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RUDE HEALTH

Natural health at your fingertips – supported by Health Stores Ireland

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Delicious veggie supper recipes

Nathalie Lennon

'My zest for life'



HOLISTIC HEALING

A friend suggested that I include more good fats in my son's diet - he's a year old and still breast-feeding infrequently. Can you tell me how best to include these in his diet?



Naturopath Gemma Hurditch answers for CNM
(College of Naturopathic Medicine)

I used to spread tahini, (a nutrient-rich sesame paste), onto oat crackers with some raw honey and the kids would go wild for them. Tahini is very rich in calcium, which is great for growing bones. You can use the same trick with nut butters - whole nuts are a choking hazard for young kids, but almond butter, cashew paste and various other nut pastes are very nutritious. At his age a lot of children may have developed a taste for sweeter foods, so mixing with a little raw honey (which is advised from one year onwards) can ease him into the new flavours. However, it is best to offer nut butters without the honey first. As sesame seeds and nuts have allergenic potential, always do a skin patch test with the food you want to introduce before you actually offer it.

Avocado is another tasty treat - mash it up and put it onto other foods such as sweet potato cubes, or alongside chicken or fish.

He is not too young to start having my favourite good fat - extra virgin olive oil. Best added at the table to finish the dish - I put it on everything, salad vegetables, pasta, steamed vegetables, legumes - it improves nearly every dish. Just keep a face cloth handy for the oily hands and face!



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Irish independent health stores – on your TV

Look out for Health Stores Ireland TV adverts running during September on TG4. The core message of the campaign is "health food stores are at the heart of your community".

The advert was filmed over several days in three shops in the west of Ireland with the aim of capturing the essence of independent food stores.

Health Stores Ireland Chairperson, Martha Brennan thanked all the store owners and suppliers who are supporting the project and said: "with the current focus on natural health and wellbeing it is vital that consumers are reminded of the unique offering and value that independent health foods stores bring to their respective communities." She added that, "it's probably the first time that a group of truly independent retailers have been able to band together to run a TV advertising campaign." She is looking forward to a positive response from consumers.

Check out www.irishhealthstores.com from mid September to find links to Health Stores Ireland social media channels.

What's in season in September & October?



A wealth of vegetables including: aubergine, broad beans, broccoli, lettuce, cabbage, carrots, cauliflower, celery, kale, marrows, mushrooms, peppers, potatoes, radish, scallions, spinach, swedes, turnips, mint, parsley, sage, thyme, cooking apples.

At the end of season: cucumbers, mange tout, tomatoes.

Coming into season: Brussels sprouts, lollo rosso, parsnips and eating apples