



hanover healthfoods

www.hanoverhealth.co.uk

JULY 2015 ISSUE

CONTENTS



Pgs 1/2:
Choccie
McChoc



Pg 2:
What's
New?

Check out our new chalkboard for offers and info. A new highlight on Hanover Street...



40 Hanover Street
Edinburgh EH2 2DR
0131-225 4291
info@hanoverhealth.co.uk

Chocolate? Mmmmmmmm...



the mill of industrial chocolate processing, which includes roasting. Raw chocolate avoids temperatures above 42°C.

IQ is a raw chocolate company based in Stirling. By not roasting the beans, keeping the conching process under 42°C, the enzymes in the cacao are preserved, making the nutritional value of the chocolate higher. IQ use single origin Criollo beans, from the Satipo region of Peru. Criollo are the oldest strain of cocoa bean, said to have "an intoxicating fruity flavour" and account for less than 5% of the world's cocoa.

Ali and Friederike Gower head Haddington-based company, The Chocolate Tree. In addition to their chocolate alchemy that includes chocolates, cakes and ice creams (their cafe in Bruntsfield is well worth a visit on an empty stomach, chocoholic nirvana is with your grasp), they produce two ranges of chocolate bars; organic and bean to bar. "Bean to bar production empowers the chocolatier to have not only better control over the quality of their product, but also the ability to get closer to the farms and people who are growing cacao".

Ali is already building relations with a farm in Trinidad, through their UK buyer they work with the communities in Ecuador and Peru that grow their chocolate. By working directly and cutting out middle men, the farmer will receive 6-10 times the normal price for his cocoa beans. Yet ANOTHER reason to eat more chocolate! "In the bean to bar range, we like to use pure ingredients, so no vanilla or soya lecithin, just cacao, cocoa butter and sugar. Quality, sustainable and ethically traceable sources are important too. (continued overleaf)

Raw cacao, and raw chocolate are the new wunderkinds of the healthfood world. Once a staple 'naughty snack' of the health food store, even the classic milk chocolate raisin has now been replaced by seductive raw chocolate covered goji or mulberries. Instead of chocolate chips, check out raw cacao nibs. They are what your tub of natural yoghurt has been waiting for. Raw cacao is packed with natural polyphenol antioxidants – more than blueberries, cranberries, green tea, pomegranates and red wine!

There is much evidence to show that the phenols in dark chocolate provide cardiovascular health by improving blood flow and reducing blood pressure. Cacao is one of the best sources of natural magnesium, which is critical for a happy and healthy heart- what better reasons do you need to stuff your face? Theobromine is a superior vasodilator, which means more oxygen gets pumped into the bloodstream, making it a great food for exercise-why not run to the shop to stock up? The cocoa butter in dark chocolate can lower LDL (bad cholesterol) levels. It also contains oleic acid which can raise HDL (good cholesterol) levels. These benefits are reduced when raw cacao is put through

DEFINING: What 's New?

Another good haul of new products came into stock in June. One which has already started to fly is **Solgar Circumin 185x**. As regular readers will know, Turmeric, and it's major constituent Circumin, are simultaneously fabulous anti-inflammatories but also very, very difficult to absorb. Tricks to aid absorption include mixing the powder with coconut oil, taking it with black pepper, cooking with it, taking increasingly strong supplements etc.

What Solgar have done is vastly improved the bio-availability by reducing the size of the particles and then coating them in a funny little technical thing call a 'micell'. This means that the Solgar Circumin now has a bio-availability 185 times the untreated Circumin. This is partly achieved because the micell is now soluble in both oil and water and because it is small enough to oodle through the gaps between the cells in the gut wall. Tests have shown that the Solgar product gets in quicker and stays for considerably longer in the blood.

The other highlight of the month was the arrival of the **Moo Goo** range of skincare from Australia. Moo Goo is a natural brand which started off inauspiciously as a treatment for mastitis in cattle. The farmers who were applying it found that their skin conditions like eczema were easing where the udder cream had touched.

The full range now does contain a lot of soothing milk



proteins. The top sellers are the original **Udder Cream** (to help you feel 'udderly fantastic' – one thing Moo Goo Inc aren't afraid of is a pun) which is a non-greasy cream to help skin elasticity, **Scalp Cream** for dry skin and psoriasis on the scalp, **Irritable Skin Balm** for babies and adults prone to eczema, dermatitis and psoriasis, and **Full Cream** which is a soothing moisturiser for all ages. There are also shampoos and body washes, suitable for all ages.

We have revamped our multi-vitamin offer as some of our favourites were increasing substantially in price. **Lamberts Multiguard** is a one-a-day formula. It ticks our boxes of having high levels of trace minerals like Chromium and Selenium (200ug each) but is 25% cheaper than the Biocare One A Day. They also do a couple of two-a-day formulas running at just over £10 a month which are superb formulations. **Multiguard Control** is a blood sugar stabilising multivit with Cinnamon and **Multiguard ADR** contains Ginseng, Q10 and Rhodiola for stress.

Make Your Own Raw Chocolate (we have all the ingredients!)

70g Raw Cacao Butter
50g Raw Cacao Powder
1-2 tbsp Raw Agave Syrup

Slowly melt the cacao butter in a glass bowl over lightly boiling water. When melted whisk in the cacao powder till smooth.

Then add your chosen sweetener to your own taste. Agave syrup is popular but you can use coconut sugar too.

At this stage you can add your own twist by popping in anything from cacao nibs, coffee grains, chopped nuts or fruit, peppermint or orange oil, rose peppercorns, chilli flakes, rose petals, the choice really is yours.

When fully amalgamated, pour into moulds and leave to set in the fridge. Within hours you will have concocted your own delicious raw chocolate treats!



Bitter chocolate is often the result of over roasting the beans or using poor quality beans in the first place. Bean to bar chocolate allows for much more care and attention, bringing out the more subtle and delicate flavours of the chocolate". Clearly, they know exactly what they are doing when it comes to chocolate.

If you like bold and unusual flavours in your chocolate, North Berwick based chocolatier Ailey Mae is one to check out. Her raw chocolate bars come delectable in flavours, cashew vanilla blondie, sour cherry, orange and brazil, cardamom and lime or peanut butter truffles: you could try them all and discover a new favourite!

Cheap chocolate out there only gets a measly six hours of conching, a far cry from top artisan brands, meaning the flavour is poor and has to be improved by adding vanilla flavouring and soya lecithin. Another big difference between your average newsagent chocolate bar and handmade brands is the removal of cacao butter in place of cheap vegetable oils- turning the chocolate into a cheap sham! The artisan brands are rich and fuller flavoured because the cacao butter hasn't been extracted to sell to the beauty industry. Cheap chocolate stating vegetable oils in the ingredients, means the cacao butter has been sold on and isn't worth scoffing. IQ, The Chocolate Tree and Ailey Mae produce is made in small batches using expert techniques, for maximum flavour and enjoyment. If you appreciate good rich luscious chocolate that is good for your body and helps farmers in Ecuador and Peru, why not ditch the cheap choc and treat yourself to something special?