

Welcome to the May edition of our monthly newsletter. As we head into the colder months, it is important to look after our health in order to stay well through the winter and this month we are focusing on what we can all do simply to improve our digestion in order to support our immunity, especially focusing on herbal teas.

The importance of good digestion

Good digestion, good liver function and good kidney function are so important for our overall health. Two main players in our well-being are the liver and kidneys, and multiple health conditions can arise when they are functioning poorly.

The liver is the most multi-tasked part of our body and has over 2000 functions, so has a huge influence over many parts of our digestive system.

When liver function is poor some of the common symptoms are:

Excess wind and bloating, sensitivity to food, loss of appetite, eczema problems and other skin issues, arthritic problems, foggy brain, slow memory recall, excess mucous in the sinus, upper lung and throat area, and negative emotions.

Particularly for the liver it is best to eat alive, fresh plants that are raw, fruits, vegetables, nuts, grains and seeds. Foods that still look the same as when nature made them.

There are some simple things we can do to help our liver function at good levels. One of the simplest solutions that can help our liver function is ginger and turmeric tea, made with simple fresh root ginger and turmeric root. Slice a couple of thin slices in to a cup or teapot, add boiled water and drink when cool enough. Start with 2-3 cups daily for a week then cut back to once daily. Milk Thistle as a supplement is also great or dandelion root extract in liquid tincture is excellent for stimulating the liver.

Your kidneys are the filters. Their primary job is to filter the pollution out of the blood and put it into your bladder. Poor kidney function can create damage in the body and have a negative effect on other organs and body functions.

Common symptoms when kidneys are poor include:

Continual tiredness, black under the eyes, headaches, migraine, tight neck muscles, poor circulation, light headedness, dizziness, heart palpitations, frequent bladder activity at night, unsatisfied thirst, fluid retention, cramping of muscles, feeling cold, deteriorating eyesight, short term memory problems, high blood pressure, PMT, fertility problems, poor learning ability, high cholesterol, low iron, sugar cravings, constipation, weight gain.

New Products

- *Fernglen* Sheeps Milk
- *Savour* Plant based cashew butter.
- *Weleda* Hydrating Facial cream, mist & eye gel all \$27.20
- *Raglan* Coconut Kefir 500ml, in 4 flavours all \$8.90
- *Artemis* Digestive Ease Liquid

Monthly Specials (while stocks last)

- 'Good Health' Advanced Biokult probiotics all on permanent special.
- 'Artemis' Herbal teas \$19.90
- 'Oku' kawakawa digestive teas 20% off

Plus More Specials in store



So you can see, it's a long list and poor kidney function can be very impacting on our overall health. Some simple suggestions to improve your kidneys are:

Drinking parsley tea. Add a small sprig of parsley to a cup of boiling water and drink 2-3 times a day. Nettle tea is also great, along with dandelion leaf tea or tincture.

It is also important to increase your water intake. Our Herbalist also makes an organic liver support, digestive support and kidney support tea, with a lovely blend of supportive herbs, that we sell in the shop.

Tina McConie, Naturopath at Cornucopia.

How Does Drinking Tea Support Digestion

First, drinking tea keeps your body hydrated. A well-hydrated body lessens the chances of constipation and helps your system maintain regularity.

Second, specific teas contribute to better digestive health in their own unique ways. They boast a plethora of antioxidants, polyphenols, and other herbal compounds to help your digestive enzymes work smarter.

Tea polyphenols act as prebiotics, which feed the healthy bacteria living in your digestive tract. This can lead to improved digestion, supported weight management, and immune support.

Choose organic loose leaf teas and have fun combining and blending your own!

Best Herbal Teas for Digestion

Kawakawa Tea

Kawakawa has a fresh and slightly peppery taste. It is a member of the pepper family and its circulatory stimulant properties can help to warm a cool constitution, support healthy circulation and bring blood flow to the gut helping with digestive disorders.



Peppermint Tea

Peppermint tea is known for its ability to relieve nausea, indigestion and the feeling of fullness after meals. It relaxes the intestinal muscles and is very effective in relieving irritable bowel syndrome.



Lemon Balm Tea

Lemon balm is related to the mint family and helps relax and soothe gastrointestinal upset, and many digestive-related problems. It is also a mild sedative too.

Chai Tea

Chai tea is prepared traditionally by adding milk and spices. The spices added in it include turmeric, ginger, fennel, aniseed, cinnamon, cardamom, black pepper and cloves. Fennel, ginger and anise are very effective to provide relief from digestive disorders.



Green Tea

Green tea has a lot of antioxidants and due to the high concentration of catechins it can kill the bacteria *H. pylori*, which cause stomach ulcers, is anti cancer and supports weight loss, and does not harm the useful bacteria found in the intestines.



At Cornucopia we make and sell a range of organic herbal tea blends, do check them out and talk to our Naturopaths and Herbalists for the best teas for you.

The flowers and leaves need less steeping than the bark and roots which need to be lightly simmered to extract the active ingredients. This is called a decoction. You can leave them to steep overnight as well and enjoy a cold brew or hot two to three times a day for best effect. There are so many combinations and the digestive herbs below are all so supportive for your digestion and general health.



Chamomile Tea

The delicately flavored flowers have soothing and calming effects for relaxation, insomnia and digestion especially gas, abdominal cramps, bloating, and indigestion in babies, children and adults.



Fennel Tea

If you are feeling bloated or constipated, or have an irritated stomach, fennel tea is the best way to improve your digestion, especially for colic and gastrointestinal distress.



Ginger Tea

is the best tea for digestion if you are looking for something to help you with constipation, flatulence, and cramps and nausea. It is a mild laxative and has antispasmodic and anti-inflammatory properties.

Turmeric Tea.

Curcumin is the active ingredient in turmeric, and this antioxidant is responsible for alkalizing the gut, and thus reducing the effects of acid reflux and other problems that can cause inflammation in your gastrointestinal system.



Lemongrass Tea

It is known to be a very strong antibacterial, antifungal, disinfectant and diuretic. It can detoxify the liver, pancreas, kidneys, and intestines. Drinking a cup of lemongrass tea every day will improve your digestion and reduce the chances of getting intestinal infections and cramps.



Did you know?

- If there is a product we do not have in stock we will try our best to get it for you.
- A naturopath and Herbalist is in store every day to support you and your family's health.
- The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back if you are unable to compost them and we will compost them for you.

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Your One Stop Organic Shop