



## November Newsletter 2019

Welcome to our November newsletter. How quickly this year has gone, we hope you are managing to stay calm as we race towards the end of the year! Read on as we have some great tips for distressing body and mind.

### Is end of year busyness affecting your health?

We can buy the best organic food and cook amazingly healthy meals, but working on our emotional health is just as important as taking care of our physical well-being. When we are stressed, our liver and our gut health suffers, so if you are feeling the pressure as the year races to a close with all the end of year wind ups and pressures of school, exams, work and home and the prospect Christmas looming, why not come in and talk to us about a remedy or supplement that can help to keep you calm and balanced and feeling your best. Some of our favourites include:

- *Withania Somnifera* or *Ashwaganda* in Ayurvedic is a beautiful nourishing adaptogen which helps to balance our adrenals and restore well-being and build resilience. It also aids relaxing and insomnia. It is safe for children too and usually fine to alongside medications. We sell this in a liquid extracts or capsules. It can be taken on its own or combined with Lemon balm, Kava, Passionflower and Rhodiola to name a few other stress relieving herbs.
- *Bach Flowers*. The Homeopathic flower essence remedies from Dr Bach can really soothe our nervous system, whether it be Rescue remedy or other flower remedies.
- *B vitamins* are water soluble vitamins and can be depleted when we are busy or under stress. So a B complex vitamin supplement is a great pick me up for fatigue or stress.
- *Lavender essential oil* is calming and relaxing in a diffuser and can be used on its own or along with other relaxing essential oils.
- *Relaxing herbal teas* and some time to enjoy them, we have a great selection of loose leaf teas and tea bags.

Other ways to achieve more calm in your day include conscious breathing, exercise, acupuncture, journaling, yoga, a good night's sleep and just stepping out in to nature for some fresh air and vitamin D.



### Special Offers (while stocks last)

- *Oasis Sunscreen* 30 plus 500ml \$55.90, 250ml, \$29.90, 50ml \$13.90 and 50 plus 100ml \$27.50.
- *Kiwiherb Stress Arrest* 10%off
- *Raw Protein powders*, 500gms \$42.50 & 1kg \$76.90
- *Little Bird macaroon* 125gms \$8.80.
- *Vita Biosa probiotic* 500ml \$26.90, 1lt \$45.90
- *Comvita Olive leaf extract* 500ml \$28.40
- *Good Health Ultimate Gut Soothe* \$ \$37.60 for 150gms



### New Products

- "*Caliwoods*" unisex metal razors \$29.90
- "*Antipodes*" Lipsticks only \$29.90 each
- "*Wrights Wines*" Entity, Sparkling wine \$34.90
- "*RawLife*" organic Vegetable wraps in 3 flavours \$12.90
- "*Ceres*" Chick Pea Crisps in turmeric and chilli flavours. \$3.60 pkt.
- "*The Larder Project*" Paleo & Keto Bread Mix \$11.50

## A simple detox for the Allergy Season.

Spring is a great time to start a detoxification programme and reduce any diet and lifestyle factors that can overload the liver, disturb the gut and stop us from feeling our best. It is also a time when the body naturally cleanses and renews itself, and if one eats well, gets proper rest and exercise, the body will actually detox itself naturally.

Since the liver is the organ associated with Spring and detoxification, a liver detox is a great place to start. Avoid mucus producing foods, such as dairy, wheat and sugar, and foods that are hard on the liver, including red meat, gluten containing grains, processed foods, alcohol, coffee and stress! Eat plenty of fibre from vegetables and fruits to keep your bowels moving and drink plenty of good quality water and herbal teas especially nettle and green tea and delicious green smoothies! This will also help to minimise allergies as well and you will spring into Spring feeling your best!



### BioGro Certification - what it means

Here at Cornucopia we are very proud to be a BioGro verified organic retailer. BioGro is New Zealand's largest and best-known certification body. Established in 1983, it is the trading arm of the New Zealand Biological Producers and Consumers Council (NZBPCC), a not-for-profit organisation formed to safeguard the interests of producers and consumers of organic food and increase the awareness and demand for certified organic produce. BioGro certifies for the domestic and export market.

### Snippets and Info

- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support for you and your family.
- Check out our ever expanding Bulk Refill Area for Household products and Food.
- All the packaging we use in the shop is home compostable. We use cellulose bags, not cellophane, brown paper bags and only occasionally home compostable cornstarch bags.
- Bring back your compostable cellulose bags and we will compost them for you if you do not have a compost heap. Please do not put them in the landfill.
- We have a customer car park at the rear of our shop in case you didn't know.



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## Elderflower Tea



This is the time of year when the elderflowers are in full bloom! Take 2 – 3 fresh heads of elderflowers. Put in a teapot and pour boiling water over and let steep for up to an hour. Flavour with a squeeze of lemon and drink hot or cold! Why not try elderflower cordial too if you have a source of fresh elderflowers near you!

Elderflowers have been used in traditional medicine the world over due to its antiseptic and anti-inflammatory properties and may help alleviate allergies and boost the immune system

