



October Newsletter 2018

Last month we focused on Spring allergies and Spring gardening and now that the warmer weather is finally here, many of you may be thinking of doing a bit of a detox. Spring cleaning is great for our homes and can be for beneficial for our bodies and minds too!

Simple Spring Detox

Spring produces seasonal plants to help revitalize us, and traditionally, people have gathered these first green plants to reintroduce a wealth of vitamins and minerals to their diets for gentle detoxification. Although our bodies are designed to naturally detoxify, many environmental toxins that we accumulate are beyond our control, and a build-up of toxins can still accumulate and over time may contribute to chronic health complaints.

The good news is, a detox doesn't have to be intense or extreme to be effective, often a few simple changes can result in increased energy and vitality. To gently refresh the liver and lighten the load you could try some of the following:

- **Drink plenty of good quality of water.** Start every day with a glass of warm water with lemon juice. This will help cleanse the liver, prepare your system for digestion, and hydrate your body. Continue drinking lots of water throughout the day along with green tea and nettle tea.
- **Fibre.** Your colon is a major channel for eliminating toxic waste. Increasing fibre with psyllium, flaxseeds and chia seeds will support regular bowel movements and toxin removal as these soluble fibres functions like an internal brush sweeping through the digestive tract removing toxins and build up.
- **Avoid or reduce gluten, grains, dairy, sugar, coffee, alcohol and other processed foods.** These foods are harder to digest and taking time out from them will give your digestive system a well-earned rest.
- **Eat your greens!** Many spring tonic herbs are bitter, and bitters activate the taste buds and promote good digestion. Some are also diuretics, and lymphatics which aid the body in flushing out waste products that may have accumulated during winter such as nettle, cleavers, chickweed and dandelion leaves. Add spices such as turmeric, cumin, cayenne and coriander to assist with digestion and detoxing.
- **Exercise.** Get in the fresh air and move. Walk, bike, dance, do yoga, run, or skip. You could also hit the sauna or take hot baths with Epsom salt.
- **Breathe awareness.** Sit for 5-15 minutes become aware of your breathing, notice the inhalation and exhalation, observe the pattern of your breathing.
- **Go to sleep early.** During a detox, it is very important to get proper rest. Our body rests and repairs itself over night, so try to include some early nights.
- **Create a detox timeline.** There's no official length for a detox, a few days to a couple of weeks. Do call in and talk to our Naturopaths and Herbalists, there are specific nutrients, herbs and supplements that can help improve the body's ability to process toxins and support detoxification, whether it be a juice fast or a cleanse.
- **Detoxing is not recommended for everyone** and should be avoided if you are pregnant, have a medical condition or are unwell. If you are taking medication you should also consult with your health practitioner first.

October Specials, while stocks last

Harkers Intestinal Cleanse only \$25.90 and \$48.90
"Harkers" Detox Support only \$25.90 and \$48.90
"Good Health" Body Cleanse, 7 day detox, \$37.90
"Lifestream" Advanced Probiotics 30's \$20.40, 60's \$37.50, 120's 67.50.
"Weleda" Beauty Secrets Pack (Skin Food and Lip balm) only \$19.00.
"Weleda" Arnica Action Pack (Arnica Massage Oil and Sports gel) only \$29.00
"Little Bird Organics" Macarons only \$8.80.



New products

"Gratitude Diary" for 2019 just arrived @ \$39.99.
"La Mav" Anti-Aging face Tan Serum @ \$34.90
"nil" Organic reusable produce bags, set of 3, @ \$22.90
"nil" Organic Vegan Food Wraps set of 2, 1 med & 1 lge @ \$29.90
"Little Bird Organics" Good Cookie , double chocolate and hazelnut chocolate chip @ \$5.95
"Renee's" Kombucha new flavour, Turmeric and Ginseng @ \$5.90.
"Be Nourished" Gut Shots, Probiotic tonics in 3 flavours @ \$10.90
"Stevita" sugar free candy @ \$4.90 a tin.
"Bu Deli" plant based butter and coconut feta.

Spring Cleaning

Spring is also a time for cleaning our houses as well as our bodies! Most of us have a variety of cleaning products in plastic bottles in our kitchens and bathrooms, and even if the contents are from eco-friendly companies, the plastic containers are not environmentally friendly! We sell eco-friendly cleaning products in bulk for you to refill, as well as Soap Nuts, laundry bars and shampoo bars. We also sell baking soda, essential oils, castile soaps and white vinegar to make your own. So why not try out these recipes and help save the planet and your pocket too!

- **Basic all purpose cleaner.** Mix equal parts of vinegar and water. Add a few drops of your favourite essential oil too. We love lemon grass, lemon, peppermint or Manuka. Apply with a soft cloth or spray bottle. This can be used to wipe surfaces, mop floors and clean windows. Wipe windows with crumpled newspaper.
- **General Cleaner.** 1 tsp baking soda, 3 drops of liquid soap such as Dr Bronner's castile soap and 5-10 drops of essential oils in 750mls water.
- **Toilet bowl cleaner:** Sprinkle about ½ a cup of baking soda into the toilet bowl. Leave for a few minutes, then squirt with vinegar and an essential oil such as pine or lemongrass or other anti-bacterial oils. Scour with a toilet brush before flushing.
- **Furniture Polish:** Mix 1 teaspoon of lemon juice in 500ml of vegetable oil or natural linseed oil. Apply a small amount to a clean cotton cloth and wipe wooden parts of furniture. Add your favourite essential oils or herbs to any of these formulas for fragrance and anti-septic properties.



Snippets and Info

- Please bear with us while we try hard to make our produce area plastic free and other areas too. It is a work in progress while we decide on the best and most sustainable options.
- We always have a Naturopath / Herbalist in store .
- We use BPA free till receipts.
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- We do not use chlorinated water in the shop.
- We have a customer feedback box at the counter. Your feedback is important to us.



You can also  us on Facebook by searching for us @cornucopiaorganics

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Foragers Green Pesto



This wild-harvested version of pesto is zingier than regular basil pesto, but just as creamy and delicious. *Makes about 2 cups.*

- 2 to 4 cloves garlic, peeled and crushed
- 1/2 cup pine nuts or walnut pieces
- 1/2 cup freshly grated Parmesan cheese (optional)
- 3 – 4 cups Spring greens (spinach, kale, dandelion leaf, chickweed, parsley, rocket, coriander, lettuce, and /or blanched nettles)
- 1/2 cup extra-virgin olive oil
- Sea salt, lemon juice to taste

1. In a food processor, process garlic, nuts, cheese, and greens till smooth.
2. Slowly add oil, and then process until smooth.
3. Season with salt and either serve immediately, refrigerate for several days, or freeze.