

fairtrade
ethical
sustainable
local

ONE planet

Newsletter – January 2015

COMMUNITY OWNED CO-OPERATIVE SHOP

What do we most take for granted and yet is also most essential in our lives?

The answer is water, and yet some people never drink it – at least not in its direct form.

We kid ourselves that we are hydrating our bodies with tea, coffee and cola, but the fact is that these take water from our bodies in order to process the other constituents in the drinks. Whilst they may appear to satisfy thirst, it's a mask to the effect on our cells.

Lesley Una Pierce's book **'The Life Savers Guide to Water'** on sale at One Planet for £9.95, might just change your life!



Lesley Una Pierce
Author, Naturopath & Partner of
the Nutritional Healing Foundation

A New Year – A New You?!

A very happy new year to all our members and customers!

Are you considering a fresh start for 2015? New Year's resolutions have to be set with care and must also be achievable. If you are looking to take up a new wholefood diet and maybe even change your life around for the better like One Planet customer, Maria, in last month's newsletter, then visit our shop for all the products you'll need to help you every step of the way.

There are many ways to living a healthier lifestyle, and we understand that the first step is always the hardest, but it is also the most rewarding!

A good place to start is to 'detox' (especially after the excesses over the Christmas period!) try our Pukka herbal naturally caffeine free **'detox'** or **'cleanse'** teas, instead of your normal tea or coffee.

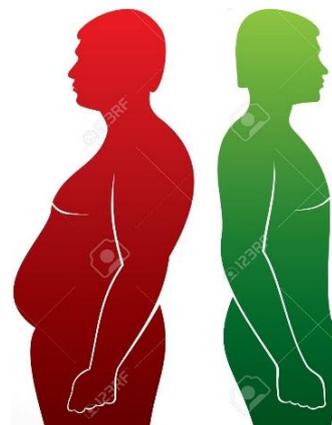


Try our Wheatgrass powder, which is packed with nutrients and naturally supports the body's ability to cleanse itself due to its high chlorophyll content. Mix just one teaspoon daily into water, juice or smoothies, especially prior to going out or a heavy meal!

There are both long term and short term advantages in adopting a healthier lifestyle. Research shows that good nutrition leads to greater energy and also aids in improving mood. You'll notice that when your mood stabilizes, you will be able to focus more effectively throughout your day and sleep better at night. You will feel more confident and will be more inclined to exercise. By improving your physical condition you will lose any excess body fat and build healthy, lean muscles, giving you a body to feel proud of.

Begin your healthier lifestyle this week!
Come down to One Planet and take a look at our shelves full of healthy and ethical products.

A change of eating habits is crucial to a healthier diet. For example, reaching for sugary snacks when feeling low can cause blood sugar levels to fluctuate and a 'quick fix' will result in a crash of energy later. It is far better to snack on energy boosting nuts & seeds if needed, but eating wholesome nutritional meals, cooked from scratch rather than buying ready-made, is one of the most important things you can do for your health!



Want to become a member of the One Planet Co-operative?

At the moment we have 122 members of One Planet made up of 112 individuals and 10 local groups/organisations.

From the membership we elect a board of directors who run the business on their behalf.

To become a member you need to apply to the board and pay £25 which is the minimum shareholding. Once we receive your application form we take it to the next board meeting and they decide whether to accept your application. If they do, then it usually takes a further couple of weeks before you receive your share certificate.

As a member you can then stand to become a board member if you want to. In addition members also receive notification of discount events where members can take advantage of 10% days.

For more information and an application form, please call into the shop or visit our website to download the details via the 'Become a Member' link.

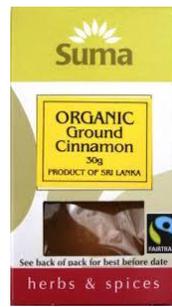
Contact Us

ONE Planet,
54 Abbey Street,
Accrington, BB5 1EE

Web: www.oneplanet.coop
Email: info@oneplanet.coop
Tel: (01254) 383604

 /ONEplanetshop
 @54AbbeyStreet

IT'S TIME TO SPICE UP YOUR LIFE!



Here at One Planet, we sell a wide variety of Suma organic herbs and spices, many of them Fairtrade certified. As well as making meals tastier and more exotic, they're packed with health benefits!

Cinnamon

a lovely warming herb which helps stimulate digestion & appetite.

Ginger

contains anti-viral, anti-toxic & anti-fungal properties.

Cayenne Pepper

helps stimulate circulation and improves digestion by increasing stomach acids and enzyme secretion.

Cumin

a rich source of iron and good for pregnant & lactating mothers.



For a heartwarming and refreshing drink try Fentimans real ginger beer made using the finest Chinese ginger root. Fiery and full of flavour.

Belvoir Fruit Farms' Ginger Cordial is an old favourite. This magnificent warm and spicy drink has no secret ingredient – just a 100% natural ginger drink.



Give your hair a detox

Suma Clear and Simple shampoo and conditioner have been gently formulated to create an exceptionally mild hair product, un-fragranced and suitable for frequent use, especially good for all hair types.



If you like your food spicy and full of Indian flavours, then try our Geo organic curry pastes, that will take you to a part of the world where spice is omniscient.

