

Foods To Avoid During Allergy Season.

- **Wheat** and other glutenous grains: If we have sensitivities these will strain the digestive system and cause inflammation in the body and increase our reaction to things like pollen, causing hay fever.
- **Sugar:** Glucose competes for uptake with Vitamin C, a natural anti-histamine, and so the more sugar we consume, the less Vitamin C we can absorb, weakening our immune function. Additionally sugar is acid forming in the body which is the perfect breeding ground for bacteria, fungus and viruses.
- **Dairy:** Like sugar and refined grains, is also acid forming and can upset and unbalance our immune response and make us really mucousy, adding to the congestion common with seasonal allergies.

Lifestyle Practices For Symptomatic Relief.

- **Neti Pot:** Using warm salt water in a neti pot helps to flush your nasal passages, as a way to clear out sinuses and also works as a preventative to sinus infections that can result.
- **Yoga:** Inversion poses like shoulder stand, headstand, plough, or even bending over while standing, hanging your upper body upside down will help drain the nasal passages and cleanse the lungs. Start for just 1-2 minutes to avoid too much pressure on your head if you're heavily congested.
- **Steam Inhalation:** Another great way to drain the sinuses and relax the lungs is through steam. Boil some water in a pot and then drop some essential oils of eucalyptus ,peppermint and/or myrtle. Put your head over the pot, cover with a towel and breathe in the goodness.
- **Using a HEPA filter** is an amazing way to remove spores and pollen from the air. Ideally you would have one for the whole house, but short of that, keep one in your bedroom with the doors close while you sleep.

Organic Week Aotearoa. September 5th -13th

Look out for specials, in store tastings and lots of info on Organics in Aotearoa and in Hawke's Bay. Check out what is happening on www.organicweek.co.nz and check our September Newsletter for more information.

Did you know?

- All the packaging we use in store is plastic free and home compostable. Bring it back to us if you are unable to compost it yourself. We have a stainless steel bucket by the counter.
- We have boomerang bags, paper bags and boxes if you forget your own shopping bag!
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support for you and your family's health.

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

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All in one Drink for the Allergy Season



A potent, anti inflammatory, anti oxidant, delicious and refreshing drink.

- A piece of fresh Turmeric
- 1/2 a whole Lemon
- A small piece fresh ginger
- A pinch of Cayenne
- A tsp of Raw honey
- A tbsp Flax seeds, Chia Seed and/or Aloe vera:

Adjust amounts to suit your taste, whizz it all up in a blender and drink 1 -3 times a day.

