

Welcome to Winter! Here in Hawke's Bay after a beautiful Autumn, winter has arrived! In this edition we are continuing with more advice on supporting immunity by looking at the role that our gut microbiome plays in our overall health.

Your immunity is highly influenced by your gut microbiome, the microorganisms that live in your digestive tract. Actually 70- 80 % of your immune system lives in your gut!! A healthy gut microbiome interacts with the intestinal immune system in ways that increase your body's immune defences. However, a microbiome out of balance, which does not contain high levels of beneficial bacteria, is less likely to help you resist infection, including colds and flu. During the winter months we need more than ever to look after this vitally important part of our immune system!



## Prebiotics & probiotics - what are they?

We all want to keep ourselves, and our families well throughout the winter months, and looking after our digestive system is an important part of staying healthy. Both prebiotics and probiotics form part of our gut flora and maintain and restore the balance of friendly micro-organisms in our digestive tract. They complement one another and work together to improve overall health and well being. A diet low in beneficial gut flora may severely impact on our health and deplete our immune function.

**Prebiotics** come from carbohydrate fibres called oligosaccharides, such as oligofructose and inulin. This fibre is only partially digested, and the remainder stays in the digestive tract feeding and nourishing the beneficial bacteria already in the large bowel or colon. Traditional diets contained foods richer in prebiotics than today's modern processed diet.

**Probiotics** are live micro-organisms. The most common type of probiotics are from the Lactobacillus (L.) and Bifidobacterium (B.) groups, and within these there are many different species. While prebiotics feed beneficial bacteria, probiotics are the beneficial bacteria, and contain live, beneficial micro-organisms which help to re-colonise the digestive tract.

Collectively, these beneficial bacteria help to form our micro-flora and are essential to health. They help your body to synthesise vitamins, absorb nutrients, keep pathogens at bay, and boost your immune system. Everyone's digestive tract contains beneficial bacteria, but antibiotics, illness, and poor eating habits can reduce and inhibit the proliferation of these friendly intestinal micro-flora. Consuming probiotic foods and supplements will help to re-colonise your digestive tract's natural flora and improve your immunity, but remember probiotics and prebiotics work together synergistically. If you load up on probiotic supplements, it won't do your body much good if you continue to eat a diet low in prebiotics.

Another possible consequence of poor gut bacterial balance is inflammation, a key feature of autoimmune (e.g. rheumatoid arthritis, eczma, asthma) and allergic disease (e.g. hayfever). In these conditions, the immune system misidentifies harmless substances as threats, and launches an immune response against them. The resulting inflammation creates the symptoms you associate with allergy and autoimmunity.

Fortunately, certain probiotic strains, can stimulate your immune system to produce anti-inflammatory compounds, reducing inflammation and symptoms. Ask our Naturopaths about specific probiotic supplements that may support you or a family member.

### New Products

- *Lifestream* Pro-liposomal Vitamin C capsules only \$14.50 & \$23.90
- *Lifestream* Viro Resist \$31.20 & Viro Strike \$23.50
- *Lifestream* Quick Calm & Magnesium Sleep Switch both \$22.90
- *Artemis* Deep Sleep liquid & De-stress spray both \$27.90
- *Raglan* Coconut Yoghurt Kefir Drink in 4 flavours, 500ml \$8.90
- *Hands Down* Tortillas made here in Hawkes Bay \$8.50 a pkt
- *Natural Abundance* Raw Vita Keto Crackers in bulk bin \$7.50 100gms
- *Midnight Baker*: Bread mixes. \$13.90

### Monthly Specials (while stocks last)

- *Lifestream* Bowel Biotics range
- *VitaBiosa* organic probiotics
- *All Nutralife, Thompsons, Good Health, Go Healthy & Harkers* on permanent special

### Plus More Specials in store

#### get prebiotics from...

- onions
- asparagus
- berries
- bananas
- beans + legumes
- cabbage
- chicory root
- dandelion greens
- garlic
- jerusalem artichokes
- jicama
- leeks
- oats
- onions
- peas
- wheat germ + wheat berries
- whole grain and sprouted grain bread

#### get probiotics from...

- apple cider vinegar
- fermented, non-pasteurized pickled vegetables
- kefir (dairy or coconut-based)
- kimchi
- kombucha
- leeks
- miso
- raw unpasteurized cheese
- sauerkraut
- sourdough bread
- tempeh
- yogurt with live cultures

## Synbiotic Eating

Synbiotics refer to food ingredients or dietary supplements combining prebiotics and probiotics in a form of synergy. Combining probiotic and prebiotic foods in a meal offers us the best of both biotic worlds and by combining the two different food groups, we are enhancing the effect of cultured foods and ensuring we get the maximum benefit from ingested probiotics, all of which can help improve our gut health. This synergistic combination has been termed – “synbiotic” eating. Synbiotic foods can help improve immune function by boosting the number of good bacteria in the gut while concurrently reducing inflammation.

This is not a new concept though, eating fermented foods has been a custom for centuries. In Eastern Europe, it is common to have sauerkraut alongside raw onions and sourdough rye bread in a dish and in Asia adding kimchi and rice has been frequent practice.

Many of us reach to take probiotic supplements, but it is worth trying to increase your probiotic intake from whole food sources, rather than solely relying on supplements although at times a probiotic supplement can make a positive difference.

So here are some recipes and you will probably find that many of your meals may anyway be synbiotic!

## Biotic Breakfast Bowl

Greek yogurt will provide you with hundreds of strains of diverse bacteria, including *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Combine with a ripe banana, with fibre, glucose and carbohydrates to provide your gut with food to ferment with. This process turns the fibre and carbohydrates into prebiotics. These prebiotics fuel the bacteria provided by the yogurt, helping boost the good bacteria you are ingesting.

### Ingredients

- 150g of whole-fat, unsweetened Greek yogurt ( with live cultures) – you can also use Coconut yogurt or Almond yogurt if you are avoiding dairy
- ½ a ripe banana
- A handful of berries
- 1 tbsp of whole flaxseeds/linseeds & 3 tbsp of whole jumbo oats soaked in kefir overnight and enjoy either cooked or uncooked
- Mixed nuts, chopped
- Cinnamon or cacao powder to flavour

Top with the yogurt & all the ingredients above and enjoy.



## Tempeh & Kimchi Stir Fry

Studies have shown that fermented soy-based tempeh helps promote the growth of *Bifidobacterium*, a type of good bacteria, that boosts immunity and fights disease.

The prebiotic fibre from asparagus will help carry over good bacteria from the buckwheat in your noodles. If you opt for quinoa or brown rice, this will give you an additional boost of prebiotics too.

### Ingredients

- 10-15 asparagus spears (or fresh greens )
- 1-2 red and yellow bell peppers, chopped
- 100g of tempeh
- 1 tbsp of coconut oil
- 1 tbsp of Kimchi

### Marinade:

- 25g organic fresh miso paste
  - 1 tablespoons rice vinegar
  - 5 tablespoons tamari/soy sauce/ coconut aminos
  - 1 tablespoons minced green onions
  - 1 tablespoons fresh ginger, sliced super thin
  - 1 garlic clove, chopped
  - Buckwheat noodles to serve
1. Trim away the thick bottom ends of the asparagus. Then cut the asparagus spears in half.
  2. Cut the tempeh into 1-inch cubes.
  3. Whisk together the marinade ingredients until combined.
  4. Add the cubed tempeh to the bowl with the sauce. Toss well. Let it marinate for about half an hour. The longer you let it marinate, the better the flavour!
  5. Heat a large wok or frying pan with the coconut oil. Pull out the tempeh from the marinade and save the liquid. Add the tempeh to the wok, and sauté for 3 minutes or until the tempeh is lightly browned.
  6. Add the asparagus spears and stir 1 minute. Pour the reserved marinade liquid into the work, and let it boil for about a minute or till the asparagus is tender, but still a little crisp.
  7. Serve with a handful size portion of buckwheat noodles or other whole grains such as quinoa, brown/ black rice and top with kimchi.

## 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 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.
- We will also compost the Bostock Chicken, Organic Butchery, Ceres, Chantal and any other compostable packaging if you cannot compost them yourself.
- We are a drop off point for Eco store's recycling programme. So bring in any of their unwanted containers and we will send them back to Eco Store. There is a box in the refill area.
- We have return/ recycling boxes for empty Millstream Gardens jars, empty toothpaste containers and used, clean toothbrushes, Ultrella deodorant pouches and NOW all Waiheke Herbs jars.

**Next month is Plastic Free July and we will have lots of ideas and support for taking your Plastic Free journey to the next level!**

You can follow us on  and  by searching for us @cornucopiaorganics

221 Heretaunga St East, Hastings

P (06) 876 6248 | E [cornucopiaorganics@gmail.com](mailto:cornucopiaorganics@gmail.com)

[www.cornucopiaorganics.co.nz](http://www.cornucopiaorganics.co.nz)



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