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The winter weather has well and truly set in, so it's time for a bit of warmth and comfort. This month we look at teas – both hot and 'cool', and recommend some of our favourites. We also profile three new formulations from Solgar Vitamins and Herbs, and focus on some winter ailments.

Some like it hot!

Whether it's black, green, white or herbal you can't beat a nice cup of tea in your favourite mug or cup. Gone are the days when tea was simply of the English breakfast variety and your only decision was whether to have milk and sugar. The availability of different leaves, varieties and flavours has grown exponentially and we are in an age where 165 million cups of tea are drunk each day. So let's have a look at some healthy brews that can be found amongst the many varieties in Natures Corner.

- **Ginger – great for helping with nausea and to help the body feel energised.**
- **Try Yogi Ginger Hibiscus for a great spicy zing - highly recommended by Liz.**
- **Eucalyptus and Peppermint – those who succumb to colds will benefit from these as they are useful for blocked passages, while peppermint is also great for aiding digestion.**
- **Try Twinings Eucalyptus and Peppermint.**
- **Fennel – one to bear in mind for tummy troubles as it can be settling and offset bloating. Can also be helpful for morning sickness during pregnancy.**
- **Marilyn's favourite is the Heath & Heather fennel tea.**

- **Echinacea – this wonder herb can help as an immune booster as well as offering antibacterial properties.**
- **Try Twinings Echinacea and Raspberry.**
- **Lavender and Chamomile- consider these for relaxation and drinking before bedtime.**
- **In fact, Yogi Bedtime Tea is perfect.**
- **Lemon – perfect for after the party season, as it is a popular option as part of a detox.**
- **Pukka's Detox Tea is the perfect choice.**

We finish with the coolest cuppa in town, try 'Make us a Brew' courtesy of DJ cartoonist and tea lover Mr Scruff. These teas are top quality, delicious and organic and feature:

Look Lively – lemongrass, yerba mate and mint for a proper uplifting brew.
Big Chill – rooibos, pear and cinnamon with valerian for a lovely relaxing brew.
Mint and chilli – a winning combination for a proper cheeky brew.

Solgar Vitamins – over 60 years old and still coming up with the goods!

At Natures Corner, we have worked hand in hand with Solgar since we first opened our doors in 1999. SINCE Solgar was founded in 1947, they have been committed to Wellness, this means a commitment to quality, innovation and integrity. Here we take a look at three new formulations.

Ultimate Bone Support provides key bonebuilding nutrients including calcium, magnesium, vitamin D3, vitamin K2, zinc, copper, boron and manganese in the best

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possible form for absorption and utilisation. It is easy to absorb and free of sugar, starch, yeast, wheat and gluten. When eating a balanced healthy diet, calcium will be available to our bodies, but many factors can cause depletion. Fizzy drinks and coffee are two of the biggest culprits, but a decrease in bone density can also be seen during the menopause and can also result from a sedentary lifestyle. The minerals in Solgar's [Ultimate Bone Formula](#) are subjected to a specialist patented manufacturing process that improves bioavailability (superior absorption). This means fewer tablets are required to achieve adequate nutrient levels.

[Methylcobalamin](#) is a coenzyme form of vitamin B12 which is biologically active. It is the form of B12 that is active in the central nervous system and is essential for cell growth and replication. Other forms of B12 require conversion to [methylcobalamin](#) by the liver and evidence suggests that some people may not make this conversion efficiently. Solgar's [methylcobalamin](#) nuggets are taken sublingually (dissolved under the tongue), which means the B12 bypasses the stomach and is absorbed directly into the bloodstream. A deficiency in B12 can result in nervousness, anxiety and depression.

The [Acai](#) (pronounced Ah-sigh-ee) palm tree is found in Central and South America and is most plentiful in Brazil, particularly in the flood plains of the Amazon. For centuries locals have harvested these berries as they believe the nutrient rich [Acai](#) berry is key to great health, energy and a healthy glowing skin. In fact, in Rio de Janeiro, [Acai](#) is the superfood of choice for Brazil's surfers, athletes and the

body conscious. The [Acai](#) fruit possesses naturally high concentrations of antioxidants known as polyphenols. The berries are an excellent source of protein and contain 19 different amino acids. Enjoy an exhilarating, purifying experience today with this Brazilian super berry.

Earache & Ear Infections

Over the last month or two we've had a number of people in the shop suffering with ear infections. This seems to be a problem more prevalent in the winter months and can be the result of stress, a compromised immune system or the aftermath of a cold. Here are a few tips to alleviate the painful symptoms:

- **Elderberry** : general anti-infection
- **Echinacea** : general immune support
- **Vitamin C** : important for immune system and helpful for children with recurrent middle ear infections
- **Zinc**: deficiency in zinc is very common and can lead to undue susceptibility to upper respiratory and/or inner ear infections
- **Plantago**: reduces the amount of inflammation in the mucous membranes of the upper respiratory tract, and has naturally occurring antibiotics. Helps with catarrh, sinusitis, tinnitus, earache, ear infections, glue ear

For any ear problem, call in for the right advice.

Cold Sores.....Ouch!

Another problem that occurs for some people at this time of year is the dreaded painful cold sore (Herpes Simplex). The

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amino acid, [Lysine](#), has been shown to prevent the reoccurrence and speed the recovery from cold sores. Another amino acid in the body, arginine, promotes the cold sore virus and lysine works by blocking the activity of arginine.

Supplementing with [Lysine](#) (1000mg daily) and reducing the intake of arginine rich foods, such as nuts, seeds and chocolate, is an effective weapon against the cold sore virus. The nuts and chocolate connection is why so many people suffer just after Christmas.

Aromatherapy oil of the month

Focus Essential Blend – Basil, Bergamot, Cedarwood, Lime, Lemon, Peppermint, Sage and Rosemary

- ❖ Place a few drops on a tissue to stimulate and awaken the mind.
- ❖ Diffuse in a burner

What's on 'in store'

Free Nutritional Consultations on

Thursday 28 January Tim Gaunt
Wednesday 8 February Orley Moyal
Thursday 4 March Kim Knight

Book an appointment to avoid disappointment.

'How Toxic are You?' – Week of expert advice on skincare, hair colours, nutrition, cleansing and revitalising.

1 – 6 February 2010

See poster on next page.

STOP PRESS Dale Pinnock, Medicinal Cook and Nutritional expert in store

Wednesday 3 February

1 – 6 February 2010

What to look out for.....

Newbury Weekly News Business Today-

11 February 2010 – 'Think Ginkgo'

Our store will also be keeping people updated through the social networking website Twitter, so please join us on www.

twitter.com/natures_corner

To buy online, simply click on the products in blue.



How Toxic are You ?

1st—6th February

Visit Natures Corner for

Free Expert Advice on:

Natural Skincare, Hair Colours, Nutrition

Cleansing & Revitalising

Meet the Kinesiologist

on Tuesday

Free Mini Facials

Monday & Tuesday

Meet Dale Pinnock, Medicinal

Cook

on Wednesday

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