



LOVE FROM
You

Wellness Box

JULY / AUGUST 2022

**LOVE FROM YOU
WELLNESS MAGAZINE**

#13 JULY / AUGUST 2022

**NURTURE AND RESTORE YOUR
MIND | BODY | SOUL**

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LOVEFROMYUOBOX.CO.NZ**

Kia Ora from Karilyn

As we are well and truly in winter now, I have filled the boxes with loads of goodies to help boost your immunity and physical wellbeing through the next few months. 7 out of 8 products are from some of my favourite suppliers that have been featured before, but they are just so good that I wanted to show you more of their ranges. Also, everything is plant based, dairy free, gluten free, ethically sourced, & environmentally friendly as well!

I have managed to get around \$195 worth of goodies for you, so I think this is the best value for money we have ever had! Also five of the suppliers are offering some incredible discounts on all of their ranges over the next few months so make sure you take advantage of those! ALSO If you want to be in to win a free Love From You Box please take some pictures of the goodies or your unboxing of them, and share them on your instagram or facebook pages and stories - don't forget to tag @lovefromyoubox so you can go in the draw to win! **LOVE FROM KARILYN XX**



*What's in
the box?*

**\$195
VALUE**



SLEEP REMEDY \$29.90

RECYCLABLE PACKAGING, NZ MADE

What is it? An oral spray to help you sleep through the night.

How to use? Spray in your mouth up to seven times (1 ml) or under the tongue.

Benefits: Aids sleep and relaxation.

Ingredients: The Sleep Remedy uses the properties of Valerian, Ziziphus, and Passiflora to support relaxation and better sleep.

Where to find it? Available online at www.volowellbeing.co.nz where you can also find a list of local stockists.

@volowellbeing

ACTIVE CORALS \$34.99 + RECIPE BOOK

VEGAN, KETO, GLUTEN FREE, CRUELTY FREE, GMO FREE,
ORGANIC INGREDIENTS, DIRECT ETHICAL SOURCING,
MADE IN NZ

What is it? ACTIVE CORALS belongs to the premium range of plant-based supplement powders by BOTANISTRY. 100% natural, it is developed by Ayurvedic practitioners, medical doctors and food technologists to support your health goals. The powder contains potent plant ingredients purposefully selected for their therapeutic function and rich flavour.

How to use? Add a teaspoon of the warming ACTIVE CORALS Ayurvedic powder to your food and drink every day, including into porridge, tofu, treats and bakes.

Benefits: Taken daily, it is formulated to help relieve muscle tension, stimulate circulation and aid joint health. It contains five key anti-inflammatory botanicals – Ceylon Cinnamon, Turmeric, Ashwagandha, Clove and Black Pepper. As a powder, it is versatile to use in regular recipes and easily absorbed by the body.

Where to find it? www.botanistry.com plus Health 2000 stores nationwide & online, and some Bin Inn stores.

@botanistryblends

Enter the code **LFY15** for a **15% discount** (Not applicable to sale or bundle items). Valid until **30th September 2022**.



The Importance of Flavour

We commonly hear the old adage, 'we are what we eat'. But to be more precise – 'we are what we absorb'. Although we eat a variety of foods, our bodies may not fully absorb all the nutrients and thereby truly benefit from them.

Smell and taste are important functions of the body. The flavours of food play an essential role, giving the body the right signals to benefit from what you consume. Digestion begins the moment food enters your mouth. The 10,000 taste buds in the tongue, mouth and throat help to inform the body to release the appropriate enzymes required to breakdown food. Sweet, sour and bitter flavours found in herbs & spices help the digestive process, informing the body to be better prepared to breakdown what is consumed.

Recent research studies have revealed that taste receptors are not only found in the oral cavity. They are widely distributed in other organs and tissues of the body, including the stomach, intestines, liver, brain, kidney and pancreas, and form a large chemosensory system. Therefore, taste doesn't end in the mouth, but continues to play a role in signalling the digestive tract to continue secreting specific enzymes for proper digestion.

6 Flavours in Ayurveda

In the ancient science of Ayurveda, there are six identified tastes – Sweet, sour, salty, pungent, astringent and bitter. Each taste is believed to possess specific qualities that contribute both emotionally and physiologically to one's health. When in balance and not in excess, they not only feed our body, but also our minds, senses and spirit. It is recommended to include a combination of these different tastes to maintain a healthy digestive system and general well-being.

1. Sweet. Sweet flavours are comforting and nourishing. The sweet taste is derived from naturally occurring sugars that provide energy, strength and vitality. Dates, ripe bananas, beetroot, rice, oats, coconut, ripe berries, mango, honey and Ceylon cinnamon are examples of sweet flavours.

2. Sour. The sour flavour helps to enhance one's appetite and digestion. Sour notes increase the secretion of saliva, gastric secretions and digestive enzymes to aid the breakdown of foods, encourage the flow of bile and stimulate the metabolism. In the sour food category are citrus fruit like lime and orange, tomatoes, yoghurt and fermented foods.

3. Salty. The salty flavour is warming, creating moisture and heat in the body. They improve the nervous system and digestion by supporting the absorption and assimilation of nutrients. Salty foods like rock salt, sea salt, seaweed, olives and soy sauce help to maintain the water-electrolyte balance in the blood.

4. Pungent. The pungent flavour is effective in stimulating digestive juices, blood circulation and metabolism overall. Intense in flavour and with properties of heat, it helps the body detoxify. Most herbs & spices contain pungent properties including black pepper, ginger and clove; while other foods include garlic, onion, leeks and buckwheat.

5. Astringent. The astringent flavour is grounding and tends to hold tissues together, thus promoting healing, repair and muscle tone. It can support the body with excess fluid or swelling. Astringent foods include most beans, parsley, avocado, broccoli, cauliflower, walnuts and asparagus.

6. Bitter. Bitter flavours help to absorb nutrients, purify the blood and is considered deeply cleansing for the body. Examples of bitter foods include dark leafy greens like spinach and kale, celery, eggplant, turmeric, sesame, coffee and dark chocolate. Function & Flavour with BOTANISTRY

Function & Flavour with BOTANISTRY

What is unique about BOTANISTRY's Ayurvedic Blends is the importance they place on both function and flavour. Flavour was not an afterthought, but very much a part of the formulation and purpose of each BOTANISTRY powder blend. There are no 'filler' ingredients, sweeteners or additives – only 100% natural potent plant ingredients to support your health goals.

**FOR THE
BODY**

*from Wild
Dispensary*



Wild Dispensary is a small business based in Otago. Their products are a celebration of local, organic, native and wild crafted plants. Their range offers a large array of natural medicinal formulations that help everything from your mood, anxiety, stress and sleep to immunity and respiratory issues. Having a naturopath at the helm of the product formulation means these are products you can trust.

The point of difference they pride themselves on lies in their name. Wild, with every single one of their products having a wild element. They forage wild herbs for their formulas throughout Otago, so they're grown naturally with no harmful processes or chemicals. They believe wild places are important, both from an ecological perspective and from a mental health perspective. Getting outside makes us feel good. That connection with nature, and the value it holds is so important, they wanted a piece of it in every bottle.

VIRA DEFENCE ELIXIR \$34.95

NO ADDED SUGAR, GLUTEN, YEAST, DAIRY & NO ARTIFICIAL FLAVOURS, COLOURS, PRESERVATIVES OR SWEETENERS

What is it? Wild Dispensary's Vira Defence Elixir is a powerful first response for immune support. Thyme and propolis are the key ingredients, with a synergy of supporting respiratory herbs.

How to use? Adults: 15 drops - max dose 5 x daily

Children (5-12 years): 5 to 10 drops - max dose 5 x daily

Advice: Always read the label and use only as directed. Seek medical advice if symptoms persist. If symptoms persist, please see your health professional.

Benefits: Targets and supports: Immune system and lower respiratory system

- * Respiratory support
- * Powerful first response for immune support
- * Convenient dropper and compact

Where to find it? NZ Wide Retailers and online at wilddispensary.co.nz, as well as healthpost.co.nz

@wilddispensary

LFYBOX22 for 15% off at checkout across the full range excluding giftboxes which are already discounted - 31st October expiry.

**FOR THE
BODY**

*from Linden
Leaves*



REGENERATING NIGHT CREAM \$59.99

VEGAN, GF, CRUELTY FREE, MADE IN NEW ZEALAND

What is it? Perfect for dry, mature and sensitive skins this ultra-rich cream leaves your skin soft and supple each morning. With dreamy marshmallow to hydrate, goji berry to firm and tone, meadowfoam to moisturise and soften, and anti-ageing organic white tea.

How to use? Apply each evening after cleansing, patting lightly with your fingertips and massaging gently into skin.

Benefits: NATURE certified natural.

Doesn't irritate or dry out skin.

Deeply restorative.

Suitable for all skin types, especially dry and sensitive skin.

Vegan friendly.

Glass recyclable bottle.

Made in New Zealand.

Where to find it? Available on our website www.lindenleaves.co.nz & selected retailers nationwide @lindenleaves

Save 30% on all Linden Leaves products with code LFY22. Valid until 31/08/22

T&C's apply. Not redeemable on discounted products/during sale periods. Not available in conjunction with other promotional offers, gift card purchase or with points redemption.



MACADAMIA CHOCOLATE \$8.50

GLUTEN FREE, DAIRY FREE, PLANT BASED

What is it? Roasted macadamias mixed into a creamy white cacao to make a creamy, crunchy chocolate snack.

How to use? Savour every mouthful - keep away from others for they will surely eat it all!

Benefits: Gluten free, dairy free, plant based.

Where to find it? Specialty stores and online www.naturalthings.co.nz

FOR THE SOUL

from Pana Organic



FOR THE BODY

from Matakana Superfoods

KETO CRISPY CAULI BITES BBQ \$4.99

KETO, VEGAN, DAIRY FREE, GLUTEN FREE, PALEO

What is it? Each pack contains a full head of cauliflower and is slow cooked using a simple list of clean ingredients without any fillers or artificial flavours.

They are vegan, low carb and gluten free, offering the 'keto dieter' and health enthusiasts a great snack option.

How to use?

As a tasty snack.

Benefits: These Cauli Bites are a good source of Dietary fibre, are low carb and contain antioxidants.

Fantastic healthy snack option for those following the KETO diet.

Where to find it? Pak N Save, New World, Huckleberry, Health Food Stores, Bin Inn

@matakanasuperfoods



Kash Harvey shares with us a little about her business:

“Skye Candle and Body Care is a gentle nod to my beautiful daughter, Skye. When I found out I was pregnant in 2016, I wanted to find a way to stay home with my daughter and do something that I was passionate about. I began experimenting with candles and body care products. I discovered that playing with fragrances, researching natural ingredients and creating a bespoke range of home fragrances and self-care products brought me joy.

Skye Candle and Body Care products are handcrafted in small-batches in Wellington, New Zealand and made with love. We don't use any products that we wouldn't put on our own skin, we select only the finest natural ingredients and we're committed to reducing plastic packaging”.



LIME, MANDARIN, BASIL CANDLE \$16.90

HANDCRAFTED WITH LOVE IN WELLINGTON, NZ

What is it? Containing only the finest premium fragrances, our soy wax travel candles are clean burning, eco-friendly and slow burning.

How to use? This convenient tin means it can be used as a travel candle, or at home.

Benefits: Made from natural soy wax (no nasties.) Scented with Premium Fragrance Oils. Burn time of up to 22 hours.

Where to find it? www.skyecandleandbodycare.co.nz

[@skyecandleandbodycarenz](https://www.instagram.com/skyecandleandbodycarenz)

LOVEFROMYOU – 10% - EXPIRES ON 31/8/2022



LEMON GINGER COLLAGEN + PREBIOTIC SODA \$5.50

NATURAL, FREE FROM DAIRY, SOY, GLUTEN & PRESERVATIVES

What is it? Lemon Ginger is a deliciously light and refreshing sparkling soda, infused with 5g of VERISOL® collagen peptides, prebiotics + vitamin C. It has been designed with high efficacy ingredients to unlock glowing skin, hair, nails and a healthy gut.

How to use? Serve chilled. For best results, drink one can daily.

Benefits: Unlock glowing skin, hair, nails and a health gut. Low sugar.

Contains the recommended daily intake of 5g VERISOL® collagen per serve

5g of plant based gut-loving prebiotics per serve to help keep you regular

Over 200% of your RDI of vitamin C per serve to support collagen synthesis and absorption

Where to find it? in over 500 supermarkets around the country as well as online www.soochidrinks.com

[@soochidrinks](https://www.instagram.com/soochidrinks)

Receive 15% off your first online order with code at checkout:

SOOCHIXLFYJULY



Our Mission

LOVE FROM YOU isn't just a subscription box, it's a gift for your wellbeing, a **complete wellness experience** created just for you.

And we're on a mission.

We believe that when you discover the things that truly nourish yourself, you allow yourself to care enough to make **you a priority every day**.

We want to inspire you to care for your mental health and wellbeing by providing you with the tools and strategies to care for your mind, body and soul.

We want to encourage you to be your authentic self, to be confident in who you are, and to fulfill your dreams and passions.

Our vision is to encourage you to find happiness from within so that you can live your best life.

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