mitchells in-house Naturopath & Holistic Nutritionist



Always read the label and use as directed. Supplementary to a balanced diet. Mitchell's Nutrition Ltd, Mt Maunagnui.

Community Health Stores



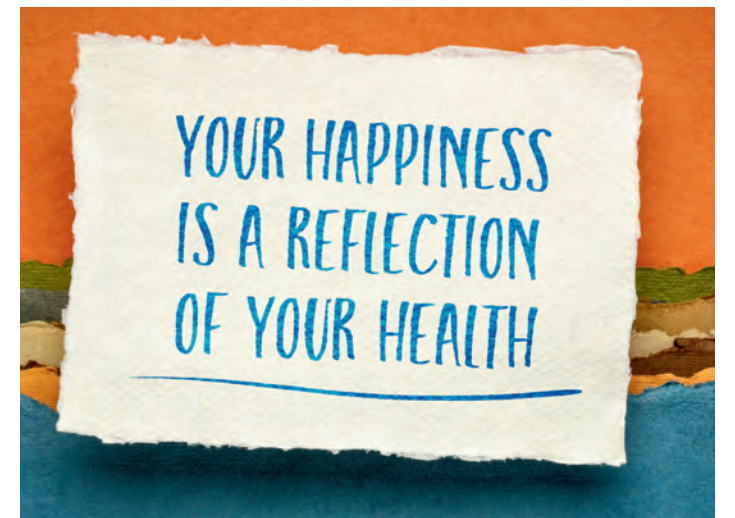
Sharing a commitment to healthy communities

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Wellbeing

goes beyond simply being free from illness; it encompasses a rich blend of physical, mental, emotional, and social health factors. It's closely tied to happiness and overall life satisfaction, reflecting how you feel about yourself and your life.

Ultimately, wellbeing is about thriving in all areas of life, fostering resilience, and nurturing a sense of purpose and fulfillment.



Words by Ranjeeta Nand- Certified Holistic Health Coach (Dip.HSc) Tonic Health

Tips for Enhancing Wellbeing:

- Nurture Relationships: Cultivate and maintain strong connections with family and friends.
- Prioritize Social Time: Make it a point to engage in regular social interactions.
- Seek Fulfillment in Work: Look for enjoyable and rewarding work, rather than just the highest paycheck.
- Focus on Nutrition: Choose wholesome, nutritious foods for your diet.
- Stay Active: Incorporate regular physical activity into your routine.
- Explore Your Interests: Get involved in activities that spark your passion.
- Join Local Groups: Participate in clubs or organizations that resonate with you.
- Set Achievable Goals: Define realistic goals and work steadily towards them.
- Embrace Optimism: Cultivate a positive outlook and savor each day.

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New Year New You?

As the year comes to an end and Christmas is all over, we tend to start having thoughts of how we can do things different, better and what changes need to be made. A lot of us have goals we set, targets we want to achieve and an optimistic mind about a fresh new start. We often get a few weeks or months in and these goals we set have lost their power or have been forgotten altogether.

Wouldn't it be great to create lifestyle choices that become everlasting habits?

The very definition of a habit is a behaviour which is repeated enough times it becomes automatic. Imagine what would happen if we all became conscious of our habits, especially ones that do not foster, nurture and help us grow. Would we want to continue them as part of our daily lives?

As stated in (Clear, 2018, p. 50&51) "The four stages of habit are best described as a feedback loop". "The cue triggers a craving, which motivates a response, which provides a reward, which satisfies the craving, and ultimately becomes associated with the cue".

Creating healthy habits takes work, time and above all a desire to change our very own identity of who our future self wants to become. Starting small, realistic and achievable is one of the best places to start.

Being mindful about what will make us thrive and evolve and what takes away from us can increase our results of habit changing. I highly recommend reading Atomic Habits by James Clear. It has become one of my personal favourites and explains not only how habits are created and what drives them but also how we can implement and achieve everlasting results.

The gutsi reset journal is a fantastic tool to have as it teaches you about the fundamentals of gut health, digestive processes and the microbiome while also includes a daily planner and goal tracker.

Prime Self Lions Mane supports habit changes through its brain support ability for supporting mental clarity, focus and creativity.

Find both of these at community health stores.
References.
Clear, J. (2018). Atomic Habits. London: Penguin Random House.



Words by Tracie Winter – Clinical Nutritionist
Tonic Health

Mini Quiz: What's Your Hydration Level? 💧

How many glasses of water do you drink on an average day?

- A) 1-2
- B) 3-4
- C) 5+

Do you often feel thirsty throughout the day?

- A) Yes, all the time
- B) Sometimes, but I don't mind
- C) Rarely

Do you drink water before, during, or after meals?

- A) I forget to drink water with meals
- B) I drink during or after meals
- C) I always drink before meals

What's your preferred hydration source?

- A) Coffee or tea
- B) Sports drinks or flavored water
- C) Water

Results:

Mostly A's: You might need to up your hydration game! Try drinking more water throughout the day.

Mostly B's: You're doing okay, but adding a bit more water can boost your energy and focus.

Mostly C's: You're a hydration pro! Keep it up and keep feeling great.

