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ISSUE NINE | JUNE/JULY 17 | FREE



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A LOOK AT FOOD LABELS

EXPERT ADVICE ON HOW TO TELL IF
SOMETHING TRULY IS HEALTHY



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EDITOR'S NOTE

Man flu is real, or so our feeble (when infected) friends tell us. Fact or fiction, you'll know when a case of the dreaded man flu infects your household. As insidious as it is, there are things you can do to help your bloke back to better health (which is better for everyone!)

As well as focusing on a few of the important issues to tackle for winter wellness, in this issue we also caught up with Annaliese Jones, who helps shed some light on how to tell if food is healthy. Although it's hard to drill down to hard and fast rules, her tips for food labels can give some guidance.

Lastly, you may notice a few changes within this issue; namely, the introduction of our Community page. At Hardy's, we pride ourselves on getting alongside our customers as expert partners on their journey to health and happiness. This part of the magazine is an extension of these conversations; a place where we can share the happenings of the Hardy's community. We invite you to be a part of this and hope you will join us online via our website and social channels. Feel free to send us through any suggestions you'd like to see too, to info@hardys.co.nz.

Until next time, stay happy and healthy.

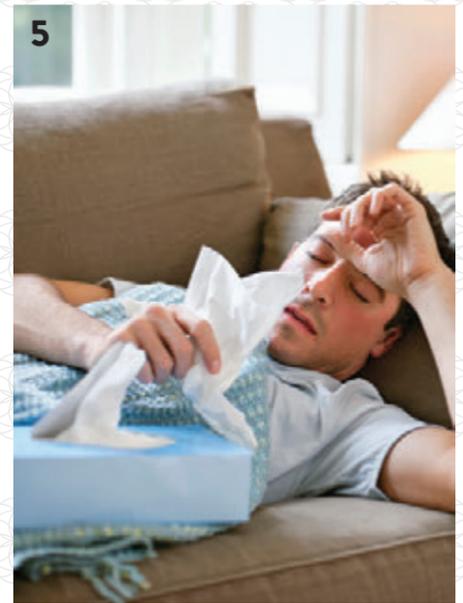
THE TEAM AT HARDY'S XX



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A WOMAN'S GUIDE TO CURING (OR DEALING WITH) MAN FLU



It's not hard to diagnose a case of man flu; the signs that it has infected your household are obvious. Initially you'll hear an increase in grunts and huffing and puffing from your significant other.

From there, the rest of the physical symptoms become visible. It will likely start with slumped shoulders, and a decline in demeanour; there might be a shuffling of feet and the visible display that the very act of moving is painful. There may or may not be sreams of snot beginning to cascade down his face, and, from there, your man will likely begin his retreat to the bedroom.

Another of the sure-fire ways to tell if you've got bona-fide man flu on your hands is that his complaints will be accompanied by an air of inactivity; he will do nothing, of any use, to change or remedy the physical symptoms that he is complaining about. You'd be forgiven for thinking that he has, quite literally, been immobilised and regressed back to a childhood state of dependency.

So, what else can you do to stave off this debilitating illness, and get your man back to being a fully-fledged and functioning member of the family?

THE FIRST STEP IS ACCEPTANCE

Consider this like the grieving process; the previously strong man in your life has all but vanished, however, it is temporary and he will (eventually) return – even though he truly does think he's dying right now. Resistance is futile; accept that this is a thing that men get. Our lot is childbirth and sympathy, which pales in comparison, as most men will assert that “at least labour is over quickly!”.

Society's (and 'supposed to be' concerned spouses) lack of acceptance for this sinister illness increases its trajectory and men who are suffering frequently complain that flu also stands for “Females Lack Understanding”. It's much better just to embrace it. Don't sweep the illness under the rug, as this will only exacerbate the sufferer's acute need to demonstrate exactly how unwell he is, and advertise this to anyone who will listen (as well as all the people who won't!)

EXTEND AN OLIVE BRANCH (WE MEAN, LEAF)

While there might be some grovelling to do, and forgiveness being sought once a case of man flu subsides, what we're actually advocating here is the use of olive leaf extract to treat the cause. One of the key active ingredients in a range of immune-supporting formulations, olive leaf strengthens the body's defences, which your man needs right now. The primary phytochemical oleuropein, and olive leaf extract's other antioxidants support strong immunity and can help to encourage the body's cells back to health.

C HIM RIGHT

We all know that vitamin C is one of the heroes when it comes to waging war on winter ills and chills, but the man in your life might need reminding that this is the case. Because he's unlikely to be able to prepare meals while in the full throes of man flu, he will be reliant on you providing vitamin C-rich meals, like lots of fresh fruits and vegetables – especially red peppers, dark leafy greens and citrus fruits – to see him through the worst of his sickness. If it's hard to sneak enough of this antioxidant and vitamin-packed produce into his meals, supplements are also available, some of which contain

specially formulated versions of vitamin C that can be easily absorbed by his white blood cells.

SAVING YOURSELF

Although akin to the Bubonic Plague, ladies need not worry themselves too much, as we have natural immunity to man flu; call it a tougher constitution. While doling out affection, it does pay to be cautious however.

A lack of that unfortunate Y chromosome may protect us from the intense suffering of this particular strain, but it's worth being mindful of the other insidious winter ills and chills that can affect the entire population.

While not felt as acutely as the man flu, these other bugs can be responsible for ills and chills, weakness and fatigue, and general discomfort. Wash your hands frequently to avoid the spread of winter germs and do what you can to keep your immune system functioning optimally. Some form of regular exercise can help with this, as well as providing a way to escape the house for a short while and avoid the patient pawing feebly at you.

For more advice, or just a sympathetic ear, talk to the expert team at your local Hardy's store.



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JUMPSTARTING YOUR JOINTS THIS WINTER

Although winter may be great for jumping in puddles and cosy nights in front of the fire, it can be an uncomfortable time for some with stiff and creaky joints. You may know of (or even have experienced yourself) the ability that some people have to sense when rain is coming; these people often claim that they can “feel it in their bones”.

Although this may just seem like simply a turn of phrase, there could be some truth to their assertions, as a 2007 study by researchers at Tufts University in Boston found that severe weather changes can cause discomfort for those with joint mobility issues. The study identified that when the temperature dropped considerably, joint mobility issues increased. The drop in barometric pressure in the atmosphere, caused by the temperature change, is to blame.

Unfortunately the wild swings in air pressure that cause this phenomenon are much more frequent during winter. However, there's no need to dread the colder months for the discomfort that sometimes ensues; we've included below some simple strategies to help your joints weather the winter much more comfortably.

KEEP MOVING!

It's very tempting, at this time of year, to transform into a couch potato – however too much hibernation can actually further agitate your joints. Staying active enables you to keep your joints lubricated, which is the first step in maintaining joint health. Any type of exercise helps, in that it gets the blood flowing to your joints, but for those with delicate joints, low-impact activities such as yoga and swimming can be the safest.

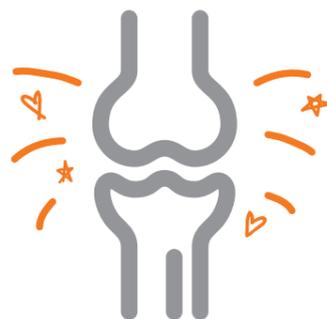
Head to your local (preferably heated and indoor!) pool, or find some yoga classes near you. Exercise is vital for strengthening the muscles around your joints, building bone integrity and increasing energy levels.

STRETCH, STRETCH, STRETCH

On that note, don't ever underestimate the importance of a good stretch. No doubt you'll remember your old gym teacher urging you to stretch in order to warm up at the start of class. While we've come a wee way in understanding how our bodies work best,

the importance of stretching has endured. Stretching lubricates the joints and helps us to enhance and maintain our range of motion, which is particularly important for those with joint mobility issues.

However, something to be particularly mindful of now is the advice that you should avoid stretching cold muscles. So what do you start with? According to the experts, dynamic or 'active' stretching – those movements that mirror actions used in sport or activity – are best for a warm up. For example, if you were gearing up to play tennis, you might practice side and front lunges as part of your warm up. These will prepare your body by increasing blood flow and muscle temperature. Only after you've done these movements for 5 to 10 minutes can you switch to the 'stretch and hold' variety known as static stretching. Lastly, remember to stretch at the end of your workout, while your muscles are still warm, to maintain long-term flexibility.



STAY WARM... AND HAVE A SOAK

This may seem obvious, and is certainly something we all aspire to do during the winter months, but keeping your core body temperature high can help increase joint comfort. Wrap up in some extra layers before you go out to battle the elements and make sure, specifically, that anywhere that you get stiff joints is toasty.

Natural hot springs are the ideal for soothing joints and muscles, but relaxing in a warm bath does the trick too. Adding magnesium-rich Epsom salt to the water can further help to ease stiffness. Far from being a frivolous indulgence, a good soak has huge health benefits. Just try not to go straight from a warm bath into a cold room without bundling up first!

TURN TO TURMERIC

Traditionally used in Chinese and Indian Ayurvedic medicine, turmeric is thought to support joint mobility and comfort. Curcumin, the key active ingredient in turmeric, is the bioactive compound that is responsible for most of the spice's medicinal qualities. Turmeric is full of potent antioxidants, accounting from the curcuminoid compounds that give it its golden colour. Turmeric is an ingredient of most curries and lots of cafes now offer a warming turmeric latte on their drinks menu. To get more into your diet, you can add it to scrambled eggs, toss it into roasted veges, add it to rice, blend it in your smoothies, or stock up on it in soups. There are also supplemental forms available, so talk to your Hardy's expert about whether turmeric capsules might be right for you.

OTHER SUPPLEMENTS TO SOOTHE

As well as magnesium and turmeric, there are a host of other supplements that can support tired and stiff joints; one of our team can help you work out the best ones for you. Glucosamine, for example, acts as one of the body's natural shock absorbers and joint lubricants with anti-ageing properties. Glucosamine, and its accompanying chondroitin, are the natural compounds found in healthy cartilage and the fluid around the joints, and they help to create cartilage from compounds called aggrecan and proteoglycans.

Bromelian is another compound that can help. A natural proteolytic enzyme harnessed from pineapple in high doses, bromelian is designed to help the body digest proteins. However, it is thought to be able to target different areas of the body and can also support the joints, encourage wound healing, and promote the recovery of sports injuries.

Lastly, look for artemisia annua. It may seem like a mouthful, but this herbal extract contains beneficial phytonutrients that support joint health. In this way, this ingredient has been shown to support healthy joint mobility and flexibility and is particularly beneficial for the comfortable movement of damaged and ageing joints.



NATURAL JOINT HELPERS

- Turmeric
- Glucosamine
- Magnesium
- Bromelian
- Artemisia annua



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HEALING YOUR SKIN FROM THE INSIDE OUT

Dry and itchy skin can put a damper on your mood. What's worse, the winter months can dry your skin even more, making those flare-ups more than just a little irritation. Now's a great time to think about your skin's health and prepare your body with the things it needs to keep you healthy, glowing and itch-free.

Skin conditions can often be a reflection of inner health. Studies have shown that an overtaxed liver can lead to dry skin, itching and flaking. This may be caused by poor diet, or in some cases sensitivity to certain chemical structures in foods¹. If you think you or your loved one has a food intolerance or allergy, it's important to seek professional advice. Cutting back on things like wine, coffee and sugar – the usual suspects – may also help relieve your itchy skin. You can also give your skin a boost by drinking plenty of water and consider taking omega 3 supplements to hydrate your skin from the inside out.

Another important part of helping your skin repair is by paying attention to your gut health. Our gut bacteria is linked to 80% of our immune system. In a recent study, children supplemented with the probiotic lactobacillus rhamnosus (LGG) halved their risk of dry, flaky skin conditions. Eating foods rich in probiotics such as fermented vegetables or yoghurt may help to boost your immune system. Products containing the probiotic LGG, such as Inner Health

Eczema Shield, may also help by giving your system a head start in fighting off those annoying symptoms.

For topical treatment, there are a wealth of natural options to help all skin types. One method is soaking in a warm bath laced with natural active ingredients. Add two cups of Epsom salt to hot water to make the most of its soothing and calming qualities. Epsom salt is easily absorbed into the skin and is shown to help soothe and relieve itchy skin, as well as tense muscles. Another option is to have an oat bath. Oats have recently been shown to exhibit soothing and anti-itching qualities. After taking a bath it's also a good idea to moisturise with a natural cream; we love the healing properties of Rhino Repair, which is packed with ingredients to help soothe your skin and encourage its recovery.

You can also use creams if you're seeking instant relief. Soothe and help skin repair using a natural cream with active ingredients like manuka honey, calendula and aloe vera. Try to avoid products with perfumes, parabens and petrochemicals as these can irritate your skin further. A product such as Rhino Repair can be used 3-4 times a day, and is full of active (yet calming) ingredients that your skin will love.

It's important to remember that skin irritations like dry skin, itchiness and flaking can often be symptoms of an inner health imbalance. Take care of your insides to keep your outside healthy too.



References:
¹<http://articles.mercola.com/sites/articles/archive/2008/12/30/fend-off-psoriasis-and-eczema-with-simple-inexpensive-remedies.aspx>



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SPIRULINA

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Spirulina contains some of the highest density of proteins found in any food, offers more beta-carotene than carrots, more iron than raw spinach and more calcium than milk on a gram per gram basis.

Unique to spirulina is an antioxidant protein called phycocyanin, which helps with oxidative stress in our body and protects our cells. Phycocyanin also supports the production of the body's helper T cells, which play an important role in the functioning of our immune system. As an immune regulating food, spirulina helps to balance and stabilise the immune system, freeing up more of our metabolic energy for vitality, healing and absorbing nutrients. In this way, it builds a strong and healthy foundation, so we are less vulnerable to invading bacteria and viruses.

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Spirulina lacks cellulose walls, so it is very easily digested and absorbed. This is especially important to those whose digestion is compromised, or for those recovering from illness. Within our body's cells there is an energy powerhouse called mitochondria; spirulina feeds the mitochondria, which turbo-boosts our energy and helps with healthy cell regeneration.

With the richest concentration of nutrients known in any food, grain or herb on earth, researchers believe it may just be the perfect food.

SPIRULINA PERFORMANCE

Along with all the usual amazing benefits of spirulina, Lifestream's Spirulina Performance has extra added phycocyanin; 23% more than other spirulinas. It has good levels of vitamin B3 for brain, energy and heart health, and zeaxanthin which supports healthy eyes.

This makes it the perfect spirulina for people who are under increased stress, are immune compromised, want fast recovery after physical training or are just needing extra energy to perform at their best.

Spirulina Performance has a vanilla coating for taste, and is a good option for:

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- Energy boost
- Fortified immune protection
- Antioxidant protection against oxidative stress
- Supporting recovery after exercise
- Eye health

There are handfuls of ways in which Lifestream Spirulina Performance supports optimum health. If you are looking for boosted energy or recovery after exercise, want to support your immune system, healthy skin, or to top up on your daily nutrients, ask one of your local Hardy's experts if Lifestream Spirulina Performance would be a good option for you.



ALOE INSIDE AND OUT



Aloe vera has been referred to in ancient texts for thousands of years, boasting amazing healing properties for our bodies both inside and out. The Ancient Chinese, Indians and Egyptians all used aloe vera to treat burns and wounds, and references have been found on the walls of temples in Egypt that suggest that Queens Nefertiti and Cleopatra used aloe vera as part of their beauty treatments. In 1944, the Japanese who were exposed to the "A" bomb applied aloe gel to their wounds and reported faster healing.

North American Indians revealed the secrets of using aloe vera for internal health to the European settlers, and research has continued throughout the years. Initially only fresh leaves were available, which made distribution impossible, before the advent of processing and preserving techniques in the 1950s meant the commercial innovators of aloe vera were able to bring their products to us globally.

Lifestream Biogenic Aloe Vera is GMO free, organically grown and harvested by hand, taking only the outer leaves so the plants continue to grow sustainably for the future. It is then hand filleted and washed to remove the latex. From there, Lifestream Biogenic Aloe Vera Juice is processed using the patented process of NaturLOCK to ensure the nutrients are maintained as close to the fresh plant as possible.

Nowadays, as well as the gel soothing sunburn, aloe vera juice is used as a digestive tonic to soothe the stomach and intestines, while supporting smooth and natural digestive processes. It helps to balance acidity, aids cleansing our system of toxins, helps maintain healthy intestinal bacteria, and supports the immune system. The pure 'inner gel' of the aloe plant contains a powerhouse of vitamins, minerals, antioxidants, nutrients and enzymes essential for cell growth and renewal inside and outside the body.

For those who avoid certain foods, aloe vera can support your digestive system before and after those "slip up" or "can't resist" moments. With your digestion operating at optimal levels, you can absorb the nutrients from your food better, which means your energy reserves get topped up, your mental focus is sharper, and your skin will have the nutrients it needs to rejuvenate and glow.

In fact, its support for our skin isn't just from internal use of aloe vera; Lifestream aloe vera skin care products can be used to nourish the skin after a shower, as part of your facial skin care regime, as cooling and soothing relief after a day in the sun, as an alternative to shaving gels and creams, and for after shaving.

It really is no wonder that aloe vera is oft-referred to as "the healing plant". With such a diverse range of health supporting properties, for both inside and out, aloe vera was valuable in ancient times and is even more so today.



A WHOLE LOT OF WHOLEFOODS WITH THEE CAFÉ



As we discuss overleaf in our 'Decoding food labels' article, wholefoods are those that are still in the form that they come out of the ground. Because they haven't been heat-treated or processed, wholefoods contain the maximum amount of nutrients possible; they've got rich phytochemicals that are found in plant foods, more vitamins and minerals than processed foods, and more fibre and beneficial fats. Because wholefoods are closer to how nature intended them, they also contain combinations of nutrients that act synergistically to keep us healthy.

As we become more aware of the quality and nutritional profile of the foods we put in our bodies, there has been a trend towards more food places that specialise in wholefoods – and we couldn't be happier! One of our favourites is Thee Café, where nothing screams wholesome quite like their delicious fare.

Originally a franchise business in Australia, where it is known as The Paleo Café, Thee Café is the first of its kind to be bought across the ditch to New Zealand. Owners Gary and Caroline Mellsop left behind years of corporate life to start the family-oriented business that promotes healthy living for both people, and the environment.

A revolutionary health food café, Thee Café believes in eating as Mother Nature intended; meaning plenty of plant-based foods, quality meat, seafood, eggs, fresh fruit, nuts and seeds. It can also be coined as the hunter-gatherer lifestyle, similar to the diet of cavemen who lived many moons ago. While the wholefoods lifestyle cuts out all the nasty additives like refined sugars, Thee Café's food never compromises on flavour and the meals are packed full of real nutrition that leaves you feeling fuller for longer.

We caught up with the Thee team for one of their favourite recipes.

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APPLE CINNAMON LOAF

Makes 1 loaf
Prep: 30 mins Cooking: 40 mins (+ cooling)

Ingredients
2 apples, peeled, cored and cut into 1cm cubes
¼ cup coconut oil
1 tsp ground cinnamon
6 eggs
¼ cup honey
2 cups almond meal
¼ cup coconut flour
1 tsp baking soda

Method
1. Preheat oven to 170°C and line a loaf tin with baking paper.
2. Place apples, oil and cinnamon in a small, non-stick saucepan and bring to the boil. Reduce heat to low and simmer for 10-15 minutes or until the apples are soft. Set aside to cool.
3. While the apples are cooling, place the eggs and honey in an electric mixer and beat for 3-5 minutes, or until pale and fluffy. Reduce speed, add the almond meal, coconut flour, baking soda and apple mixture, and mix until well combined.
4. Pour mixture into a loaf tin and bake for 40 minutes, or until a skewer inserted into the cake comes out clean. (optional)

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DECODING FOOD LABELS: HOW TO TELL IF IT'S HEALTHY

'Natural', 'Organic', 'Healthy' and 'Wholefood'... There are various claims attached to the different food that we buy and eat, but how do we really know what is good for us and our families? There's so much information, and misinformation, that it can be hard to tell what is right and based on scientific evidence, versus what isn't. So, how do we make the best food choices with the information that we have available?

While there is no one-size-fits-all approach to determining if something is healthy, there are some key things that can help you figure out how nutritious a food really is.

Nutrition, Naturopathy and Herbal Medicine expert, Annaliese Jones, helps us understand how to tell if something truly is healthy – and below we share her tips for how to decode the information on food packaging.

CHECK THE INGREDIENTS

Don't just use the claims on the front of the packet to judge whether something is good for you, especially as there is little regulation around the 'healthy' words companies put on their products. Instead, turn it over and check the ingredients list. The best packeted foods read like a recipe that you can create at home, with individual ingredients that you can pronounce, and things that you've either got in your pantry or could buy in the supermarket.

If there seem like too many ingredients to count, that can be another clue to put it back on the shelf, as it may mean an abundance of unnecessary ingredients or additives, which can be hard for the body to tolerate. Also worth noting: ingredients are listed in order of volume, with the most used first, so check that the healthiest parts are highest on the list, with any added sugars or sodium way further down. "As with any short cut or convenience there will always be a trade off, but by following some

general guidelines about packaged food they can still be a part of a healthy diet," Annaliese says.

SCOPE OUT THE SUGAR

We're getting well used to the idea now that less sugar is better, however this can still be tricky when reading labels, because most don't distinguish between natural and added sugars. Ideally, look for foods sweetened with fruit, honey or dates, and avoid the processed forms which include cane sugar, corn syrup and anything ending in "ose" in the ingredient list.

Another option is to consider the overall sugar levels of a food, which you'll find in the nutritional information panel. Interesting to note, the overall sugars listed on the packet are a result of the carbohydrates, minus the fibre. Opt for things that have less than 5 grams of sugar per 100g (as opposed to per serving, which would be deemed to be whatever the food manufacturers choose, and not necessarily what's realistic). Anything with upwards of 10 grams of sugar per 100g is more than 10% sugar, and should be considered a treat, or 'once a day' food. "This may be the hardest tweak to make to your diet as sugar can be quite addictive! Cutting down slowly is the best strategy to avoid huge cravings," Annaliese adds.

SPEAKING OF SERVING SIZES

Remember to look at the serving size when you are reviewing nutritional information. Some of them can be unrealistically small so, if you eat more than what the serving size indicates, the nutritional contents obviously need to be multiplied accordingly. It's also worth bearing in mind that the number is a measurement – not a recommendation – and all it indicates is the amount of food that the nutritional numbers are based on. If the other nutritional information seems too good to be true, it could be a small serving size that is skewing the numbers.

SO, WHAT ABOUT SODIUM?

Understandably, different foods have different amounts of salt, or sodium, in them. More than having a general rule for each thing you eat, the experts suggest keeping our overall sodium intake to less than 1000mg per day, so it's worth keeping an eye on how your intake tracks throughout the day. It's also worth being aware of what are high sodium foods – soy sauce, tamari, burrito and taco mix, and those little seasoning packets that you add to things like noodles – and use these foods with caution.

GOOD FATS VERSUS THE BAD GUYS

We know now that some fat is good for us, but it's all about balance and it comes down to which types of fats we mostly have in our diets. Bear in mind that the overall fat content of a food can be misleading, because even healthy foods, especially many of the newer paleo products, may have a high fat content from things like nuts or coconut (monounsaturated fats). Instead, pay more attention to the breakdown of trans and saturated fats. A good general rule of thumb is that if it's more than 20% fat (ie: it has more than 20g of fat in 100g) it should probably be considered a treat, or occasional food. Be wary though of foods that are advertised as fat-free or low-fat; many of these have added sugar to enhance the overall taste. All the information you're reading needs to be considered in context. "When you're looking at ingredient lists, check specifically for hydrogenated vegetable oils – which will also be present in anything that contains margarine. This can be a common ingredient in biscuits, crackers and anything made with pastry. Hydrogenated vegetable oil is known to have negative effects on heart health, so you're best to steer clear where you can."

CONSIDERING CHOLESTEROL

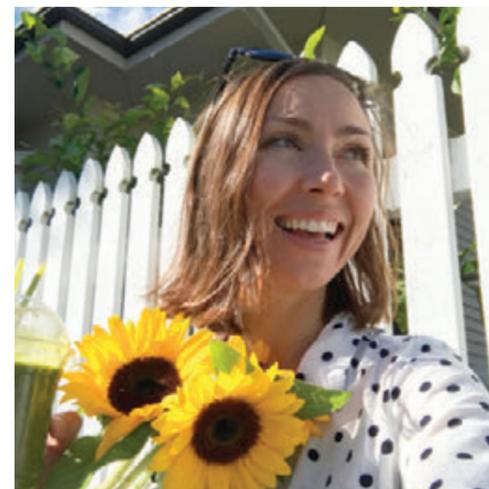
When it comes to cholesterol, things are a bit more complicated. When it comes to looking at this marker on individual packets of food, the numbers don't mean an awful lot, and again,



it's all about the breakdown of good (HDL) and bad (LDL) cholesterol. If you are serious about considering your cholesterol levels, get a blood test and work from there. Ideally you'll be aiming for your HDL cholesterol levels, with their heart protective properties, to be above 1 or 1.5.

PESKY PRESERVATIVES

Ideally your diet will be mostly comprised of whole foods, without any preservatives, but if you're eating foods that come in a packet, preservatives are somewhat of a necessary evil; they are the very things that keep food good to eat. While no preservatives are good for you, and many (including the process of heat treating food to avoid the use of other preservatives) destroy the nutritional value of a food, there are a couple that are especially worth steering clear of. Annaliese suggests "avoiding anything that signals artificial colours (marked as numbers following E in the ingredients), as well as potassium sorbate (E202), which is used in lots of things, including jams, dried fruit, lollies and fizzy drinks, and can be particularly problematic for children".



POTENTIAL RED FLAG:

Look for the words 'MSG free' if it includes the word "spices" or "natural ingredients" in the ingredient list; these can both be coded names for monosodium glutamate (MSG). "If you eat a lot of rice crackers or potato and corn chips, you may be consuming large amounts of MSG. Check the label for its other names including flavour enhancer, additive 621 and its standard name, monosodium glutamate. I find a lot of people experience adverse effects after eating MSG such as heart palpitations, headache, rashes and even a worsening of asthmatic symptoms."

WHOLEGRAINS, OR A WHOLE LOT OF EMPTY NUTRITION?

Whole grains are those that we get in a form that is closest to how they naturally grow, but they can be tricky to spot. For example, many food manufacturers have wised up to the ingredients that consumers are drawn to and are adding a sprinkling of these to their products, like bread, calling it a 'quinoa and chia loaf'. Remember the rule about ingredients being listed in order of volume; and check that the wholegrains are not just relegated to the bottom of the list as an after-thought.

Otherwise, opt for brown rice over white, wholegrain oats over rolled oats, and whole wheat pasta where possible. A key thing to look out for here is that they actually contain the word "whole", not just wheat flour. True wholegrains will contain extra fibre and the husks, which are where all the vitamins and minerals are. When grains are processed this husk is removed, which also means a lot of the goodness is lost. There is always a trade off when it comes to packaged food.

In general, it's all about balance. "Context is everything when it comes to nutrition," reminds Annaliese. "Real food doesn't have a label, however in our modern times, we all rely on packaged foods to some extent. If we're savvy in our approach to these, their use won't impact our health significantly." Where possible, opting for whole, unprocessed foods – those that are still as close to how they came out of the ground as possible – will ensure that what you are eating is the healthiest.

ABOUT ANNALIESE:

Annaliese Jones is a Naturopath specialising in Nutrition for optimal health. She is passionate about natural health as a path to your healthiest, happiest self. Her busy clinic is located in Auckland and her online programme, Feed Yourself Healthy, runs twice a year. Check out her collaboration with Hardy's in a series of videos where she shares her tips about everything from weight loss to glowing skin. Search Hardy's Annaliese to see them all.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	Per 100g
Calories 250	
Total Fat 12g	1.2g
Saturated Fat 3g	0.3g
Trans Fat 3g	0.3g
Cholesterol 30mg	3mg
Sodium 470mg	47mg
Total Carbohydrate 31g	3.1g
Dietary Fiber 0g	
Sugars 5g	0.5g
Protein 5g	0.5g

Remember some serving sizes can be unrealistically small

Experts suggest keeping our overall sodium intake to less than 1000mg per day

Pay attention to the breakdown of trans and saturated fats

Aim for less than 5g of sugar per 100 grams



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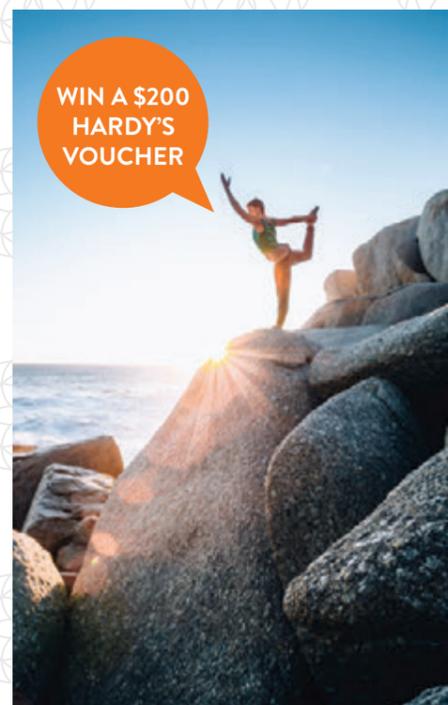
HARDY'S COMMUNITY OF HEALTH & HAPPINESS

HARDY'S COMMUNITY OF HEALTH + HAPPINESS

Our new look Community page is the place where we pull together the healthy and happy happenings of the Hardy's Community – which you are a vital part of! Over the coming months, you'll see us adding more ways for you to get information, and engage – both with us, and each other – so look out for those. In the meantime though, we're looking for your expertise.

At Hardy's we've always been a reference for advice and information related to good health, and now we're reaching out to you – our community – for some of your favourite finds. We know New Zealand is replete with cool local businesses that specialise in healthy, wholesome food but it can be hard to know where to go for health-inspiring eats in other parts of the country.

Email us with your favourite healthy food places in your region and you'll go in the draw to **WIN a \$200 Hardy's voucher**. Send your recommendations through to info@hardys.co.nz (Entries open until Monday 31 July. Winner will be drawn and notified by Friday 4 August.)



HEALTHY EVENTS HAPPENING IN YOUR COMMUNITY

MINDFULNESS WORKS (Throughout June & July) – Mindfulness Works offer practical, non-religious mindfulness courses for beginners around New Zealand. Visit www.mindfulnessworks.co.nz for courses in your area.

OHAKUNE CARROT CARNIVAL (Sunday 4th June) – Head along to the Ohakune Club a fun-filled family day of stalls, entertainment, veggie-themed races and the infamous carrot cake competition!

HEALING POWER SUNDAYS (Sunday 4th & 11th June) – Yoga & tea come together in a series of events at Movement Lab in Auckland. Hosted by yoga instructor Amanda Fell and Naturopath Caitlin Ward, in collaboration with Artemis Health, the sessions cover different aspects of wellbeing – Cleanse & Detox (4th June) and Balance & Restore (11th June) – complemented by restorative yoga, massage and medicinal grade tea. Search on eventbrite.co.nz for tickets.

DEBUNKING THE MYTHS OF CARB APPROPRIATE NUTRITION (Wednesday 7th June) – Join one of our expert friends (and frequent Discover magazine contributor), Cliff Harvey – and nutritionist Mikki Williden – in Auckland for an evening of nutritious food and discussion of the myths surrounding carbs and body fat. Search on eventbrite.co.nz for tickets.

DEMENTIA AUCKLAND COUNTDOWN APPEAL (Friday 30th June – Sunday 2nd July) – Look out for collectors outside Countdown for the Dementia Auckland Annual Appeal. Every dollar donated helps the organisation continue their important work of supporting people living with dementia, and their carers, to live their best life possible.

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Good Health, Auckland

*Offers available 1 June – 31 July 2017 or while stocks last

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