



June Newsletter 2018

Welcome to the mid-winter edition of our monthly newsletters. We are certainly having a good deal of cold, wet and wintry weather and it's not even the shortest day yet! This month we are focusing on immunity and support for those winter coughs and colds with ideas for delicious and therapeutic herbal teas.

How does your immune system work?

A well-functioning immune system is vital to our well-being and when functioning optimally, it fights off intruders before they can cause damage. Most of the time a healthy immune system is continuously eliminating potential intruders such as bacteria, viruses, fungi or parasites without us even knowing about it!

Inflammation and fever is also part of the immune response to pathogens. It is responsible for many of the symptoms we feel when we have a cold or flu. A fever purposefully raises the body temperature to make the environment inhospitable to viruses and bacteria. So, suppressing your body's natural inflammatory response can actually prolong illness.

Why are we more likely to get sick in the cooler months?

It makes sense that when we are under stress and in colder conditions with more time inside and in closer proximity to others that our immune system has to work that much harder. The most common winter infections are upper respiratory, and this is because our nose and mouth are open to the environment and exposure to cold temperatures can lower our immunity and increase the chance of contamination. Other factors that may influence winter illnesses are less sunlight and therefore less vitamin D, and a tendency to reduce exercise and spend less time outdoors.

So what can we do?

The more you do daily to support your immune system, the better it will function.

- Keep well hydrated and eat a nutrient rich diet
- Move more, exercise boosts immunity.
- Stress less, relax more and get good quality sleep.
- Keep warm and well-dressed to avoid chills.
- Wash your hands regularly and wipe surfaces too.
- Maintain a healthy gut. It is 80% of our immune system.

What can we take?

- Nourishing soups and chicken or other bone broths, medicinal herbal teas and fresh juices. Let food be your medicine!
- Probiotics and pre and probiotic foods to boost healthy bacteria in the digestive system.
- Plant medicine such as echinacea, elderberry, elderflowers, olive leaf, ginger, garlic and other herbs which supports immunity.
- Steam inhalations with dried herbs or essential oils and hot footbaths to stimulate the circulation and increase blood flow.
- Vitamin C preventatively and acutely when needed, it increases production of white blood cells to boost immunity.
- Vitamin D and Zinc are also anti-oxidant immunity superstars.

June Specials, while stocks last

- *Thompson's* Junior Immunofort, 45 tablets \$12.30 and 90 tablets only \$23.90.
- *Thompson's* Immunofort 60 tablets, \$24.50
- *Thompson's* Hawaiian Spirulina 300 tablets, \$54.50
- *Thompson's* Organic Magnesium 120 tablets \$26.95
- *Lifestream* Ultra Immune Defense 60 tablets \$30.90
- *Lifestream* Advanced Probiotics . Last month for the super special!



New Products

- *Weleda* Gentle Cleansing Foam, 150ml \$29.90
- *Bio Granora* Bio Italia pasta and spaghetti only \$2.70 and \$2.60 for 500gms
- *Harker & Ryan* Be Well Herbal Tonics. 250mls for only \$23.90 opening special



Flu fighter smoothie.

Make yourself a top-notch flu fighter in this delicious smoothie.

Bee pollen, turmeric, ginger and garlic are powerful immune boosters combined here with vitamin C citrus & the anti-bacterial properties of honey.



Herbal teas

With the wet wintry weather we have been having lately, our customers are loving the daily herbal tea sampling. Come in and warm yourself with a delicious herbal tea blend. We are having fun formulating herbal teas. Some of the blends we have been trying are:

- Equal parts of organic rose petals, hibiscus flowers and rosehips with mandarin peel which is warming and high in vitamin C,
- Elderflowers, calendula petals and lime flowers with zest and juice of a lime to ward off colds & flu.
- Oatstraw and cinnamon which is nourishing and relaxing
- Equal part of nettle and peppermint leaves, a great digestive and high in iron and minerals.



1/3 medium organic carrot, roughly chopped

2 cm piece fresh turmeric (or 1 tsp ground turmeric)

1 cm piece fresh ginger (or 1/2 tsp ground ginger)

1-2 garlic cloves (optional)

1/2 orange, 1/2 lime, 1/4 grapefruit, 1/4 lemon

1 tsp raw honey

1/2 cup filtered water

1 cup ice

1/4 tsp bee pollen

Blend all together and drink. Serves one.

Reminders!

- Try to remember to bring in your own shopping bags or if you don't have your own use one of our boomerang bags or ask us for a box.
- We now have a customer feedback box at the counter. Your feedback is important to us.
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- Call in or ring us to talk to our naturopaths and herbalists about what foods to eat and products to take to support you and your family this winter

Mid-winter greetings to you all and enjoy your Matariki celebrations. Next month we will be marking Plastic Free July with advice & info on how to ditch single use plastic forever plus promotions and giveaways too



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