

# the Nibbler

Issue 59

Jan-mar 17

**Newsletter of Sound Bites**

**Derby's independent wholefood grocery**

**A not-for-profit workers' co-operative**

**Yaffle Café & Books upstairs! 11–5 Mon–Sat**

## *Feel like hibernating?*

Times may feel especially tough in winter, as sunlight helps the brain to regulate the sleep cycle, and many of us have to wake up in the dark. Sunlight also helps us produce serotonin for mood regulation and fights depression. It is super important to get as much sunlight as you are able during the darker months to keep feeling the benefits; including making enough vitamin D.



Sleep is essential for the body to do what it does best—digest those heavy meals, repair those aches and pains, and create new tissues to replace the old ones. Did you know that 40% of adults don't get enough sleep?

People that don't get enough sleep have a higher level of

inflammatory proteins in their blood, which isn't good for the long term health of your body. Let it rest!

Did you know that sleep actually helps you to learn and improve creativity? Strangely enough, your mind being active is what causes those random images we experience as dreams. Your mind is simply working through things it has learned and storing them in memory.

Sleep is also super important for weight management as it helps regulate the metabolism and digestive system. In other words, please listen to the needs of your body, and don't feel guilty if you need those extra naps; just think about it like an investment in your wellbeing...

**Remember...**  
**Home Delivery**  
**Available, inc**  
**Veg Boxes &**  
**Bulk Discounts!**

# What's.....New?

## On the Shelves

Well, we recently removed all the stock lines of Pukka that we had after they were acquired by Unilever. Sure, it might mean big business sense, but it is also directly opposing to all the values they were supposed to stand for. They have been replaced by:

- \* Clipper apple and elderflower
- \* Hampstead Tea fennel and liquorice
- \* Hampstead Tea honeybush and vanilla
- \* Hampstead Tea lavender and valerian
- \* Higher Living cinnamon
- \* Higher Living ginger kick

We have mostly been focussed on finding you most ethical and flavourful seasonal foods which have hopefully all been enjoyed heartily by now!! These other little beauties have made it onto our shelves for the foreseeable future:

- \* Panda liquorice bars with oat bran, Heartier texture and good for heart health, this is a really original take on the standard bar



- \* Bio Inside pesto pizzas are finally back in stock; however they have a new thinner base! We also have their buddies stocked now too— a pepperoni topped one! Find them in rotation with the One Planet Pizza (wish we had a bigger freezer to fit them all all the time!!!)
- \* Terra Vegane omelette mix; let us know how you've got on with this one, It seems to make a promising volume when mixed so could be a really useful staple
- \* We also have more from Terra Vegane in our fridge that we are exploring. Based in Berlin, using really good quality organic ingredients, this could be a company worth watching.

### Seeds

Seeds will be back in time to start planting in the spring! Our previous supplier, Stormy Hall Seeds, has entered into a collaboration with the Seed Co-operative, a community-owned seed company that is growing and selling organic and biodynamic open-pollinated vegetable, herb and flower seed in the UK. Stormy Hall are continuing to produce biodynamic seeds but sales and distribution are now through the Seed Co-operative. You may be familiar with the latter's name as they were a finalist in the BBC Food and Farming awards in 2017.

If there are any seeds that you would like us to stock, please let us know. We have a copy of the Seed Co-operative's extensive catalogue hung up at the back of the shop. Have a browse and write down your wishes on the list provided. You can find out : [www.seedcooperative.org.uk](http://www.seedcooperative.org.uk)

# Self-Care is a priority and necessity - not a luxury - in the work that we do.

- ♥ Stop and smell the roses.
- ♥ Resentment is like drinking poison and expecting it to kill your enemies
- ♥ It always seems impossible till it is done
- ♥ Keep yourself safe from negative people
- ♥ Feel whatever you are feeling (what you resist, persists).
- ♥ Learn to be still
- ♥ Be yourself, not a version of someone else
- ♥ Laugh more
- ♥ Believe in your dreams
- ♥ Try and fail, don't fail to try
- ♥ It's a good day to have a good day
- ♥ Surround yourself with good people and good memories



- ♥ Eat healthily and mindfully
- ♥ Breathe deeply and often
- ♥ Accept what is
- ♥ Keep track of accomplishments
- ♥ Get out of your comfort zone
- ♥ ... In fact just get out more
- ♥ Be selfish
- ♥ And treat your inner child!
- ♥ Express gratitude
- ♥ Read non-fiction to expand your mind, read fiction to expand your imagination
- ♥ Exercise your strengths
- ♥ Ask for help
- ♥ Forgive yourself & others
- ♥ Live a life of meaning– be of service to others, the community, the environment and its animals.
- ♥ Be humble

♥ *Be Real*

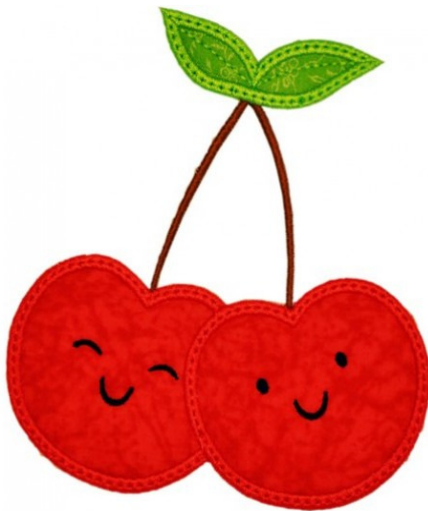


You cannot *drink*  
from an empty cup

# good.mood.foods

Societal pressures concerning food choices are never more concentrated than in the New Year. We're encouraged to overindulge throughout the festive period and then seriously restrict our caloric intake immediately after. This serves to create a fast track to developing an unhealthy and unsustainable relationship with food, that will inevitably impact both physical and mental health.

Yet it's the relationship between food and mental health that society should actively be focusing on. The evidence from the burgeoning field of nutritional psychiatry indicates that food plays an important contributing role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, attention deficit hyperactivity disorder, and Alzheimer's disease. The general health benefits of fruit and vegetables are well documented, but why is it now that studies are indicating that frequent consumption of vegetables appear to cut one's odds of depression by more than half?



Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain and protects it from oxidative stress- the "waste" (free

radicals) produced when the body uses oxygen, which can damage cells. Accumulating evidence indicates that oxidative free radicals may play important roles in the development of various neuropsychiatric disorders, including major depression. Lycopene, the red pigment predominantly found in tomatoes, but also present in watermelon, pink grapefruit, guava, and papaya, is the most powerful antioxidant amongst the carotenoid family. In a study of about a thousand older men and women, those who ate the most tomato products had about half the odds of depression.



Serotonin, often referred to as the "happiness hormone", is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, it follows that the inner workings of your digestive system don't just help you digest food, but also guide your emotions. The billions of "good" bacteria that make up your intestinal microbiome limit inflammation, improve how well you absorb nutrients from your food and they activate neural pathways that travel directly between the gut and the brain. Fermented foods such as kefir, sauerkraut, kimchi, and plant based yogurt with live active cultures, which provide good gut bacteria, may consequently help





Reduce anxiety, stress, and depression. Furthermore, people who are depressed appear to have elevated levels of the enzyme monoamine oxidase (MAO), which breaks down neurotransmitters including serotonin. Many plant foods, including apples, berries, grapes, onions, and green tea, contain phytonutrients that appear to naturally inhibit MAO, as do spices such as cloves, oregano, cinnamon, and nutmeg. Try adding some spice and fruit to your morning porridge to set your brain up for the day.

Other psychologists are exploring the role of omega-3 fatty acids. Thanks to its anti-inflammatory properties and effects on dopamine and serotonin transmission, omega-3 has a role in brain development and functioning, with deficiencies linked to mental health problems. Although the short chain omega 3 ALA can be found in relatively large amounts in soy, walnuts, chia and flax, vegetarians and vegan diets are often lacking in the long chain omega 3 DHA, which can

inflammatory omega-6 fatty acid that has been associated with a greater likelihood of suicide risk and major depressive episodes. Arachidonic acid is not found in plants, which is why vegetarians and vegans have significantly lower levels of arachidonic acid in their blood- the biggest sources are chicken and eggs. Generally speaking, an inflammatory dietary pattern, characterised by more refined grains, sugar and meat, should be discouraged. Eating sugars and fats release opioids in the brain not dissimilar to those found in narcotics, so it's not difficult to see why we view them



easily be supplemented.

Conversely, arachidonic acid is an

as 'comfort' foods in times of stress and difficulty.

Fundamentally, the evidence suggests that a diet based around wholegrain cereals, pulses, fruit and vegetables is the best one to promote sound mental health. However, there's the clear danger that this information is just another avenue to harsh self-criticism, if we feel we don't live up to the standards of the 'perfect' diet. Honestly speaking, when I was writing this article it was easy to spot the limitations of my own lifestyle! Yet, it's encouraging to know that when we feel able, there are small changes we can consider in the spirit of self-care and this is the best New Year's resolution any of us can make.



### Man with a Van

Sound Bites' driver Chris is available for jobs needing a van/driver - please call 07905 346271.

### Derby Counselling Centre

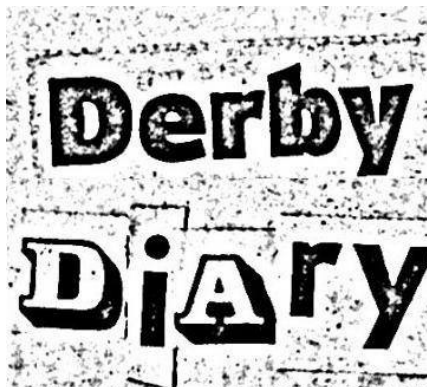
We have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre. See Tim @ Soundbites etails.

### The Fig - Eagle Centre Market

A fab little stall (number 22) providing all manner or natural remedies and solutions to your herbal health needs. Don't forget to stop by and support other local small businesses!

### Belper Heritage, Hills and Breakfast!

Beaurepaire-Belper town's name is thought to mean "beautiful retreat". Belper, being the place of my lovely home and new BnB .Come for a stay in my cosy mini Bed and Breakfast which is on the route of the Derwent Valley Heritage Way long distance walk, and near to the High Peak Trail and the Midshires Way. Can be found and booked on Air BnB, and all five star reviews so far!

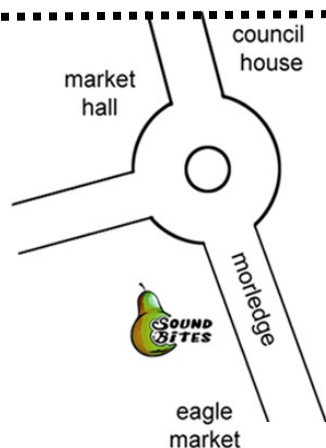


We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: [www.derbypeoplesdiary.org](http://www.derbypeoplesdiary.org) is a place for any and all to list their events and days of action, for groups to come together and make a difference.

### CHARITY COLLECTION

Our most recent collection raised £114 for Derbyshire Refugee Solidarity. This has been split between the Flying Seagull project and the Refugee Community Kitchen at their request.

Our next collection will be for a project by Derby People's Diary to produce a leaflet regarding projects in the city and what they have achieved, and goals for the new year. This includes ways to get involved in helping improve our community and have groups collaborating together!



**Sound Bites, 11 Morledge DE1 2AW**  
**Open Mon-Sat 9.30-6 (Thu til 6.30pm)**

*Getting to us: Derby bus station is only 200m away. There are cycle racks outside the shop, and disabled parking (other car parks nearby).*

*We also deliver: by bike for people with mobility difficulties, or by van to anyone else in and around Derby (including Belper and Ilkeston). See our online shop, or email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk)*

*- or call **01332 291369***

**[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)**