



# CORNUCOPIA ORGANICS

## Spring Newsletter 2014

221E Heretaunga St, Hastings, Hawkes Bay.

Spring is traditionally the time to do a cleanse or a detox and this issue we are focusing on products to cleanse the body and support allergies. Although Spring is warmly welcomed by us all, for some it means the allergy season, with higher levels of pollen and increased wind causing sneezing and other unpleasant symptoms! So we hope you will find something of interest to support your health this Spring, as we profile a few different NZ companies who are making a difference.

**Apple cider vinegar or ACV** is made from crushed fermented apples to make apple cider, and then fermented a second time to become apple cider vinegar. It is often sold with a dark, cloudy sediment that contains enzymes and minerals which is called "the mother". which is often destroyed in the processing of other types of vinegar. With a high level of potassium and many other nutrients, ACV is a nutritional powerhouse known for its amazing natural cleansing, healing and energizing health qualities and a large dose of pectin for a healthy heart. *So, how can you tap into the benefits of apple cider vinegar?*

**Improve Digestion.** ACV helps your body break down fatty food for proper metabolising. By taking a little ACV before a meal, you can increase stomach acidity and deter unwanted bacteria in the digestive tract and also improve digestion and regularity.

**Detoxify.** ACV breaks down fat, mucous and phlegm deposits in the body, thereby detoxifying and improving the health of your body's vital organs. ACV can also maintain your pH balance.

**Boost Potassium.** high in potassium ACV can ease the effects of common colds and allergies. it help prevent brittle teeth, splitting fingernails and hair loss, which can indicate a potassium deficiency.

**Balance Cholesterol.** The pectin found in ACV is a water-soluble fibre that soaks up fats and cholesterol in the body while the amino acids may help regulate your LDL (or "bad") cholesterol.

**Clear Skin.** ACV works as a skincare tonic due to its ability to regulate the pH of the skin.. Just soak a cotton ball and use it like you would a toner for a blemish-busting spot treatment!

**Antiseptic** and antibacterial properties in ACV make it useful as a household cleaner and disinfectant and a gargle for sore throats too.

Issue 6, October 2014

### Coming up in store.

- **KOMBUCHA KING .**

Thursday October 30<sup>th</sup>

10.30am – 2pm.

Come and sample the delicious Kombucha King health tonic in 4 different flavours.

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

- **PACIFIC HARVEST**

Saturday November 1<sup>st</sup>.

10am-1pm

Come and find out how to use seaweeds on your BBQ and taste delicious summer dishes using seaweed condiments. It is a healthy way to season freshly caught fish, as rubs on meat or fantastic marinades. and as a tasty, colourful addition to salads and dips.

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

### Buy New Zealand made ACV

Coral Tree Cider vinegar

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

Te Koha Cider vinegar

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



**FEEL THE BEST YOU CAN...** On a daily basis, most of us experience regular toxic exposure from air and skin-borne toxins produced by traffic, industry, cosmetics and household cleaning agents, excessive consumption of alcohol, drugs, food additives and processed foods . A detox or cleanse should be ongoing, to support the channels of elimination on a daily basis. Be proactive and look after your most valuable asset, your health. Regular detoxification is essential for a healthy, strong body and a clear mind. Despite common belief, many of the one-off detox packs have very little long term health benefits. It is actually the daily cleansing and nurturing that supports your body to function at the highest possible level.

One way to be detoxing every day is by taking the certified organic Artemis Detox Tea Remedies. Add exercise and healthy food and you will be amazed how great you feel and how much energy you have! Our daily detox supports your liver and kidneys so they can detox efficiently, to help protect your health and improve your wellbeing. Daily detoxification is the key to gaining long-term health benefits.

**Your daily detox.**

1. BEFORE BREAKFAST: 1 cup of Liver Detox Tea
  2. MID-MORNING: 1 cup of Kidney Cleanse Tea
- Follow steps 1 and 2 as a daily detox routine.  
Or twice a year for 3-6 weeks as a seasonal detox.

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



**How healthy is your liver? How does the liver tea taste?**

- A. undrinkable, B. bitter, C neutral, D pleasant.

The more bitter you find the taste of the Liver Detox Tea, or any bitter herbs, the more support your liver needs to function at the optimal level.

If you answered A or B then you would benefit hugely from a detox to improve your liver health. If you answered C or D your liver may be in good health but make sure to maintain your health with regular cleansing and detoxing.



**Pure South** is a natural mineral bentonite clay product from Southland, New Zealand.

It cleanses the blood by removing toxins, parasites and heavy metals while also remineralising the body

Try Pure South detox clay, mineral clay ,sunscreen, and mineral face wash. [www.puresouth.co.nz](http://www.puresouth.co.nz)

**Immuno Boost Tea for allergies**

This tea works to stimulate and enhance your immune system and protect your upper respiratory tract against pathogens and air pollution which can aggravate allergy issues like hay fever.

Great for children and adults.



Take 3x cups a day for acute and once daily for preventative support. Contains certified organic Lime blossom, Aniseed, Plantain, Elderflower blossom, Thyme, Sage . which help to reduce congestion, soothe the mucous membranes, and reduce symptoms. They can also help prevent viral and bacterial infections which are common as allergies can deplete immune function and leave a person feeling run down.

## NEW ZEALAND BUSINESSES WE LOVE!

**Kiwiherb** is a New Zealand based company, producing a unique range of herbal formulations. They combine the wisdom of traditional herbal medicine with the validation of modern research & clinical experience. New Zealand produces some of the best quality medicinal herbs in the world, and as founder Phil Rasmussen says “we are fortunate to be able to source most of our herbs from local organic growers.” The Kiwiherb range is unique in embracing the wisdom of *Rongoa* (Maori herbal medicine), incorporating a number of sustainably sourced NZ native herbs, carefully selected for their time-honoured traditional medicinal use. Wherever possible Kiwiherb products are certified organic by Bio-Gro, New Zealand's leading organic certification agency.

**Kiwiherb Liver Cleanse** is a premium, certified organic formulation containing Milk Thistle, Globe Artichoke, Dandelion Root and Liquorice, designed to restore and protect the liver. The liver is increasingly stressed by our modern environment and lifestyle. and liver cleansing herbs can support and enhance the body's detoxification processes and improve our sense of wellbeing and overall energy. It can be taken as part of a detoxification program, as daily liver support, or simply as needed during times of overindulgence.



**Kiwiherb Herbal Allergy Formula** helps balance the immune response underlying allergies, and helps soothe and clear the eyes and nose. It is recommended for seasonal allergies, skin reactions and food allergies too. It is a high potency formulation containing Baical Skullcap and Rehmania, two Chinese herbs with a long history of use in Traditional Chinese Medicine for the treatment of allergies, along with Eyebright to help reduce over-secretion of mucus in the respiratory tract. Naturally sweetened with Manuka Honey. It is suitable for adults and children .

Check out their website [www.kiwiherb.co.nz](http://www.kiwiherb.co.nz) for other Kiwiherb products for the whole family.

**Tea tip! Green tea** is a super food in a cup! It is high in antioxidants and catechins which protect against cell damage. Drunk regularly it may protect the liver against damage from toxins, prevent the oxidation of LDL cholesterol, boost metabolism, support weight loss and may help prevent heart disease and memory loss. and protect against certain cancers. Drink several cups a day for optimum benefit.

## HOW TO MAKE A MEDICINAL HERBAL TEA.



Herbal teas can be drunk hot or cold, although mostly they are beneficial when hot, especially when the herb contains active volatile oils which are released when hot water is poured over. There are two types of herbal teas, infusions and decoctions. Infusions are used for soft plant parts such as flowers and leaves and herbs. Decoctions are used for harder more woody plant parts such as bark, roots and stems and seeds.

### Making an Infusion.

Use a china or glass teapot or cup, warmed with a little hot water. Use a heaped teaspoon of dried herb per cup of hot water just off the boil. Pour over the herbs and cover with a lid. This traps all the important volatile components of the herbs . Leave to steep up to 15 minutes or longer . If using fresh herbs use a good handful per pot.

### Cold infusions.

These are made with cold water to cover the herb and left to infuse overnight or for several hours.( eg lemon balm)

### Making a decoction.

Measure the required amount of seed, root or bark into a saucepan and cover with cold water. Bring to the boil, then cover and simmer for 10-15 minutes. Remove from the heat and leave to stand. Strain and enjoy or leave to cool to drink later.

Herbal teas can be stored in the fridge for up to 3 days.



## ORGANIC SKIN CARE OF THE MONTH



Plantae is a New Zealand made and organic skin care company, It is completely plant based and the ingredients sourced locally where possible and naturally extracted to retain their active properties.

*"Each product is carefully formulated using the highest percentage of organic fresh plant ingredients. These can all be traced back to the individual organic farmer who has grown the plants with love and integrity and without the use of petrochemical herbicides, pesticides, and chemical fertilizers." – Carol Priest – owner.*

check them out at [www.plantae.co.nz](http://www.plantae.co.nz)

**For the month of October and November there is a buy 2 products and get one free deal while stocks last.**

### Recipe for Spring Rich Chocolate Mousse.

As avocados are in season at the moment, you might want to try this raw version of chocolate pudding! The avocado really adds a beautiful depth and silky smooth texture. Packed with anti-oxidants and healthy fats and no added sweeteners.

#### Serves 2

- 1 med. ripe avocado
- 1/2 c. frozen berries i.e. blueberries, strawberries, or mixed.
- 1/4 c. or 2" frozen ripe banana (frozen has more flavour)
- 2-3 tbsp. raw cacao powder ( amend to your taste)
- 1/2 tsp. vanilla extract

This has to be one of the simplest and quickest desserts to make. Place everything in a blender and blitz until a nice smooth mousse. You could add a scoop of coconut, some protein powder or anything else you fancy!

It is so rich and velvety! Serve immediately or chill for later.

Carie Bolton

[BoltOnHealth&Fitness](#) [HealthyKitchenHealthyBody](#)

W: <http://healthykitchenhealthybody.com>

We profiled DENZ ( diamataceous earth NZ) in a previous newsletter. It is certified organic and wonderful to use in your house and garden and can be taken internally too.



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

Enjoy your Spring everyone and remember we have everything you need for your Spring gardening too!

We welcome your feedback on our newsletters .

e. [cornucopiaorganics@gmail.com](mailto:cornucopiaorganics@gmail.com)

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

## Did you know!

We are now BioGro certified !



No. 5487

This means that our customers can be sure that we are complying with the strictest organic principles.

### Some new products in store .

**Teecino** Herbal coffee alternatives. Delicious caffeine free coffee substitutes. [www.teecino.co.nz](http://www.teecino.co.nz)

**Nil** . NZ made sandwich bags, lunch wraps and beeswax food wraps in three sizes. [www.nilproducts.com](http://www.nilproducts.com)

**Raw Nutritionals.** Organic, sprouted and fermented protein powders and a range of accompanying raw food nutrition powders. [www.amazonia.com.au](http://www.amazonia.com.au)

**Pana chocolate** is a really delicious, raw, organic chocolate from Melbourne, Australia. [www.panachocolate.com](http://www.panachocolate.com)

