



March Newsletter 2020

Welcome to our March edition and the beginning of Autumn! With the change of season and slightly cooler weather can come coughs and colds and sniffles, and with all that is in the news about the Corona virus, we thought it was a good time to remind everyone how to help keep ourselves and our families free from viruses in general and keep our immune systems well boosted naturally.

Natural Immune and Anti viral support.

Eat foods and spices with antiviral properties. These include coconut oil, raw garlic, oregano, ginger, turmeric, kimchi and other fermented foods, walnuts, pomegranates, green tea, apple cider vinegar, lemon peel, medicinal mushrooms (shiitake, maitake, reishi, cordyceps, turkeytail). Papaya and pineapple also contain the enzyme Protease which inhibits viruses replicating.

Eat lots of colourful fruits and vegetables, especially greens which alkalise the blood! They are full of antioxidants which will destroy the free radicals that weaken our immune system.

Stay well-hydrated. Stick to good quality water, herbal teas such as elderberry, green tea, coconut water, and bone broth too which has amazing immune supporting properties.

Eat fermented foods. The probiotics in fermented foods have great immune boosting properties.

Avoid sugary drinks and processed foods and reduce alcohol and coffee!

Get fresh air and moderate daily exercise which can boost the production of macrophages, the kind of white blood cells that "eat" bacteria and viruses.

Get adequate sleep which can increase the number of your white blood cells. On the other hand, loss of sleep even for a few hours at night, increases inflammation in our body which makes us more susceptible to catching the flu and feeling run down.

Minimise stress. Emotional stress creates physiological stress in our bodies that lowers our immune defences and makes us more vulnerable to illness. Stress has been shown to lower our white blood cells' abilities to kill germs too.

Use good hygiene practices, especially hand washing & using a tissue to contain coughs & sneezes.



Nutritional Supplements & Vitamins for Immunity.

Fish oil – Omega-3 essential fatty acids have a host of immune benefits, in fish oil, flax seed and hemp seeds or oils too.

Probiotics– Studies have shown a reduction in fever and upper respiratory symptoms in children who took a probiotic with a specific combination of Lactobacillus and Bifidobacterium daily throughout the cold and flu season!

Vitamin C– Vitamin C is a powerful antioxidant which assists our ability to ward off and deal with infection. Use the Sodium ascorbate (PH neutral Vit C) ½ tsp every 2 hours till bowel tolerance or take ones with bioflavonoids, or the Lypospheric Vitamin C or the natural acerola Berry Vitamin C.

Vitamin D3. Studies have shown that supplementing with adequate levels of Vitamin D3 during the cold and flu season significantly lowered rates of infection.

Colloidal Silver is a great antimicrobial spray and internally helps to inhibit the enzymes that allow a virus to utilize oxygen & multiply.

Zinc– Zinc is required for the normal functioning of white blood cells. Supplementing with just 15mg of zinc per day in adults has been found to improve our immune cells' ability to ward off infection.

Special Offers (while stocks last)

- **"OKU"** Kawakawa herbal tea blends with free tea strainer! Only \$16.90
- **"Harkers"** Vira Guard 250mls for only \$27.90 (plus other Harker immune elixirs for same price.)
- **"Thompsons"** Junior Immunifort , \$9.90 for 45 chewable tablets
- **"Thompsons"** Junior C, \$7.90 for 100 tablets.
- **"Thompsons"** Throat spray \$14.90
- **"Comvita"** Olive Leaf Extract 500mls & 60 capsules both \$28.90 .
- **"Raw"** Organic, sprouted & fermented Protein powders on special 1kg, \$78.90 & \$72.20 & 500gms \$46.90 & \$47.90.
- **"Weleda"** Wild Rose Skin Care creams, \$27.80 & Night cream \$29.70.



New Products

- **Nieuwenhuis"** Goats cheeses, made in Hawkes Bay!
- **"Ola Pacifica"** chocolate back in stock! \$6.90 each.
- **"Down to Earth"** Organic Papadoms \$3.95 a pkt.
- **"Munch"** beeswax snack bags, \$14.50 each.
- **"Pure Blend"** Hand and Body Lotion in the Refill area. Opening Special only \$35.00 litre

Anti viral and immune boosting herbs.

Herbal Medicine has many effective anti viral and immune support herbs for respiratory conditions for all the family. The most well known of course being Echinacea purpurea and /or Echinacea Angustifolia root. But there is also Pelargonium, Elderflower, Elderberry, Olive Leaf, St Johns wort, Thuja , Propolis, Lomatium and others. Our Medical Herbalists and Naturopaths are always happy to blend a formula for you and also offer advice to help you choose one of the many natural products on the shelves.

Homeopathic Support.

The initial stages of a cold and fever respond to Ferrum Phos and also Aconite and Belladonna and at the second stage if the cold or flu becomes more advanced then Carbo veg, Arsenicum, Bryonia, Gelsemium. If you are interested in using Homeopathy we can help or recommend local Homeopaths for more in depth support.

Benefits of Elderberry. (Sambuccus nigra)

It is still elderberry season, so hunt around your neighbourhood and see if you can beat the birds to this amazing natural medicine! Elderberries naturally contain vitamins A, B, and C and stimulate the immune system. They can help to disarm the enzyme that viruses use to penetrate healthy cells in the lining of the nose and throat. Taken before infection, it prevents infection. Taken after infection, it prevents spread of the virus through the respiratory tract.



Try making Elderberry gummies with gelatine too!

Did you know?

- We are certified Organic as a Store with Bio Gro New Zealand.
- Packaging. The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back and we will compost them for you.
- We will also compost the Bostock Chicken and Ceres compostable packing too if you cannot compost them yourself.
- We have qualified and experienced Naturopaths and Herbalists in store every day to offer advice and support for you and your family.

Elderberry Syrup

- 1 cup Organic dried Elderberries, (double the amount if fresh or frozen)
- 4 cups Filtered Water
- 1-2 Cinnamon Sticks or 1 tsp cinnamon powder
- 1-2 inches Ginger, chopped
- 5-6 whole Cloves or ½ tsp (optional)
- 1/2 small Organic Lemon, juiced
- 3/4 - 1 cup Raw Honey

Instructions

- Add the elderberries, ginger, cinnamon, and cloves to a saucepan
- Boil and then cover and reduce and simmer to half the liquid for about 45 mins - 1 hr
- Remove from heat and let cool until it is cool enough to be handled.
- Mash the berries carefully using a spoon or other flat utensil.
- Pour through a strainer into a glass jar or bowl.
- Squeeze and then compost the elderberries and cool liquid to lukewarm.
- Add honey and stir well and pour the syrup into a jar or 16 ounce glass bottle.
- Store in the fridge and take daily for its immune boosting properties.

Standard dose is ½- 1tsp teaspoon for kids and 1 tablespoon for adults, for acute dosing take the normal dose every 2-3 hours instead of once a day.



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