



Welcome to the November edition of our monthly newsletter.

Staying well in these very challenging times is becoming more important than ever, and along with all the common sense things we are hopefully already doing including exercise, sunshine, rest and healthy eating, nutrients and herbs can be a supportive addition to your immune care.

Our Naturopaths and Herbalists are asked daily for support in managing one's immunity and well being during this difficult time, so here are some key supplements that we recommend. If you have more specific concerns then do ask about other supplements too which may be helpful.

- **Vitamin D3:** Adequate Vitamin D status is essential for optimal immune function. Although it is preferable to obtain Vitamin D from sensible sun exposure, many of us can be low in Vitamin D. Studies show that Vitamin D lowers viral replication and modulates the immune system, and have found that those with lower levels of Vitamin D were more susceptible to respiratory tract infections. For adults: 2000-4000 IU of D3 daily, Kids 4-teen 1000 IU daily, 2 to 4 years, 500 - 800 IU daily.
- **Vitamin C** is an antioxidant that helps protect your cells against the effects of free radicals. It is a water-soluble vitamin that must be obtained from the diet or supplements as we do not make it or store it in our body. It is linked to many health benefits such as boosting immunity, increasing antioxidant levels, and can be very helpful in the treatment of flu and viral illnesses. Vitamin C also works synergistically with bioflavonoids such as quercetin and has been shown to reduce the duration of colds and flu. Dosage depends on the form of Vitamin C, 500 - 1000 mg taken 1-3 times daily for adults is a guideline, but ask our Naturopaths which form and dosage is best for your family.
- **Quercetin** is a flavonoid and powerful immune booster and broad-spectrum antiviral, antioxidant and anti-inflammatory. It may help promote enhanced immunity to the respiratory tract by supporting the integrity of the mucous membranes and also has the ability to increase the intracellular levels of zinc. We recommend 1000mg or more daily for adults.
- **Zinc** is an essential trace element that is crucial for growth and development as well as promoting wound healing and supporting the immune system. It also has antioxidant properties and plays a very important role in the immune system's ability to ward off viral infections and regulate immune function. Daily use of up to 5 mg of zinc in children, and 30 mg in adults, can prevent colds and flu and boost immunity.

### New Products

- *Bostocks* organic apple cider vinegar. 500 ml \$ 12.90
- *Wildcrafted Natural Organic Turmeric Paste* 200gms \$11.50.
- *Gratitude Diary* \$40.90 and *Pregnancy Journal* \$42.90.



### Monthly Specials (while stocks last)

- *Kiwiherb Organic Immune Guard and Immuneberry* 100ml 10% off
- *Artemis Kids Chest Relief*, 200ml \$24.50 & *Artemis Adult Chest Relief* 200ml \$33.30 & *Bronchiclear* 200ml \$35.90
- *Lifestream Advanced Probiotics* 20% off all sizes.

### Plus More Specials in store

## HERBS & NUTRIENTS FOR COLD & FLU PREVENTION



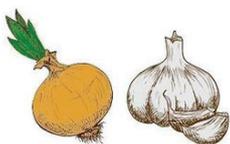
Echinacea



Medicinal Mushrooms



Astragalus



Onions + Garlic



Vitamin D, C, Zinc + A Probiotic

- **B Complex** vitamins play a pivotal role in cell functioning, energy metabolism and immune function and assists in the activation of both the innate and adaptive immune responses. They support the adrenals and nervous system and increased energy levels. We recommend a good quality activated B complex, but it can also be obtained from proteins such as fish, poultry, meat, eggs, and dairy products, leafy green vegetables, beans, peas, cereals and whole grains.
- **Probiotics** are live micro-organisms that are recognised as supporting general immunity and improving digestive health. As 70% of our immune system is in our gut it is important to support the health of our digestive system. Emerging scientific evidence supports the antiviral and general immune-strengthening health effects of probiotics that may be helpful in fighting viral and respiratory infections. There are different strains of probiotics so ask us about the right strains for your health.
- **Herbal extracts** such as Echinacea, Elderberry, Andrographis and Astragalus and other herbs support immunity and help reduce the risk of upper respiratory infections occurring if you do get a cold or a flu or viral infection. *Thanks to [www.avivaromm.com](http://www.avivaromm.com)*

## Everyday immune boosting foods for optimal immune health.

For better immunity, here are some of the best foods to put on your plate.

- **Cook with onions, garlic, turmeric, and ginger, cinnamon and other spices** all of which have historically been used to prevent and treat infection, and which modern science now validates for their antiviral and anti-inflammatory effects.
- **Cold water fish provides immune-boosting Omega-3 fatty acids** as do walnuts, flax seeds and hemp seeds.
- **Fermented foods** supply the body with beneficial probiotic bacteria that improve gut health, thereby strengthening the immune system. They include kefir, yoghurt, kombucha, sauerkraut, and kimchi.
- **Nuts and seeds** contain healthy unsaturated fats, fibre and a variety of minerals and are a great addition to an immune boosting diet.
- **Citrus fruits** are high in Vitamin C and other minerals and fibre and the peel is especially high in antioxidants.
- **Bone broth** boosts the immune system by supporting the health of your gut and reducing inflammation. It contains collagen and amino acids, both of which play a crucial role in gut health.
- **Dark Leafy greens** such as spinach, kale, broccoli, silverbeet, collard greens etc are packed with vitamins, minerals, fibre, protein and flavanoid antioxidants.
- **Dark Chocolate (70-80% or higher)** is extremely high in antioxidants and minerals, especially magnesium, and helps in the release of endorphins which boosts your mood too!
- **Medicinal Mushrooms** including cordyceps, turkey tail, reishi, and maitake all are potent immune support. Mushrooms produce their own Vitamin D after exposure to light! Grass fed butter, egg yolks, fatty fish, cod liver oil, beef liver, and sprouted seeds, especially alfalfa, are all Vitamin D rich options too.
- **Berries** are full of antioxidants like anthocyanins which protect cells from free radicals. They are also high in fibre, vitamins and minerals, especially Vitamin C.
- **Flavonoids** The beneficial effects of berries, citrus fruits, dark chocolate, and many herbal extracts are now known to be directly related to their flavonoid content. So if you can't afford Quercetin supplements then power into the berries and fruits.



## Pine Needle Tea

We are hearing a lot about pine needle tea and its benefits for the immune system and why it's so popular right now. Pine needles contain many beneficial constituents and are packed full of vitamins, especially C and A, and antioxidants. It has been used traditionally for the prevention of colds and viruses and also contains shikimic acid, the same molecule found in star anise herb used historically in Traditional Chinese Medicine to treat respiratory illness. It also contains the compound Suramin which has been widely used in the clinical treatment of parasites and viral infections. Pine needles have been used by indigenous populations around the world as both food and medicine for hundreds of years.

Douglas Fir, Scotts pine, Radiata pine (Monterey Pine) trees are abundant in New Zealand but steer clear of Norfolk Pine and also Yew and Cypress which can sometimes be mistaken for pine. A good rule of thumb is to avoid flat needles. Some conifers can be toxic so make an identification of the specific species before using.

You want to pick fresh new growth pine needles, but be careful to harvest away from sprays and pesticides.

We advise against ingesting pine essential oil, ingesting essential oils can be dangerous and should not be done unless advised by a certified practitioner.

Avoid drinking pine needle tea if you are pregnant or plan to become pregnant. If you are taking prescription medication, check with your doctor before drinking regularly as it can reduce the effectiveness of other drugs in your system. It's also a diuretic and in large quantities can be irritating to the bladder.

**To make pine needle tea**, all you have to do is pick your pine needles, place a small handful into a tea pot, with or without a strainer.

Boil your jug, pour boiling water over needles, steep for a few minutes or longer, remove needles (or pour tea through strainer) and drink.

You can add some sweetener if preferred or squeeze some lemon or orange into your tea for extra Vitamin C and a fruity flavour.



## Did you know?

- 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 and not meant for the landfill.
- 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.

We are proudly certified Organic as a Store with Bio Gro New Zealand

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