

# My Hardy's

We'll get you feeling good!

What it means to be  
vibrantly beautiful



NATURALLY KIWI  
SINCE 1986

BePURE™

# Bouncy, hydrated skin starts from within.



Skin health is more than skin deep - to best look after the health of our skin we need to adopt strategies that protect it from outside factors (such as UV rays & pollutants) and ensure we provide it with adequate nutrition to rejuvenate and repair from the inside.

When it comes to skin care, topical moisturisers, serums & treatments have become the mainstream mode of care - but, did you know, that a select number of the ingredients in topical skin care have been shown to be as effective if not more effective when taken orally? Let's take a look at some of these ingredients.

**Collagen:** Collagen is the most abundant protein in human skin. It's what makes skin firm and provides the scaffolding and structure of the skin. In fact, our skin would literally collapse without collagen! Collagen production starts to dwindle from age 25 onwards, and outside factors like chemicals, sunlight and smoking also work to destroy collagen. Studies show that collagen supplements can support collagen

production at the skin level, supporting skin texture and firmness. Not all collagen is created equal - look for a 10g serve, a hydrolysed peptide form & low molecular weight for optimal results.

**Hyaluronic Acid:** Hyaluronic acid is a substance made by our bodies that acts like a giant sponge and is responsible for keeping the inside of our skin hydrated. Ageing decreases hyaluronic acid production and this can make the dermis dehydrated and skin appear older. Oral intake of 120mg of Hyaluronic Acid daily has been shown to support skin's hydration and appearance.

**Ceramides:** Ceramides are fatty substances that support the integrity of the top layer of our skin. Think of ceramides as your skin's raincoat that creates a strong barrier protecting our skin. Ceramide production naturally declines as we age (like collagen and hyaluronic acid) and contribute to the impact of skin dehydration on our skin's appearance. Just 20mg of Hydropeach Ceramides orally can support the ceramide levels found in your skin.

## The first step in your skincare routine.

- ✓ 3-in-1 formulation with Marine Collagen, HydroPeach® Ceramides & Hyaluronic Acid.
- ✓ Unflavoured powder you can easily add to hot or cold drinks.
- ✓ Supports glowing & hydrated skin from within.



# Beautiful, vibrant you



As I write this, my head is reeling at how quickly the year has gone. Here we are, looking into the festive period and crossing our fingers and toes for some sunshine in the months ahead.

In this Summer issue, we're focusing on all our lovely ladies. This one is for you, girls - young, old, kiddies, teens, tweens, mums and grandmums.

These days, there is a greater expectation for women to be all things to all people, and that pressure can sometimes feel intense. We hold down full-time jobs whilst raising a family, then still make time for work functions, friendships, hobbies and beauty regimes. And even when we're tired, burnt out, stressed and dealing with hormonal ups and downs, we still keep going. Because the world doesn't stop turning. Sometimes it's hard to feel like the beautiful individual you were born to be when your inner glow starts dwindling under the shadow of life's pressures.

Within this magazine we share pearls of wisdom, women-to-women, on what helps keep us feeling beautiful inside and out. True beauty is ageless. And although we do need to consider the health of our skin to keep it glowing and fresh, real beauty is something that shines from the inside out. It's our health and our energy that we give to the world. It's our mind and vibrant spirit.

So we've taken a look at some of the things that bring back your inner sparkle, that keep you well and full of energy. And we've added some tips to help keep those age-related niggles at bay for as long as possible.

Grab yourself a cup of herbal tea, put your feet up in the sunshine, and take some 'you-time' while you read. As always, written for you with love and light.

Sending you best wishes for Summer and the festive season.

Diana Burgess - Naturopath

I can't think  
of any better  
representation of  
beauty than someone  
who is unafraid to  
be herself

Emma Stone

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Written by Ange Youle  
Registered Clinical Nutritionist

The word 'beautiful' means different things to different people, across different cultures and countries, and even throughout the ages. When I consider my own definition of beautiful, the first thing that comes to mind is my Grandmother.



**My Grandma** was born in 1913 and lived to be 100 years old. When I was 5 she was already 70, so I was fortunate she lived that long as it gave me the time I needed to really get to know her. Although most people today may not consider someone who's lived for an entire century "beautiful", to me she was the loveliest person on the planet. I remember as a young child sitting on her knee asking her to tell me one of her endless stories, while I pestered her, pulling on her grandmotherly double chin. (Aren't kids hilarious?! But she never seemed to mind.) She lived in Waihi and I grew up in Auckland, so it was only during school holidays that I'd get to see her. As every holiday approached my entire universe would start filling with rainbows and sunshine. I'd be so excited to see her.

To me, my Grandma was the most beautiful person in the world because of how I felt when I was with her.  
**She made me feel beautiful.**

# BE YOUR OWN KIND OF *beautiful*



## SO, WHAT MAKES YOU FEEL BEAUTIFUL?

For some, feeling beautiful is youthful good looks and a strong fit body. For others beauty is ageless – it's about health, vitality, wisdom, a smiley upbeat attitude and a cheeky twinkle in the eye. It's about being able to smile with your eyes and laugh from your belly.

Beauty is different things to different people, but the message we want to put forth in this magazine is that regardless of your perspective, true beauty really is more than skin deep. It is more than just physical good looks and a toned set of abs (as fabulous as these are for those blessed to have them). Real beauty shines through from the inside out. Good health and a vibrant spirit can make you feel just as beautiful!

Let's look at some things we can improve on to help us feel beautiful both inside and out.

## LIVER HEALTH

A happy efficient liver that isn't overburdened with life's toxic load makes for bright eyes, glowing skin and a cleansed energy.

Interestingly, traditional Chinese Medicine associates emotions such as anger, rage and aggravation to an over-burdened liver that is out of balance. We know that if liver detoxification is not functioning correctly, hormones can end up being recycled by the body rather than being excreted, thereby creating an hormonal imbalance which can affect our mood.

If our liver is sluggish and we are feeling heavy, imbalanced and a bit "toxic", it can have an impact on our positive outlook and stop us feeling our best.

### HARKER HERBALS DETOX SUPPORT

Need help with toxin overload? Detox Support gently supports the digestive and lymphatic systems to eliminate toxins. Useful support after over indulgence in food.

Harker Herbals, Waipu



## LOVE THOSE ADRENALS

In this day and age, the most common cause of dysregulation between our adrenal glands and our brain is chronic long term unmitigated stress. Stress is like a little beauty thief that sneaks in every night and steals a little slice of your glow. And when the stress thief messes up a person's adrenal system, they can feel chronically fatigued, super-tired all the time, and pretty well fed up with everything. This can impact on the way a person eats, sleeps and interacts with other people.

To give our adrenals the love they deserve, we need to be mindful of things like work-life balance, ensuring adequate time for fun, laughter, social connection and relaxation, as well as work.

Pay attention to nutrient intake, ensuring you get all the good stuff, such as Magnesium and B-vitamin rich foods (or supplements when required).

And be mindful to investigate the root cause of long-term inflammation or pain because these, left unchecked, create physical stress which depletes the body and mind, just as emotional stress does.



If you want to dive deeper into liver health, download a copy of our Spring 2023 magazine at: [www.hardys.co.nz](http://www.hardys.co.nz)



## MOVEMENT AND MINDFULNESS

If you want to promote that inner glow, exercising is key. And yes, the colour red definitely counts as a glow!

Exercise promotes blood flow, circulation, and delivers life-giving oxygen to all the cells in our body, as well as increasing the number, volume and density of mitochondria. Mitochondria are the little engines in our cells, and they produce ATP (aka energy). Energy keeps us alert. It keeps us moving. And it keeps us radiating!

Movement helps to keep the body more supple and flexible. By strengthening the muscles and tendons around the joint, it works to keep joints mobile and helps promote continuation of ease to carry out daily activities, even as we age.

Some practices incorporate movement and mindfulness together. Mindful exercise practices include things such as Yoga, Tai Chi or Pilates. They have mindfulness underpinning which focuses on breathing, concentration, control, centering, precision and fluidity, amongst other things. By participating in slow considered movements, a person is able to build strength, flexibility and mindfulness together as part of one practice.

Movement and mindfulness in general are a great way to decompress from the daily stresses of life, bringing a person out of the 'fight or flight' nervous system and into a more peaceful state, thereby promoting inner beauty and calm.



### NZ FULVIC™ DAILY RECHARGE TONIC

Recharge your body with NZ Fulvic Acid by aiding the absorption of key nutrients helping you glow from the inside out. Perfect for the whole family, taken daily supports gut health, immunity, energy and exercise recovery, naturally! Gluten free, Non GMO. No sugar, Vegan.

New Zealand Fulvic Limited,  
Mt Maunganui

# LOVE THE SKIN YOU'RE IN



**Loving the skin you're in** is such a beautiful blessing, but for some, this can be a life-long journey.

I love how our skin can be a representation of our lives, reflecting back to us many of our lifestyle choices. From the nourishing quality of our diet (or lack of), stresses and hormonal wellbeing, gut and liver health and hydration status, to our overall health and wellbeing, our skin is almost like a report card of the choices we've made.

How we look after and nourish skin topically is incredibly important too, but our vibrant inner glow and transformation is only truly possible when we nourish and work holistically from within.



## ANTIPODES EVE BIO-RETINOL

A silky concentrate rich in bio-retinols to reveal smooth, radiant skin.

Organic cacay oil, supercharged with bio-retinol vitamin A, unites with bakuchiol to stimulate collagen and visibly reduce the appearance of fine lines and wrinkles for a firmer, fuller-looking complexion. Prickly pear oil and Australian Kakadu plum oil are primed with protective antioxidants to instantly recharge your visage. Awaken to more youthful-looking skin.

Antipodes, Wellington

## LIVING NATURE ACTIVE BRIGHTENING SERUM

Illuminate and rejuvenate with this naturally powerful serum, formulated to minimise the appearance of uneven skin tone and pigmentation, while nurturing and protecting the skin.

Living Nature, Kerikeri



# BEAUTY IS AN INSIDE JOB



Since

1947

## SOLGAR® SKIN, NAILS AND HAIR TABLETS

A triple-action advanced beauty supplement containing some of the most researched nutrients specifically tailored for skin, nails and hair.



## SOLGAR® GENTLE IRON 20MG

Gentle on the digestive system and easily absorbed in the intestinal tract. One simple, convenient capsule daily is all that is needed.



## SOLGAR® BIOTIN 5000 µG

One of the highest strength formulas available. Supports healthy hair and glowing skin. Supports energy and vitality.



## SOLGAR® LIQUID VITAMIN E

Natural Vitamin E (d-alpha tocopherol), includes mixed tocopherol complex. Protects cells from oxidative stress. Supports immune system.



*Always read the label and use only as directed.  
If symptoms persist please see your healthcare professional.  
Solgar NZ Ltd, Auckland. TAPS PP1979*

SCIENCE OF NATURE



# Certified Natural Sun & Skincare

Solimara's skincare range is Certified 100% Natural, protecting and nourishing with everything your skin needs – because that's how you treat someone you love!

Our restorative approach prioritizes shielding your skin. Our SPF50 Mineral Sunscreen is enriched with vitamins and minerals, offering instant protection and nourishment for sensitive skin and babies from 2 months old.

For damage caused by the increased use of digital devices, there's our new Day Cream – a revolutionary face moisturizer that guards against blue light damage while balancing your complexion.

To keep the rest of your body moisturized and healthy, there's our Body Cream and Hand Cream.

And indulge in our luxurious Active Skin Serum, rich in antioxidants that protect and revitalize, essential fatty acids that pamper, and vitamins that restore. Formulated to stimulate collagen on a cellular level, increasing elasticity and fading fine lines and wrinkles – revealing your natural glow.



*Solimara. Love your bare-skin beauty.*



# NATURES THERAPEUTICS™

## Experiencing arthritis pain?

Kawakawa, native to New Zealand, has been used by Māori for generations, to help many ailments. Managing arthritis pain is one.

It's not magic, it's nature®

[naturestherapeutics.co.nz](http://naturestherapeutics.co.nz)

# BALANCED HORMONES

For anyone who has experienced the feeling of the inner-hormonal-crazy-lady, you'll know that more balanced hormones are indeed a beautiful thing. Hormones can be likened to the grandest symphony orchestra composed of multiple instruments. When all the musicians (our hormones) align under the careful and considered direction of the conductor (our brains), exquisite, melodic and soulful harmonies can be achieved. But if some of those musicians go rogue, the result may not be quite so harmonious.

As well as impacting mood, imbalanced hormones can also produce deeply unpleasant physical symptoms. For women of menstruating age, heavy blood loss and painful uterine cramps can occur. For women transitioning life stages, the hot flushes and sleepless nights may be debilitating, not to mention vaginal dryness and loss of libido.

But fear not - there are steps you can take to get your body in harmony again, just like that beautiful symphony.

## I LOVE THE SAYING "LET'S GET REAL"

— especially when it comes to **menopause** or perimenopause. Because for many, it's crazy hard!

After spending years on my own menopausal journey starting in my early 20's (yes, my 20's!), I can reassure you, you are not alone. Our perimenopausal years can start much younger than what is considered average. Most people expect the physical changes, but it's also the emotions that go with this crazy roller coaster ride. You start to wonder if you're losing your mind or living in someone else's body.

It's not your mind you're losing, it's your hormones, and your body is transitioning through a stage that is very normal. If you are perimenopausal, my advice is to nourish your adrenals NOW! During our reproductive years we make most of the hormones that keep us feeling vibrant in our ovaries, but in the years leading up to and after menopause we make them in our adrenal glands. Makes sense now why stress makes menopause ten times worse.

There is no magic pill, but there is hope of looking and feeling better than you've done in years by taking better care of yourself. My vitality list is a great place to start.

And remember, with menopause comes great wisdom and a wonderful sense of freedom. A time to put yourself first and enjoy every moment of the years ahead. To help ease symptoms, chat to your Hardy's Health Expert. I also recommend having a hormonal DUTCH

test, especially if you've been struggling for some time, and I offer hormonal zoom consults if you're needing help.

The good news is I feel better now in my 50's than ever before! Enjoy the journey.

**You've got this!**



# WANT TO FEEL ALIVE AND ENERGISED NO MATTER WHAT YOUR AGE?



Di's vibrancy check-list is a great place to start!

- Move at least 30 minutes a day. Among many other benefits, exercise reduces inflammation. Remember sitting is the new smoking.
- Add weight bearing exercise to your regimen for strength and healthy bones.
- Eat a variety of herbs and spices to increase your phytonutrient intake.
- Eat as close to nature as possible avoiding highly processed foods. Amp up your greens and add plenty of variety from all the colours of the rainbow.
- Stay well hydrated with water, herbal teas and rehydration electrolyte drinks (if needed).
- Spend time in green spaces. A great place to practice diaphragmatic breathing and mindfulness.
- Prioritise self-care. Learn to put yourself first.
- If life for you is busy, stressful or hectic, consider nourishing your adrenals with an adaptogen herb like Ashwagandha, especially if you feel wired and exhausted at the same time.
- Surround yourself with those who uplift your energy, avoiding energy robbing people wherever possible. (You'll know who I'm talking about!)



- Scan your beauty products for unwanted chemicals and switch over to natural skin, make-up and hair care. Detox your life!
- Commit to eating organic or at least spray-free whenever possible.
- Toss the plastic from your life. Do not cook, store or drink from it.
- Get a daily dose of oxytocin from laughter, hugs, yoga, petting a fur baby, giving a gift, listening to beautiful music, meditation or a relaxing facial or massage.
- Feed and nourish your gut-biome with polyphenols and phytonutrients by eating a wide variety of fruit and vegetables. Optimise gut health by adding a sporebiotic or sulforaphane from broccoli sprouts to your daily regimen.
- Keep your liver happy. Minimise liver loaders like alcohol, coffee, medications, fried, sugary and processed foods.
- Work towards becoming an A+ pooper – every day! Your poop should be banana or sausage shaped, smooth and soft and most importantly a pleasure to pass. If not, speak to your Hardy's expert. You do not want to be living in your own sewer!





- Aim for effortless beauty sleep. Wake with the sunrise, avoid or reduce caffeine, front load your day with any stressful activities leaving calming ones for later. Walk outside in the sunshine at midday, cut back on your screen-time, eat early and take magnesium or sleep enhancing supplement recommended by your Hardy's expert.
- Do more of what makes you feel happy, vibrant and revitalised!
- Learn something new. Maybe a musical instrument or to dance, or even to go and study.
- Think of what you are grateful for every single day and smile often!

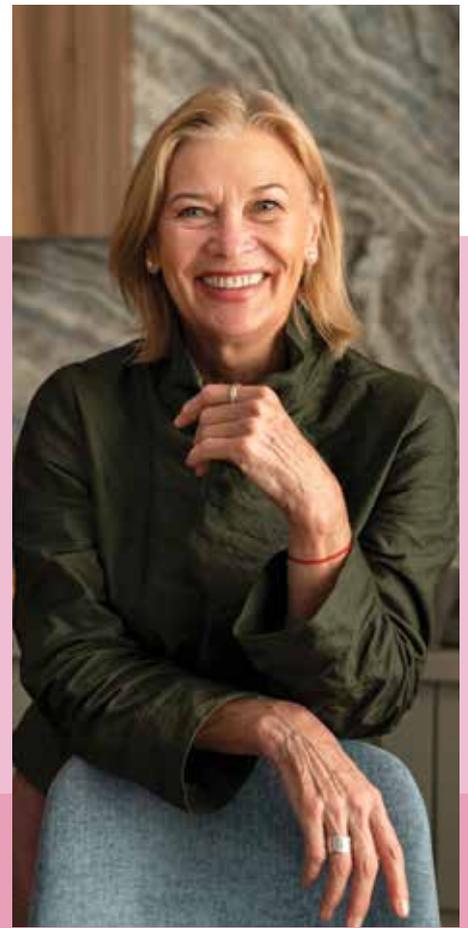


# IS IT OUR CHRONOLOGICAL AGE THAT IMPACTS OUR AGING PROCESS?



Many people are redefining aging and saying 'No' – it is biological aging that is more important. The normal aging process is when wear and tear overwhelms the body's ability to repair and restore itself. Researchers have pinpointed many lifestyle aspects such as maintaining social connections, diet, exercise, sleep, smoking, alcohol consumption, allergies and stress levels that have big impacts and influences an individual's aging.

For many the 'aging' process can be an inspiring catalyst to embrace better self-care, taking a more proactive approach on their health matters. Healthy living may mean that we can support the hereditary influences that we were born with as well focusing on specific health issues, such as stress management. Taking natural more proactive approaches include lifestyle changes and often extra nutrients can support these areas.



Joint care has become one of the most acceptable self-care protocols to supporting movement and flexibility. Maintaining healthy Vitamin D levels, exercises, massage, osteopaths or chiropractic visits are common as well as avoiding foods that trigger discomforts. Other proactive actions include adding daily supplements such as Glucosamine, Chondroitin and MSM that help support the building blocks of joint tissues. Lesser-known supplements include Turmeric, Boswellia, Ginger, Vitamin C and a form of collagen known as UC-II. Solgar has cleverly put this combination in Solgar 7, adding a new dimension to supporting joint care.





**A high stress level** is a recognized health issue, and a mindfulness self-care approach has been gaining awareness. Stress management programs may involve learning to say the word 'No' more often as well as adding in meditation, practicing gratitude, breathing exercises, reducing our daily to-do list to a more manageable level, and even accepting we are human and sometimes need a little extra help! For additional support Solgar has the traditional herb Ashwagandha, and Magnesium citrate which are popular supplements often adding additional level of support for balance during times of extra strain.

**Eye-health** is a growing area of concern for many. Vision changes often occur in our early to mid-40's and this may result in tired eyes, poor night vision and difficulty seeing clearly at close distances, especially when reading or working on the computer. These may be made worse by continual blue light exposure, lack of sleep and other underlying health conditions such as high blood pressure, diabetes or a family history of glaucoma or macular degeneration.

Taking care of our eyes includes regular visits to the optometrist, wearing sunglasses, or eye protection when

needed, as well as minimizing screen time and resolving health issues. Supporting eye health includes eating plenty of colourful fruit and vegetables daily to ensure there are enough of the vital antioxidants and nutrients such as Beta-Carotene, Lutein, Zeaxanthin, Zinc and Vitamin C to support the nutritional requirements of our eyes. For those who want to ensure daily levels of these nutrients, a suggestion is adding Solgar Vision Plus or Solgar Bilberry, Gingko Eyebright Complex with Solgar Triple Strength Omega 3. Many people also add Solgar Resveratrol or Solgar Grapeseed extract to this regime to support healthy blood vessels, vital in eye health.

**When looking at your own self-care journey remember that Hardy's Health stores are here to support you with what you need.**



Solgar has a wide range of products. Come into Hardy's today.



# GET YOUR BEAUTY SLEEP

**Suffice it to say**, waking up with puffy dark circles under your eyes and staggering groggily for the coffee will not make you feel your most beautiful.

Dark circles aside, adequate good quality sleep is essential for healthy brain function and your health in general. People who regularly sleep less than 6 or 7 hours per night deplete their immune systems and may even increase their risk of certain health conditions such as cancer. Furthermore, lack of sleep and sleep disorders like insomnia can affect mental health, for example by increasing the risk of anxiety or depression.

A solid 6-8 hours where all stages of the sleep cycle are met, assists with waking up with that glorious spring in your step, rejuvenating your health and replenishing your inner vitality.

## SLEEP TOOLKIT

- Dim lights and screens where possible as the natural light of day starts to fade. Blue light exposure from screens inhibits our body from producing sleep-time chemicals as it mimics daylight and tricks the brain into thinking it still needs to be awake. Dimming lights in the house also helps to let the body know it is evening.
- For the same reason, use black out curtains in the bedroom if there is too much light coming in through the window.
- As soon as you wake up, expose your eyes to sunlight or bright light indoors, thus helping the body produce waking-up chemicals. Ensuring exposure to the correct lighting at opposite ends of the day helps establish a healthy circadian rhythm.
- Keep to a regular bedtime and avoid over-sleeping too much on weekends, again aiding a healthy circadian rhythm.
- If you take naps during the day, keep them to less than 60 minutes if possible, and not too late in the day. Any longer or later and you risk feeling too awake at bedtime.
- Avoid intensive exercise too late in the day. Rather do gentle, low key exercise in the afternoon or early evening if you struggle with sleep.
- Limit caffeine consumption, particularly from the afternoon, and avoid altogether if it makes you feel wired or jittery.
- Ensure a healthy dinner that includes a good serving of fibre, protein and natural fat (such as olive oil or fatty fish). This will help stabilise blood sugars. Avoid sugary drinks or puddings too close to bed-time.

If you have tried all the usual sleep hygiene tips and are still struggling, don't hesitate to come and see us for further advice and supplemental support.

### HARDY'S SLEEP SPRAY AND RELAXATION SPRAY

These wonderful Sprays are unique to Hardy's and get you feeling good, naturally.

- Hardy's Sleep Spray provides support for a fabulous sleep and hormonal issues, whilst our Relaxation Spray is an aid to help with times of stress, such as sitting exams, worry and many other day to day stresses we experience.



# glow

## FROM THE INSIDE OUT

**What is Great Lakes Collagen Hydrolysate and why do we need it?**

The collagen in our bodies is the protein that connects the fibres in tissues, skin, ligaments and bones; like an intracellular glue that supports all of the major organs. As we age, our body's natural production of amino acids and proteins begin to decrease. Supplementing the diet with Great Lakes Collagen Hydrolysate assists the body's natural production of amino acids and proteins. Great Lakes Collagen is made from Gelatin, which the body knows and recognises as food. Hydrolysis is essential to create collagen peptides, small enough, for optimal absorption through the intestinal wall. These are easily dissolved in hot or cold liquid, making it a perfect addition to your coffee, tea, smoothies, yogurt and more!

### Benefits:

1. Great Lakes Collagen supports all structures in the body
2. Supports healthy looking skin, hair and nails
3. Helps gut healing and maintenance of a healthy digestive tract
4. Supports healing of leaky gut
5. Supports healthy joints, cartilage, synovial fluid between the joints, ligaments and bones
6. Provides 12g of collagen per serve and 11 g of protein



Natural Health Trading, Auckland



## therapure®

*Straight up, honest labels you can trust.*

What's NOT in our products is just as important as what IS in them. Therapure® products are formulated without the use of harsh ingredients, fillers or unnecessary excipients. Because we believe what you put in your body should be as pure as possible, no compromises.

- ✓ fully transparent labels
- ✓ no harsh ingredients
- ✓ confidence you're buying pure

Always read the label and use as directed. If symptoms persist, see your healthcare professional – NaturalMeds, Napier.



OCEAN & GREEN™

*Nourished by Nature*



## We believe in being nourished by nature

**Ocean & Green** champions the natural benefits of marine nutrition, which helps to optimise our health, vitality and radiance, naturally!

Our powerful marine-based range of NZ Superfood Supplements (Seaweed, Hemp and Seaweed and Marine Collagen) are packed full of nutrients essential to human health, and are designed to support specific health conditions like thyroid and hormonal imbalances, as well as boosting general health.

If you're looking for organic, powerful and effective supplements to support your general health and to be proactive with anti-ageing and increasing your vitality, we have you covered.

Daneen Morgan is the owner and founder of this niche boutique marine supplement business based in Christchurch. She is passionate about promoting the benefits of seaweed supplements and products while championing New Zealand's raw products.

FREE GIFT  
WITH PURCHASE



Ask  
instore for  
details



# YOU ARE WHAT YOU EAT

There is actually now an official word for “you are what you eat” – Nutrigenomics – “the scientific study of the interaction of nutrition and genes, especially with regard to the treatment of disease”. More simplistically put, what you choose to eat over the short and long term can influence the way your genes express, manifesting in good health or the onset of disease. Therefore, Nutrigenomics is looking at how food impacts our genetic expression.

If we want our body to express its eternally young, youthful supermodel gene, we can't be chowing down on pizzas and beersies every day. Of course, moderation is key, but as long as you're following the 80/20 rule, you'll be fine. Because let's be honest, pizza and beersies is yummy and fun.

If you're eating real foods as close to their natural form 80% of the time, eating all the colours of the rainbow (especially green), choosing the least unadulterated meat and dairy products, and getting your fats from cold pressed oils, nuts, seeds, healthy animals and fish (not from processed seed oils), you can be less concerned about the remaining 20% of the time.

Eating clean whole-foods in constitutionally considered macro-nutrient ratios helps to maintain a healthy metabolic function during aging as well. As a person ages they become more susceptible to high blood pressure, dysregulated insulin, weight gain and a fatty liver. These things detract from your inner glow, and can cause tired dull skin, a layer of fat around the midriff, energy deficiency, inflammation, poor sleep and imbalanced hormones, all of which hinder your energetic exuberance from manifesting outwardly to the world.



**Our regular readers** may be familiar with us talking about ‘eating the rainbow’. If you want to shine a rainbow, you have to eat a rainbow. Period. Nature provides us with our own shiny building blocks for good health, and they are called fruits and vegetables. Eat all the colours because each colour bestows you with different health benefits. Antioxidants and Phytonutrients (plant chemicals) are renowned for their ability to slow signs of aging by decreasing oxidative damage, which results in less age-related deterioration and disease. This helps to keep our skin beautiful, our joints free and easy, and all our bodily functions ticking along in good working order.

Good quality protein is also important. If you want to keep a bounce in your step, eating collagen rich protein helps to protect joints, ligaments and bones. And we dare not forget about essential fatty acids, particularly from things like oily fish, free range eggs, cold pressed virgin oils, and nuts and seeds. These help keep skin supple, the brain nourished and the wits sharp!



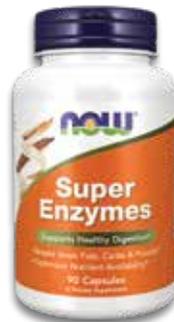
# DIGESTION

Summer is the season for many social get togethers, meals out, work functions and BBQ's. This can be hard on the digestive system and upset the gut, as we may eat food that is richer, or finding it difficult to avoid certain foods when having meals out. Digestive problems potentially impact one's emotional well-being, energy and immune system. Help is at hand while enjoying the company of friends and good food.

## NOW-SUPER ENZYMES, 90 CAPS

NOW® Super Enzymes is a comprehensive blend of enzymes that supports healthy digestion with every meal. Formulated with Bromelain, Ox Bile, Pancreatin (Amylase, Protease, Lipase) and Papain, Super Enzymes helps to optimize the breakdown of fats, carbohydrates, and protein. Digestive enzyme production naturally declines as we age, and many processed foods contain little to no enzymes. Just one capsule with every meal supports digestion and optimisation of nutrient absorption.

Natural Health Trading, Auckland



## NOW-GASTRO COMFORT, 60 CAPS

NOW® Gastro Comfort™ is formulated to support the healing and maintenance of a healthy stomach lining. Gastro Comfort™ features the scientifically tested ingredient PepZin GI™, which is a proprietary form of Zinc complexed with Carnosine that has been shown to support the integrity of the stomach lining by promoting its own natural healing processes. Gastro Comfort™ also includes Mastic gum, a resin from the Mastic tree, used to maintain gastric health. In addition, this product has Slippery Elm to coat, and Aloe Vera to soothe the stomach lining. Take one capsule 2x per day for at least eight weeks for best results.

Natural Health Trading, Auckland



## NOW-GLUTEN DIGEST, VEGE CAPS

Poor digestion of gluten can lead to gastrointestinal distress consisting of temporary bloating, gas and more. Gluten Digest is intended to support the digestion of small amounts of gluten, that might be eaten, affording individuals who are sensitive to gluten a little extra peace of mind. Gluten Digest, with BioCore® DPP IV, is an enzyme blend formulated specially to promote the complete digestion of cereal grains. DPP IV (Dipeptidyl peptidase IV) is a unique enzyme with specific activity against the characteristic proline bonds found in cereal grain proteins. Gluten Digest also includes proteases and amylases that address other protein and carbohydrate components that commonly co-occur in these foods. One capsule at the beginning of any gluten containing meal will support gluten digestion. This product is not intended for Celiac disease.

Natural Health Trading, Auckland



# Are you getting to the root of the problem?

Allergenics offers a wide range of tests to cover all your health needs. We test from birth onwards and all through the various ages and stages of life.

- Food and Environmental Sensitivity
- Comprehensive Women's Health
- Comprehensive Men's Health
- Comprehensive Nutrition Test
- Sleep and Mood Test
- Heavy Metal and Environmental Toxin Test

Hardy's will recommend the right tests for you and your family, suggest the best course of action once your report arrives and will support you with all your needs going forward.

Simple

Non-invasive

Trusted

 **Allergenics**  
Health Assessment Services

# SUMMER FRUIT SMOOTHIE-BOWL



## Add

- A handful of frozen Summer berries
- ½ frozen banana
- 1 peach – sliced pieces
- A chunk of cucumber – sliced pieces
- Vanilla flavoured protein powder
- 1 serve of collagen powder
- Coconut milk/cream or other liquid of choice – add liquid to reach your preferred thickness of smoothie
- Add pre-soaked hemp/flax or chia seeds if desired
- Add ice if desired

## Blend

**Serve** in a smoothie bowl and add a dollop of Nut Butter (the 'Everything Butter' is a great one here) or nuts and seeds of choice, some unsweetened Greek yoghurt, a drizzle of Hempseed Oil or a tablespoon of granola.

**Top** with sliced Summer fruits of choice and a sprig of mint.

*enjoy!*

This skin-gut-joint-loving antioxidant rich protein smoothie-bowl makes for a quick, nutritious and filling breakfast on the go, that should keep you sustained until lunchtime.

# HOT Picks!

## LIFESTREAM ASTAZAN ANTIOXIDANT



Often dubbed the "King of the carotenoids!", Astaxanthin is known to be one of nature's most powerful antioxidants, that's nearly 6,000 times stronger than vitamin C. It's known to help protect skin cells from the sun's free radicals and UV-induced oxidative stress, helping to support skin tone and elasticity – from the inside out.

Lifestream International, Auckland

## LIFESTREAM COLLAGEN BOOSTER



This is a vegan formulation of scientifically researched Ceralok™ Ceramide-PCD® from Japan, plus high strength Hyaluronic Acid (HLA) that helps to support hydrated, smooth, and radiant skin – from the inside out. This pure, plant-based formulation is highly absorbable to help restore ceramide levels, support hydration and collagen levels for radiant and smooth skin.

Lifestream International, Auckland



## KIWIHERB KAWAKAWA SOOTHING BALM

Ideal for upset red skin after being exposed to the harsh New Zealand environment.

Phytomed Medicinal Herbs Ltd, Auckland



**ENDURACELL POMGENEX**

PomGenex is a delicious functional food for all ages. This unique blend includes three of Nature's most highly-prized plant foods; Broccoli Sprouts, Pomegranate and Coconut Water, each having been well-researched for its significant contribution to human health. Great for skin conditions, gut health and overall health and wellbeing. Pleasant-tasting for even the fussiest little one.

Nutrisearch, Hastings



**HARKER HERBALS COOLING ITCH + BRUISE & MUSCLE RUB**

Harker's Bruise & Muscle Rub and Cooling Itch are back! High strength arnica for bumps, joints and muscle strains, and soothing aloe vera for stings and rashes.

Harker Herbals, Waipu



**HERB FARM SERUMS**

Supercharged by nature, our new serums have been designed to be an essential part of your daily skincare routine. They are packed with our active and potent fresh herbal extracts and formulated synergistically with other key ingredients to deliver visible and long-lasting results for healthy and radiant skin for all skin types.

Herb Farm, Palmerston North



**THERAPURE®**  
**My Pure Magnesium**

This go-to mineral supports more than 300 processes in the body, but it's not just about 'how much' magnesium, it's about 'what type'. Therapure's magnesium glycinate features pharmaceutical-grade purity levels for full absorption without the bowel upset. All the top-shelf magnesium you need, minus the fillers and rubbish that you don't!  
Ages 4+ years.



**GUTSI®**  
**SporeBiotic™**

Formulated by a Microbiologist, SporeBiotic™ is a targeted probiotic blend that supports reseedling, balancing and diversifying the gut microbiome for better overall health outcomes in every single body system! This unique team of Bacillus spores is robust and resilient, designed by nature to survive environmental threats. It doesn't get better than this. Featuring DNA-verified strains.  
Ages 4+ years.



**NORDIC NATURALS®**  
**Ultimate® Omega**

Omega-3s are 'healthy fats' that are essential for the correct functioning of every cell in our body, literally! Ultimate® Omega provides high-intensity omega-3s for the eyes, brain, heart, joints, organs, gut, immune system and more. This concentrated triglyceride-form fish oil utilises only wild-caught anchovies and sardines from environmentally pure and sustainable fishing regions. Go triglyceride or go home!

**Foundational support to keep you in tip top shape!**



**NEOCELL®**  
**Collagen Joint Complex**

Ready for summertime playtime? This effective formula supports your body's own production of cartilage for healthy joints. Type 2 is a joint specific collagen that parallels the amino acid structure present in cartilage, and naturally contains glucosamine and chondroitin. The addition of hyaluronic acid plumps and hydrates synovial fluid for comfortable, mobile joints. Feel younger - let's go!



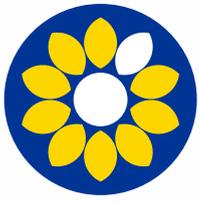
**GAIA® HERBS • LIFE CYKEL®**  
**Lion's Mane**

Brain food at its finest! More than just a 'buzz' word, Lion's Mane is the real deal. It supports mental agility for a quick and snazzy mind, so you can keep up with the conversation and remember what is on your daily to-do list. Choose from a concentrated one-a-day dose in a convenient capsule option; or a fast-acting liquid with zero detectable mushroom taste, perfect for when you are sick of popping pills!



**GAIA® HERBS**  
**Liver Cleanse**

Gaia® Herbs are the masters at delivering herbal preparations that work! The liver operates in top gear to keep our vital blood supply clean, toxin-free, and deeply nourishing. This star-studded herbal blend is like pushing the reset button on liver function, helping to lighten the overall toxic burden from modern-day lifestyles. Perfect after a little too much partying or for a fresh start to the new year. Ages 12+ years.



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Always read the label and use as directed. If symptoms persist see your healthcare professional. Naturo Pharm, Rotorua



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**HOT  
Picks!**

**NATURAL REMEDIES  
FOR CHILDREN**



**KIWIHERB ORGANIC KIDS CALM**

Contains Chamomile to help lessen restlessness and calm digestive discomfort. Ideal for traveling and helping to settle on those hot nights camping.



**KIWIHERB ORGANIC DE-STUFF FOR KIDS**

Helps calm the allergy response in the body and soothe overwhelmed and upset airways, with Elderflower, Ribwort and Echinacea.



**KIWIHERB BEDTIME BLISS**

Helps when evenings are getting longer, and more daylight hours can impact even the best sleep routines. Help settle a busy mind and body to support falling asleep easier with Chamomile, Withania and Hops.

Phytomed Medicinal Herbs Ltd, Auckland

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**NEW ZEALAND'S NATURAL HEALTH SPECIALISTS**

# Magnesium for Kid's Health

*Do more of  
what you love*

*The holidays are near and the sun's out, so the kids will be burning through their energy outside and will be ravenous for things like ice-creams so they can cool off. But even if you've managed to get in their daily nutrition of fresh vegetables, fruit and nutrient-dense animal foods, they are likely still deplete of certain minerals, due to the extra growth demands, and one in particular: magnesium.*

**Why magnesium for kids?** Magnesium is essential for over 700 metabolic and cellular processes within the body. It helps our muscles and nerves function properly, supports a steady heart rhythm and healthy immune function and assists in keeping bones strong. Magnesium is commonly used as a gentle aid to help ease restlessness, promote relaxation, and support a restful night's sleep. Kids are so busy these days so rest and recovery are essential parts of maintaining healthy immune and nervous systems, and overall health and well-being.



## Where Good Health Magnesium Kids can help children:

- Supports blood sugar stability
- Support for "wired" tiredness and poor sleep patterns
- Helps to calm and relax
- Support for nervous tension
- Support for growth spurts
- Soothes muscle tension
- Supports bone development

**Good Health Magnesium Kids** is a highly absorbable form of magnesium; Aquamin® Marine Magnesium, paired with Vitamin D3 to support magnesium absorption and supports the growth of bones and teeth. Vitamin C to support the immune system and zinc also supports magnesium absorption and the immune system. As kids grow, they can be faced with growth spurts and poor-quality sleep, Good Health Magnesium Kids supports a growing body and its needs for a good night's sleep by soothing muscle tension and calming the mind. There is absolutely no artificial colours, flavours, sweeteners, or preservatives and a yummy natural berry flavoured chewable tablet the kids love.

At Good Health we design products for the whole family. Whether big or small, anyone can be affected by poor nutrition from time to time, especially at Christmas time and in the summer. While you can try and avoid those ice creams and Christmas chocolates, etc, that deplete magnesium, supplementation can give you peace of mind over the holidays. Getting sufficient magnesium can make a huge difference to how you function every day, so your kids can play tag more, swim more, build huts more, and generally do more of what they love!



# HARDY'S HEALTH STORES AND HEALTH HUBS

## HS HARDY'S STORES

### Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

### Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

### Hardy's Whangarei

41 Cameron St (09) 438 3188

### Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

### Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

### Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

### Hardy's Taupo

37 Horomatangi Street (07) 378 9057

## HH HARDY'S HEALTH HUBS

### Devonport 7 Day Pharmacy

31A Bartley Terrace, Devonport  
(09) 445 4000

### The Capsule Pharmacy

231-233 Great South Road, Drury  
(09) 294 8892

### Liddells Pharmacy

48 King St, Pukekohe  
(09) 238 7166

### Anglesea Pharmacy

9 Thackeray St, Hamilton  
(07) 839 3999

### My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd  
(07) 572 0355

### Pharmacy 53

10 Ballance Street, Whataupoko, Gisborne  
(06) 867 3038

### Balmoral Pharmacy

25 Munroe Street, Napier South  
(06) 835 4540

### Vautier Pharmacy - Summer Hill Village

198 Ruapehu Drive, Palmerston North  
(06) 355 8173

### Stratford Pharmacy

235 Broadway, Stratford 4332  
06 765 6566

### Clive's Chemist

20-21 Queen Street,  
Wainuiomata  
Ph (04) 5648618

### Pharmacy @ Ferrymead

1005 Ferry Road,  
Christchurch  
(03) 943 9635

### Roslyn Pharmacy

287A Highgate  
Roslyn, Dunedin  
03 477 9793

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