

## Winter Wellness naturally at Cornucopia.



Winter is definitely here, along with runny noses, sore throats and coughs. When the weather outside is rainy and cold it is important to keep warm. Our bodies naturally want a quieter pace in the winter months and a cold may be nature's way of saying "slow down" It can also provide an opportunity to naturally detox as it is also a way our body gets rid of dead cells and an opportunity to recharge our immune system. So being sick isn't all bad, and nurturing ourselves with natural remedies, immune boosting herbs and nourishing foods can recharge our immune system and help us to bounce back even healthier.

Vitamin C is the most important nutrient for fighting infections, it works as an antioxidant to protect our bodies from damage, and can be used in high doses when we are sick, along with zinc. Which is an essential trace mineral providing many health benefits especially in the immune system. Many of us are low in zinc as it can be lacking in our soils in NZ.

***At Cornucopia we can give you a simple zinc test to check your zinc status.***

As for herbs, Echinacea root is the most well known and the most researched herb and an important immune and infection fighting herb which has been shown to shorten the duration of colds & flus and great as a preventative too. There are other herbs that we love at Cornucopia, such as Olive leaf extract, elderberry and Pelargonium sidoides a South African herb which has been proven to support many respiratory conditions especially in children. There is sage for a sore throat, thyme for coughs, golden seal and elecampage with their anti bacterial properties just to name a very few.

***Our Naturopaths and Herbalists can advise you on the best herbs and nutrients to support you and your family this winter.***

There are also many things that you all probably have in your kitchens, such as cider vinegar, lemons, garlic, ginger and honey which can make a soothing immune drink. And don't forget spices, such as turmeric, cinnamon, cardamom, ginger and black pepper too which are all known to fight inflammation, are potent anti oxidants and give digestive support too.

And if you do come down with the flu, remember that a fever is your bodies way of fighting infections and to stay warm, well rested and hydrated and drink herbal teas such as elderflower, peppermint and ginger with their diaphoretic properties which help support a fever naturally.

### **NEW PRODUCTS**

*Harker Childrens Herbals*

*Munch glass drink bottles and lunch boxes.*

*Rethink organic cotton Nutmylk bags.*

*Nature Baby baby clothing.*

Welcome to the Plastic Free July challenge! Choose to reuse single-use plastic by remembering your reusables and reduce plastic packaging. Signup today on our website [www.plasticfreejuly.org](http://www.plasticfreejuly.org) and share with your friends, family and workmates.



## **BOOMERANG BAGS**

Boomerang Bags is a community driven initiative tackling plastic pollution at the grassroots level.

Community groups, schools, businesses and volunteers get together to make re-usable 'Boomerang Bags' using recycled materials as a means to replace plastic bags. To find out more or to get involved contact the FB page [www.facebook.com/BoomerangBagsHawkesBay/](http://www.facebook.com/BoomerangBagsHawkesBay/)

## **FREE BOOK EXCHANGE**

**At the counter there is a box of books** and we invite you to take a book or 2 of your choice and replace next time with other books or return, the idea is to keep books freely circulating.



Cornucopia The Organic Shop is certified organic with Biogro number 5487.

## **WINTER SPECIALS** while stocks last



**Artemis Immune boosting tea**  
now only  
**\$15.50**

**Comvita Olive Leaf Extract**  
500ml or  
60 capsules  
**\$26.50**



**Kyolic Garlic capsules and Ester C Echinacea chewables**  
**30% off RRP**

**Good health Turmeric capsules**  
now only  
**\$44.90**



**Weleda Echinadoron tablets (worth \$29.95).**  
1 pack free with \$50.00 worth of Weleda products.



Echinadoron is Weleda's special combination for the immune system. A unique blend of organically grown plants that naturally stimulates your body's defenses when they are weakened or susceptible during stress, air travel or cold and flu season.

