

Wellness Box

JANUARY/FEBRUARY 2022



LOVE FROM YOU
WELLNESS MAGAZINE

#10 JANUARY / FEBRUARY 2022

NURTURE AND RESTORE YOUR
MIND | BODY | SOUL



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Disclaimer

This Love From You Magazine was created as a guide to healthy living, which has been provided for health educational purposes only and is not intended to replace medical advice. Please consult a healthcare professional prior to use if you have any medical problems. No responsibility will be taken by Love From You, or the author of the article for any damages resulting from the misinterpretation of this work.

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.

  @LOVEFROMYUOBOX
LOVEFROMYUOBOX.CO.NZ

Kia Ora from Karilyn

Happy New Year to you all!

January is one of my favourite times of the year as it is the time I get to slow down, not work so much, and spend time chilling with my family and friends. The weather is usually nice and sunny, and life gets a lot simpler and easier, and I definitely get more time to myself as well!

It seems this is the time of year where we all get to set the RESET button and think about the year ahead. What might it bring? What would we like it to bring? What are our goals for the year? What do we want more of and / or less of, and how will we make these changes?

It can be hard to make plans for change or goals in these COVID 19 times we find ourselves in, where many, many things are outside of our control. Not having a sense of control can lead to stress, anxiety, and even depression. As someone who has had a long term relationship with depression, I am a great believer in taking one day at a time, an approach which enables me to make plans, but really stay focused in the present, living my life in the multitude of moments that make each day. I find I get less

overwhelmed and stressed this way, and can work steadily towards the goals and plans I have!

I have included a number of goodies for you that I hope you enjoy this summer. Make sure you try the Sunscreen I have chosen for you - it is not NZ made but it is the best one I have come across over the years and it will offer you great protection over summer! Also if you like beer or cider or someone in your whanau does, I have included a very easy to make bread that just requires you to add some to the dried ingredients to make a delicious bread to go with your summer food. I hope you enjoy everything else as well!

Have a great summer!



KARILYN XX

*What's in
the box?*

\$140
VALUE



 we are
feel good inc.

WE ARE FEEL GOOD INC. SUNSCREEN (75ML) \$22

PARABEN FREE, OXYBENZONE FREE, OCTINOXATE FREE,
PABA FREE, CRUELTY FREE


What is it? Sunscreen that is paraben, oxybenzone, octinoxate and PABA free. It is enriched with vitamin e and aloe vera, chosen for their antioxidant, hydration and nourishing properties.

How to use? Use liberally on dry skin and cover exposed areas 20 mins before exposure. Reapply every 2 hours or more often when sweating, swimming and towelling.

Benefits: Because no one likes that sticky post-sunscreen feel – this product feels good on our skin from the moment it was applied till hours of fun later. Great sun protection. Does not damage coral reefs either!

Available in Coconut, Kakadu Plum, Sensitive Skin, and Signature Style.

Where to find it? www.urbancharm.net

 @wearefeelgoodinc



**FOR THE
BODY**
*from We Are Feel
Good Inc*



FOR THE SOUL
from Flour and Dough

BEER BREAD - OREGANO, GARLIC, SAGE & ROSEMARY \$10

RECYCLABLE PACKAGING

What is it? An easy to use pre mixed bread, that makes one delicious loaf.

How to use? Combine the bread mix with a beer or cider of your choice and bake for 40 minutes.

Benefits: An easy ready to use addition to any summer meal.

Where to find it? Bin Inns and www.flouranddough.co.nz

Flour and Dough have a lovely range of pre-mix breads and baking mixes to choose from so there is something for everyone.

15% off anything on the website until 31st March 2022 using discount code LFY01.

📍 @flouranddoughnz



Mare' the founder of Flour and Dough has this to say about her products:

“Our bread is real, real bread, real easy, really good and really good for you! We want you to enjoy our bread, eat it with what ever topping you prefer, loaded with goodness (or not) or even just with some butter, we want you to enjoy it in all its glory!

We use unblanched almond meal, as I believe that extra fibre content from the outer skin of the almond gives you and your gut that extra boost. We use the best ingredients to give you the best in one slice. We do not add sugar or any sweeteners for our Nut Flour mixes. They are true to nature and pure goodness for your body and soul.

I made this bread so that you can enjoy it around your dinner table with guests, or just with your family as a lunch sandwich. It is versatile so that it can fit into your lifestyle!

I make Pre Mixed Bread and treats for most dietary requirements and that are easy to make, little to no mess and delicious to eat!

I'm not sure I have just one reason to what inspired me, but more like a need and a desire to be able to have something for myself, to be home and available for my kids and to help and encourage everyone to eat healthy and delicious, and to remind you that you are aloud to have a treat and treat yourself no matter what your lifestyle is!”





FOR THE
BODY
from
Poptornist

GOOD SH*T SODA (CITRUS) \$5.50

LOW SUGAR, VEGAN, PALEO & COELIAC-FRIENDLY

What is it? The world's first Pre + Probiotic soda that comes in four delicious flavours: Cola, Citrus, Berry and Ginger. Good for your insides.

How to use? Keep it chilled, then drink it.

Benefits: Good Sh*t has one third of your daily fibre and 1 billion probiotics. It's a healthy alternative to traditional sodas that's low in sugar, has no artificial flavours and no caffeine — except for a really tiny amount in the Cola.

Dietary fibre is an essential part of a healthy, balanced diet. Basically, it's the key to regular bowel movements. Dietary fibre is only found in plant products and comes in two forms: soluble and insoluble. Almost all of the fibre in Good Sh*t is soluble. Soluble fibre stays in your system longer than insoluble fibre does — which gives it more time to feed all those probiotics. Soluble fibre is also like a sponge for your guts. It absorbs fluid which — there's no way to sugar-coat this — helps makes your sh*t softer.

Where to find it? www.goodshitsoda.com

Enter "GOOD10" at [check out online](#) for 10% off Good Sh*t Soda until the end of February 2022.

@goodshitsoda

What's the difference between prebiotics and probiotics?

Probiotics encourage the development of healthy bacteria and flora in the gut—they're living organisms. Like all living things, Probiotics need healthy food to survive and thrive. That's where the Prebiotics come in. The best sources of Probiotics are fibre-rich foods like vegetables, fruit and whole grains. So as well as Probiotics, we include a plant-based Prebiotic that provides around a third of your daily fibre needs in every can, and gives those Probiotics the energy they need to keep doing their good work!

How do you get dietary fibre into Good Sh*t?

Most of it comes from Acacia gum, which is a natural source of prebiotic, water-soluble dietary fibre. Experts recommend that adults have around 30 grams of dietary fibre every day. But let's be honest — plenty of us don't eat enough fruit and veges to reach that amount! Every can of Good Sh*t has at least 10 grams of dietary fibre — so drinking it can seriously help you meet your daily fibre needs. And it tastes good too — no stodgy sawdust aftertaste here!



FOR THE
BODY

from Matakana
Superfoods



Matakana SuperFoods is a New Zealand-based, world leader in the research and marketing of new foods from New Zealand and around the globe, foods which contain unique qualities and super-nutrients that support health and wellbeing. Matakana SuperFoods was founded 12 years ago by Dr Kevin Glucina (a world leader in superfood nutrition), and now has more than 90 lines of superfood and organic products.

DARK CHOCOLATE COLLAGEN BEAUTY BAR \$4.99

DAIRY FREE, CONTAINS ORGANIC INGREDIENTS, GLUTEN FREE

What is it? Combining 70% premium dark Ghana chocolate with premium marine collagen and the goodness of superfoods, our Dark Chocolate Collagen Beauty Bar is perfect for nourishing your hair, skin and nails.

How to use? Eat it.

Benefits: As we age, our bodies produce around 1% less collagen each year. Marine collagen is high in Type I collagen, which comprises about 85% of the collagen in our bodies, and is highly concentrated in skin, hair, nails and bone. Marine Collagen has been shown to have superior bioavailability compared to other sources of collagen, which means that it enters the bloodstream more efficiently in order to replenish your body's collagen levels. It's smooth dark chocolate taste has subtle hints of certified organic dates and a delicious and nutritious crunch from heritage Criollo cacao nibs.

Where to find it? New World, Pak n Save, Huckleberry, Health Food Stores, Bin Inns.

@makanasuperfoods

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matakana
SUPERFOODS



As New Zealand's original superfood company, Matakana SuperFoods was first to market with some of today's favorite everyday products including, chia seeds, maqui, goji and acai berries, coconut sugar and fermented sauces, as well as their icon Supergreens, Supershake and Acai bowl blends. Health and wellbeing have always been a priority for Dr Glucina. Having spent the previous 30 years involved in the health industry, researching the benefits of superfoods is now his main passion.

It's no surprise that Matakana SuperFoods was amongst the very first companies in the world to recognize the potential benefit of super-nutrient wholefoods and integrate them into products that can be used as everyday options for health-conscious families. Today under the company name Matakana Health Ltd, with brands Matakana SuperFoods and "Love organics" Matakana Health has moved ahead with the establishment of a large, eco-friendly, certified organic, solar powered warehouse and offices and a range of new innovations and crops to satisfy the need for unique ingredients.

They source many of their premium raw materials from Amazonian co-ops which are in direct partnerships with small indigenous farmers from several communities in the Andean highlands and the Amazon rainforest. These groups share social and environmental principles ensuring that their natural surrounds are preserved and that the local and indigenous peoples benefit from their efforts.

Their key suppliers are recognized as members of the Union for Ethical Biotrade (UEBT), an international non-profit association that promotes ethical trade of ingredients originating from native biodiversity. Being a member of UEBT certifies commitment to biodiversity conservation, respect for traditional knowledge, and equitable sharing of benefits throughout the supply chain.



FOR THE MIND
from Volo Wellbeing

STRESS REMEDY \$29.90

What is it? An oral spray to help you achieve a more relaxed state-of-mind.

How to use? Spray in mouth up to seven times (1 ml), on or under your tongue. If required, repeat this administration every hour until you are feeling increasingly calm and relaxed.

Benefits: Brings calmness.

Ingredients: The traditional formulation for the Stress Remedy uses reasonably high quantities of herbal extracts that include; Withania somnifera (ashwagandha), Avena sativa (green oats), Scutellaria lateriflora (skullcap), Eschscholzia California (california poppy), and Glycyrrhiza glabra (licorice). We then blend smaller amounts of the emotionally balancing Bach flower essences that include; Aspen, Red chestnut and White chestnut. Our Homeopathic ingredients include; Phosphoric acid (phosphoric acid), Strychnos nux vomica (nux vomica), and Strychnos Ignatii amara (ignatia).

Where to find it? www.volowellbeing.co.nz has a list of stockists.

@volowellbeing

FOR THE BODY
from Nawrap



FACE CLOTH \$12.50

What is it? Cotton and rayon face cloth with traditional Japanese Block Print.

How to use? Before first ever use, soak in hot water. After use wash in washing machine.

Benefits: Reusable.

Where to find it? www.urbancharm.net.

@nawrap

AMETHYST ROOM FRAGRANCE MIST \$39.99

What is it? Gorgeous Room Spray.

How to use? Spritz around your rooms.

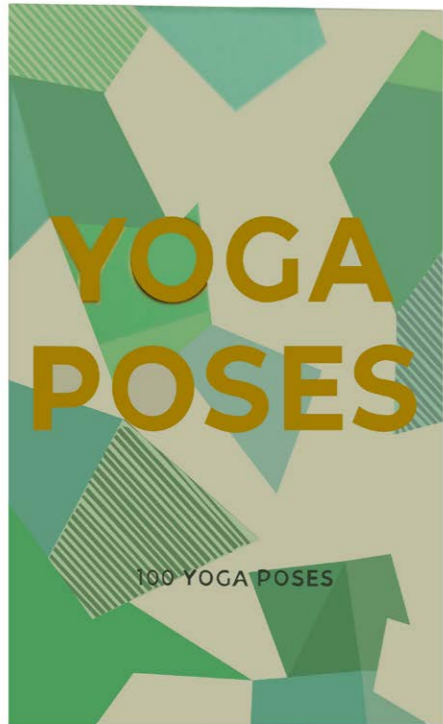
Benefits: Delicious fragrance.

Where to find it. www.lindenleaves.co.nz

@lindenleaves

FOR THE SOUL
from Linden Leaves





YOGA POSES \$14.95

What is it? An easy to use set of cards with 100 Yoga Poses.

How to use? Pick a card and copy the pose.

Benefits: Nourishment for the mind, body, and soul.

Where to find it? www.urbancharm.net

@urban_charm





Join our online community to connect with other supportive members. Search on Facebook: 'Love From You Community'.

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LOVEFROMYUOBOX.CO.NZ