



## August Newsletter 2020

Welcome to the August edition of our monthly newsletter. There are certainly the beginnings of Spring in the air and signs of pollen too! We seem to focus on seasonal allergies every Spring, but here in Hawke's Bay there is such a lot of pollen about and many people can become miserable with seasonal allergies. There are many natural options which can be so helpful so we are mentioning them again! For general immune system support, that may also help with allergies, check out our March newsletter this year for tips on immune and anti-viral suggestions. You can find this on our website under newsletters.

### Seasonal allergies

These are also called hay fever and allergic rhinitis, and are a hypersensitivity to airborne allergens like pollen and dust and when inhaled trigger the release of histamine, a naturally occurring immunity response to foreign pathogens, causing the tissues in the affected areas to inflame.

If we can build up our body's resilience to an allergen, it can reduce our reactivity to it. These tips may help you to get your allergies under control naturally, but do pop in and chat to one of our naturopaths for any further immune system support.

**Drink Nettle Tea** -stinging nettles contain histamine in a weak form and can attach to the histamine receptors sites to block the body's own histamine uptake. Drink two-plus cups daily two months before allergy season begins & during too, or as a tincture 2-3 mls 2 x daily.

**Raw apple cider vinegar** also helps to block the histamine response and reduces inflammation. 1 tsp in warm water before meals

**Raw local Honey** The bee pollen in honey can help to desensitise the body to the pollens in the air and help to build up a resistance to local pollens. Choose local honey and eat through the year rather than just around allergy season for best results.

**Echinacea and/or Astragalus** are herbs that boosts the immune system, and can be combined with other herbs such as Elderflower, Albizzia, Baical skullcap and nettle.

**Homeopathic remedies** such as Allium cepa, Euphrasia, Sabadiila or Histamine may be helpful but it is best to consult with a Homeopath.

**Vitamin C** Research has shown the combination of vitamin C and bioflavonoids help reduce inflammation caused by histamines. The recommended daily dose is 3-4000mg in divided doses through the day.

**Quercitin** is one of the best natural antihistamines and works by stabilising the membranes of histamine-releasing cells. It also has anti-inflammatory properties. (Up to six, 500mg capsules a day, may be needed)

**Vitamin A and Zinc** are integral nutrients to help stabilise mucous membranes, reducing mucous production and irritation.

**B vitamins** help strengthen adrenal function, which is involved in the immune response, and reduce stress.

**Turmeric with** its active ingredient curcumin can prevent the release of histamine from mast cells. Try juicing or stir frying a 4-5cm piece daily and it is also readily available as a dried powder, so add a teaspoon to a smoothie or make your own turmeric latte.

**Omega-3 fatty acids** may assist by dampening down the production of inflammation in the body. Good sources of omega-3 fatty acids are oily fish, such as sardines or salmon, walnuts, flaxseed, chia seeds & hemp seed oil.

**Probiotics** will support good gut flora and improve immune function. Take a probiotic supplement and eat fermented foods, add extra garlic, onions and sour dough breads and acidophilus yoghurts.

### Special Offers (while stocks last)

- *'Harkers' Children's Skin Rescue Liquid & Children's Delicate Repair Cream, together only*
- *'Absolute Essentials' Breathe easy essential oil blend 15% off*
- *'Nordic Naturals Fish Oils' all on special with at least 10% off.*
- *'Sambaccul' Elderberry syrup 120gms \$19.40, Throat Spray \$25.20, Elderberry capsules \$21.20.*
- *'Kiwiherb Allergy Formula' 15%off.*

### More specials available in store too.



### New Products

- *NZ Hempress' Full Spectrum Hemp oil and Balm*
- *'Do Gooder' Non fluoridated Tooth tablets in bulk, refill your own container*
- *'Ceres' Jackfruit, Plant based super food meal.*
- *'Bluebell' NZ organic infant formula and goats milk powder*
- *'Chantal' Grain Free Instant Hot Cereal with blackcurrants and flax seeds.*

## Foods To Avoid During Allergy Season.

- **Wheat** and other glutenous grains: If we have sensitivities these will strain the digestive system and cause inflammation in the body and increase our reaction to things like pollen, causing hay fever.
- **Sugar:** Glucose competes for uptake with Vitamin C, a natural anti-histamine, and so the more sugar we consume, the less Vitamin C we can absorb, weakening our immune function. Additionally sugar is acid forming in the body which is the perfect breeding ground for bacteria, fungus and viruses.
- **Dairy:** Like sugar and refined grains, is also acid forming and can upset and unbalance our immune response and make us really mucousy, adding to the congestion common with seasonal allergies.

## Lifestyle Practices For Symptomatic Relief.

- **Neti Pot:** Using warm salt water in a neti pot helps to flush your nasal passages, as a way to clear out sinuses and also works as a preventative to sinus infections that can result.
- **Yoga:** Inversion poses like shoulder stand, headstand, plough, or even bending over while standing, hanging your upper body upside down will help drain the nasal passages and cleanse the lungs. Start for just 1-2 minutes to avoid too much pressure on your head if you're heavily congested.
- **Steam Inhalation:** Another great way to drain the sinuses and relax the lungs is through steam. Boil some water in a pot and then drop some essential oils of eucalyptus, peppermint, chamomile and/or myrtle. Put your head over the pot, cover with a towel and breathe in the goodness.
- **Using a HEPA filter** is an amazing way to remove spores and pollen from the air. Ideally you would have one for the whole house, but short of that, keep one in your bedroom with the doors close while you sleep.

## Organic Week Aotearoa. September 5<sup>th</sup> -13<sup>th</sup>

Look out for specials, in store tastings and lots of info on Organics in Aotearoa and in Hawke's Bay. Check out what is happening on [www.organicweek.co.nz](http://www.organicweek.co.nz) and check our September Newsletter for more information.

### Did you know?

- All the packaging we use in store is plastic free and home compostable. Bring it back to us if you are unable to compost it yourself. We have a stainless steel bucket by the counter.
- We have boomerang bags, paper bags and boxes if you forget your own shopping bag!
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support for you and your family's health.

You can follow us on Facebook and Instagram by searching for us @cornucopiaorganics

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## All in one Drink for the Allergy Season



A potent, anti inflammatory, anti oxidant, delicious and refreshing drink.

- A piece of fresh Turmeric
- 1/2 a whole Lemon or Lime
- A small piece fresh ginger
- A pinch of Cayenne
- A tsp of Raw honey
- A tbsp Flax seeds, Chia Seed and/or Aloe vera juice.

Adjust amounts to suit your taste, whizz it all up in a blender and drink 1 -3 times a day.



We are classified as an Essential Service and able to operate under all alert levels. Under level 2, please use the QR code & sanitise on your way in and keep your 2 metre distancing. Thank you for your support. Keep calm & carry on!