

My Hardy's

We'll get you feeling good!

Choose the way
you feel this winter



NATURALLY KIWI
SINCE 1986



Our Freedom to Choose...

In my opinion, maintaining optimal health and well-being is all about our freedom to choose what works best for us. We are all blessed with different genetic expressions, and what works well for one may not work well for the next. Hence why this edition is all about making choices for you to be the very best version of yourself this Winter and beyond.

Those who know me well know that from a very young age I had to stand up for what I believed to be best for my health, which ultimately led to me studying to become a Naturopath. And I continue to study to this day; I love to 'research the research'! My lifelong learning journey is now bringing me onto the next step on my path, which is to stand as a candidate for the political party DemocracyNZ. They represent Freedom of Choice, which is a concept I too, wholeheartedly believe in.

My own life-story is the reason I embarked on a quest to learn all that I could about natural health, hormonal balance, auto-immunity, and more recently about lifestyle medicine and Nutrigenomics. All of which contribute to the vibrant shine and sense of well-being within each of us.

My health story starts at age 5, with Bels Palsy. Then as a teenager I was diagnosed with Achalasia, painful menses, and hormonal acne for which I was prescribed the oral contraceptive pill. At the age of 22 I came off the pill to start a family, only to be told I had ovarian failure, essentially meaning I had the hormones of a 60-year-old woman. And that I would never have children. This was certainly NOT what I wanted to hear as a newly married young woman. Although this was a tremendous shock, in hindsight it may have been the best thing that happened to me because it made me change how I thought of, and how I treated my body. I decided then and there that if this was my fate, then I would choose to respond to it in the most positive way that I could. So the story wasn't all bad. It did have a very happy ending! My husband and I managed to have 2 wonderful boys, adopting our eldest, and then a few months later I was incredibly blessed to carry one of New Zealand's very first donor-egg babies.

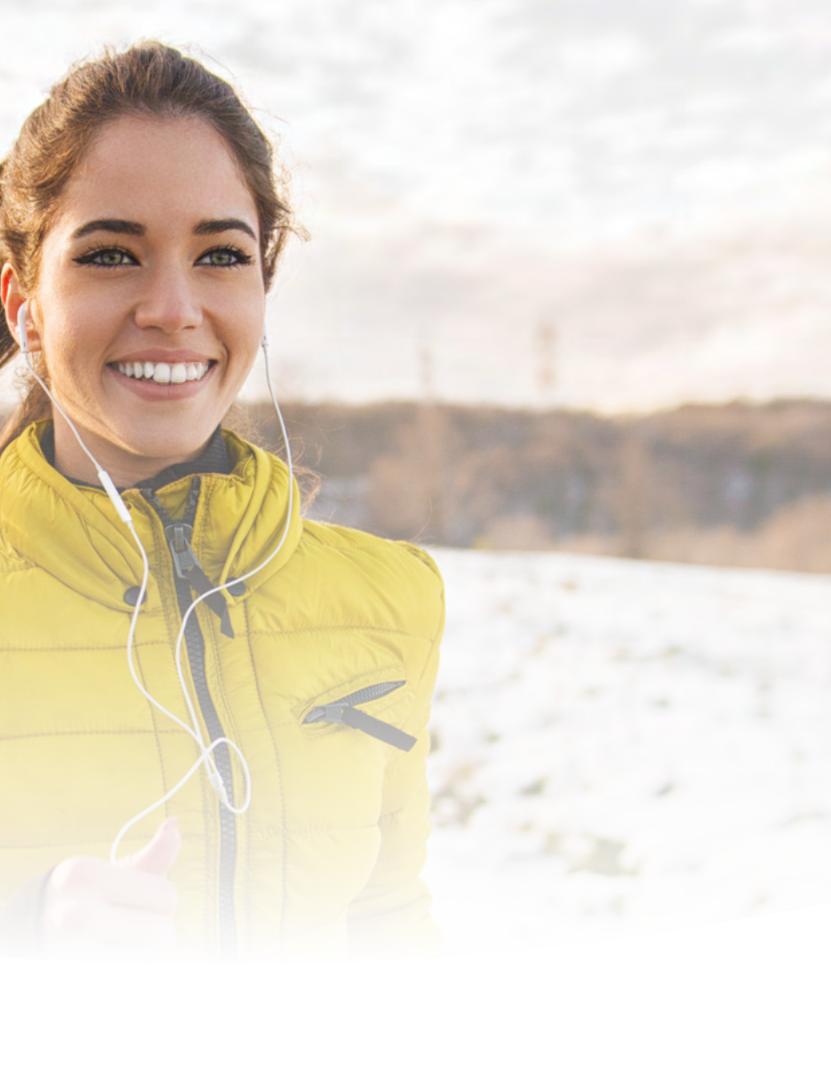
When our youngest was starting school, I began studying naturopathy and taking more control of my lifestyle,

including what I chose to put into my body. Medically, the only answer for a very young post-menopausal woman was to stay on pharmaceutical HRT's (hormone replacement therapy) for the rest of my life. I had, however, had a blood clot whilst pregnant and knew that being on HRT would put me at a very high risk of another, so I felt with every ounce of my being that this would not be the right choice for me.

Then a few years ago, I was diagnosed with Celiac Sprue. This didn't really surprise me as I'd always felt much better on a predominantly plant based diet which didn't contain much gluten.

But let me conclude with the best part of my story! This Winter I am turning 56, and I feel fabulous! Throughout my life I have only occasionally needed to rely on pharmaceutical medication for acute situations. Otherwise,





I have been able to thrive on lifestyle and plant medicine. Mother-Nature is a wonderful practitioner, providing some of the most powerful treatment plans on the planet. My bone density and cardiovascular health are great, even though I was told that they would not be as I grew older. And my overall health, well-being and fitness level is better than most my age. So my message to you dear reader is this.... Stand up for what you truly believe in, and for what you feel is the BEST for you! Gather as much information on a subject as you can, research widely and talk to a range of different people. You can even include things like our magazines and educational tips! But most of all listen to your body because no one knows it better than you. What is great for one person may not be great for you, and it's ok to search for alternatives. Ultimately with increased knowledge comes increased choice – and you have the Freedom to Choose!



Embrace the season



As we move into Winter, I know a few of you are feeling as though we've had nothing **but** Winter. This year it's felt a bit like we're living in Narnia – the land inside the Wardrobe in CS Lewis's *The Lion, The Witch and the Wardrobe*. The Snow Queen casts her spell and Narnia is plunged into eternal Winter until

the Lion comes to defeat her. But tales of evil magic aside, let us greet Winter with more enthusiasm than the Narnian folk – because forecasters have predicted a cold dry one! After all the rain, I for one am thrilled to hear this news and wholeheartedly welcome Winter with open arms!

So let's shake off the damp humidity of Summer and Autumn, and embrace the invigorating cool crisp air of Winter. In this magazine we'll help you navigate through typical Winter pitfalls so that you can feel your absolute BEST self through the colder months. We also talk about the choices we have so we can live our BEST life. Freedom of choice and freedom to choose our own path is the essence of our own uniqueness, because as humans there is never a 'one-size-fits-all'. For every thought we have and every action we take, we have the power of choice. We can choose to hibernate through Winter or get out there no matter how cold and dark it is. Sometimes the best rewards come from pushing through habitual apprehension and choosing a new path with a new destination. So this Winter, we want to encourage you to step outside of your comfort zone in one area of your life that you would like to change, and choose to make that change happen!

With love and blessings to all our Hardy's family xx

Diana

Diana Burgess – Naturopath

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The Six-S Symptom Star



Written by Ange Youle
Registered Clinical Nutritionist

You may have heard of something referred to as the Triple S symptoms trio? Sleep, Sugar and Stress!

The Triple S concept makes the connection between all three of these things being linked, and by supporting one of the three you naturally help to support and work on its trio buddies.

At Hardy's we find the Triple S concept more pronounced for people in the Winter months, as cooler, darker days impact on mind and body, and we typically just want to hibernate in bedroom caves like a grumpy grizzly bear (or is that just me?).

Well, we at Hardy's have a few more S's to add to the mix and we wanted to share them with you. Call it our Six-S-Symptom-Star of Winter.

Just like the image of a snake eating it's own tail has no beginning and no end, we too can look at these as not appearing in any specific order. However, because it's Winter, let's begin with SAD.



SAD

SAD is a great acronym. It stands for Seasonal Affective Disorder, which literally can make people who experience it, feel sad. It is otherwise referred to as the Winter Blues.

So what can make some people feel so sad in Winter? Well, the way our body is designed is for the natural 'night and day' cycles to set our natural 'sleep and wake' cycles. How this works is to do with the amount of light entering our eyes, which tells our brains that we need to change up the hormones in the body so that we can either start to wake up or feel tired in preparation for sleep. Therefore the ideal sleep pattern is one that is roughly in sync with daylight hours. For example, as the sun starts to rise, you wake naturally to the light. And as the sun sets, you start to get sleepy and then drift off naturally when it's dark. But how many of us live like that nowadays? For most of us with the 8-5 jobs, having to get up in Winter before daylight to beat traffic means our hormone production can become unbalanced - we may have not yet stopped producing sleepy hormones and started making "wake-up" hormones because the sun has not yet risen. Presume then a lot of people disappear for the day into artificially lit offices or factories, and by the time the working day is over, the sun has already gone. This cycle for the whole season can make some people feel a little tired and depressed.



One of the hormones involved in our mood is called Serotonin, this is referred to as our 'happy hormone'. One of the reasons the sunshine makes us feel good, is the bright light triggering Serotonin production. Sunshine also has a role in Vitamin D production - Vitamin D is actually known as the sunshine vitamin, because it's created through exposure to sunshine. But as sunshine is limited in Winter, our Vitamin D stores can wane. Vitamin D is intricately involved in promoting a good mood. So when these key ingredients decrease through a lack of sunshine exposure, SAD can manifest.

Sleep

We can dive a little bit more into our body-clock chemicals here. As mentioned in SAD, Serotonin is our happy hormone that rises along with the sunlight. However, Serotonin is also involved in our 'sleep-wake' cycle. As it starts to rise towards the 'waking' half of the day, it works with an inhibitory effect on our REM stage (rapid eye movement - our deepest sleep state) thereby helping us to start waking up. This is all in conjunction with other brain chemicals that also work to regulate our 'sleep-wake' cycle. One of the other chemicals involved works in the opposite manner, and this chemical is called Melatonin. You may be familiar with this name, if you've ever been to see the Doc with regards to sleep, you may have been prescribed Melatonin. In the body, Melatonin actually comes from Serotonin. The pineal gland takes Serotonin and uses enzymes that are stimulated by darkness, to convert it into Melatonin, which helps to induce sleep. But in Winter if we lack Serotonin, we may then not produce enough Melatonin either. And if we are a bit low in both, this can affect our quality of sleep during the darker months.

Another possibility is that our Melatonin production is fine, but the late rising sunshine (& early beeping alarm clocks) means that our Melatonin levels don't drop as much as they should, which can leave us feeling drowsy well into the day.

Stress

Stress is something that that can often feel more pronounced during the Winter months; sometimes the same stress can feel different across the seasons. The reason being is that our body is perhaps less resilient to stressors, one primary reason being less exposure to sunshine. Sunshine can be considered a type of life-giving energy not only for our planet but for our bodies. Consider the animals that disappear off into a dormant state of hibernation in cold Winter months. Who hasn't wanted to do that at some stage?

Stress also isn't necessarily something that is created through our situation (eg. job, finances, relationships, etc). It can literally be things that stress the body out, such as lack of sunlight, pain, lack of sleep, hormone imbalance, chronic inflammation, etc. So consider that during Winter, our sleep may become affected, which then impacts our body and mind, creating both an emotional and physical stress in addition. We also get sick more often in Winter, and this then adds another layer of stress which can be both mental and physical. Winter is also more expensive in terms of lighting and heating bills, using the dryer to dry clothes instead of the washing line, and the extra finances in itself can make Winter more stressful for some. For others, Winter may be a less sociable time as more introverted people can withdraw more readily, wanting to hibernate rather than go out on a cold evening after work to catch up with friends. But human companionship is another wonderful gift of life that can help to lower our stress levels. The point though, is you can see how easy it is for these cycles to form that further reinforce stress levels.

Sugar

When tired, depressed or stressed, it's easy to crave a 'pick-me-up' and unfortunately, this often comes in the form of convenient, on-the-go sugary or refined carbohydrate-type snacks (think that afternoon muffin accompanied with yet another caffeine hit to get you through the last leg of the day).

Let's compare foods to fun-park rides for a moment. The type of energy release we'd like to get would be the wonderfully graceful merry-go-round, with pretty horses that bob up and down. What we really end up with however, is the Drop-Tower! You sit in a chair, scale up an incredibly tall tower, and then drop at a free fall pace. Sugar is THAT ride. But way less fun coming down. And you feel sleepy at the end of the ride rather than exhilarated. The huge peaks and troughs that can take place multiple times during the day are very inflammatory in the body, and for those already depressed, stressed or exhausted, this can magnify those feelings even more.

Skin

One common complaint about Winter is how it affects our skin, not only the appearance but also the texture. Skin tone is paler, fine lines seem more prominent, and the texture can be drier and rougher to touch, with some even going so far as to experience flakes, eczema outbreaks or general itchiness to higher degrees than in Summer. This is due to the cold dry air and indoor heating which strips the skin's protective moisture leaving skin more vulnerable to the elements.

Once we factor in stress, fatigue and increased sugar intake, we have a melting pot of trouble for our skin. For example, an increase in stress hormones can produce an increase in production of oil in the skin, potentially leading to clogged pores, blackheads and acne outbreaks. The inflammation that stress brings also causes little micro-changes to the proteins in skin, which can make it look a touch more wrinkly as it loses elasticity. And I'm guessing you already know increased sugar intake can lead to skin outbreaks, so no need to rehash that one.





Sedentary

We KNOW it's sometimes so much harder to be motivated to get out in the Winter months when we are feeling so tired already. And yes, we all know pretty much know why exercise is so good for us so no need to rehash this one either. How about instead we change it up and look at the reasons why being sedentary is so bad for health, which is then exploring things from the opposite side of the coin.

According to World Health Organisation, "Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety." Yikes!!

Maybe you may remember a study that was done a while back comparing lack of exercise to smoking, and it turned

out being sedentary was actually worse for your health than smoking! The study in the British Journal of Sports Medicine found that those who were sedentary for an hour (sitting in an office/watching TV etc) reduced their lifespan by 22 minutes, whereas smokers shorten their lives by 11 minutes per cigarette (on average). Assume someone smokes 10 a day; that's 110 minute reduction in lifespan per day. And assume someone sits down for 10 hours a day (drive to work, sit at work, sit watching TV at home), that's a 220 minute reduction in lifespan per day, according to this study. If you are someone who never took up smoking because it's bad for your health, but you spend a lot of time being sedentary, consider this your motivational food for thought to get some movement into your day!

So while all this may sound like doom and gloom, we are here to shine a light into the Winter darkness! Because Winter doesn't need to be full of fatigue and despair at all. Winter is a season that has its own beauty, and we want you to be fit and well so you can enjoy it. Always remember, you have a choice!! Understanding the pitfalls of Winter gives room to overcome them! We've included some good tips in this magazine to ensure you can keep the spring in your step and enjoy the cooler months without needing to disappear off into a cave like the hibernating grizzly bear.

Feel good naturally

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.





Di's BEST Solutions for Anxiety, Stress and Mood

Here at Hardy's we understand that things don't always present in the same way for different people, and that everyone's experiences and symptoms can be unique. And we understand there is more to stress, than just 'stress'.

Some people experience stress as panic attacks, with stress rising into peaks and a strong physical reaction (for example increased heart rate and hyperventilation). Others may experience stress as a long continuous drain on their energy. While others find their stress can result in deep lows - rather than rising high peaks of intense stress resulting in panic mode, this stress can cause big drops in mood resulting in feelings of depression or despair. Our Hardy's Health Consultants are able to chat through your symptoms and offer a more personalised solution, so don't hesitate to reach out to us if you need some extra support this Winter.

GAIA® HERBS - CALM A.S.A.P.®

In shock, anxious or worried? Calm A.S.A.P.® is an herbal rescue remedy formulated to soothe emotional triggers. Designed for fast-acting support - exam, medical appointment or flying (take 30-60 mins prior); keep on hand for accidents or use daily to calm sensitive souls. Ages 12+.

Natural HealthTapiing, Auckland



GAIA® HERBS - EMOTIONAL BALANCE™

Want to banish the blues? Ongoing emotional challenges not only bring you down, but they make daily tasks feel like an uphill battle. Support a positive outlook on life and uplift low moods with this nurturing herbal blend. Turf 'negative nancy' vibes out on the street! Ages 12+.

Natural HealthTapiing, Auckland



GAIA® HERBS - STRESS RESPONSE

Feeling frustrated and on edge? Wired but tired? Struggling to sleep? This synergistic blend offers support to build natural resistance to stressful influences. Popular for those struggling to keep up with the demands of life, and who feel overwhelmed and rundown. Ages 12+.

Natural HealthTapiing, Auckland



GUTSI® MOODBIOTIC™

While any of us can be moody, low mood shouldn't go unnoticed. Formulated by a world-renowned microbiologist, this innovative supplement combines breakthrough technology to support mood imbalances, stress and overwhelm, by accessing the incredible power of the gut-brain axis. Featuring research-backed Bifidobacterium longum 1714™, Passionflower extract and L-theanine, MoodBiotic™ supports normal theta and alpha brain wave activity to unlock your inner calm. Ages 8+.

Natural HealthTapiing, Auckland



ARCTIC COD LIVER OIL: A HEALTHY TRADITION FOR THE WHOLE FAMILY

Why cod liver oil?

Cod liver oil is the classic omega-3 supplement. It has been used for centuries in Scandinavian societies to help keep people healthy during the long Arctic winters. Arctic cod are rich in the omega-3 fats EPA and DHA that our bodies need for brain, eye, and nervous system function, a healthy heart, immune support, joint mobility, child development, and more.

Why choose Nordic Naturals?

Nordic Naturals® award-winning Arctic Cod Liver Oil™ is an ideal option for those who care about personal and planetary health. Nordic Naturals contracts with local, independent certified cod fishermen who use smaller boats that spend less time at sea. This means a fresher catch with fish processed for oil the same day as they are caught. The fishermen use line and net methods that prevent against by-catch of unintended species and prevent seafloor and ecosystem damage.

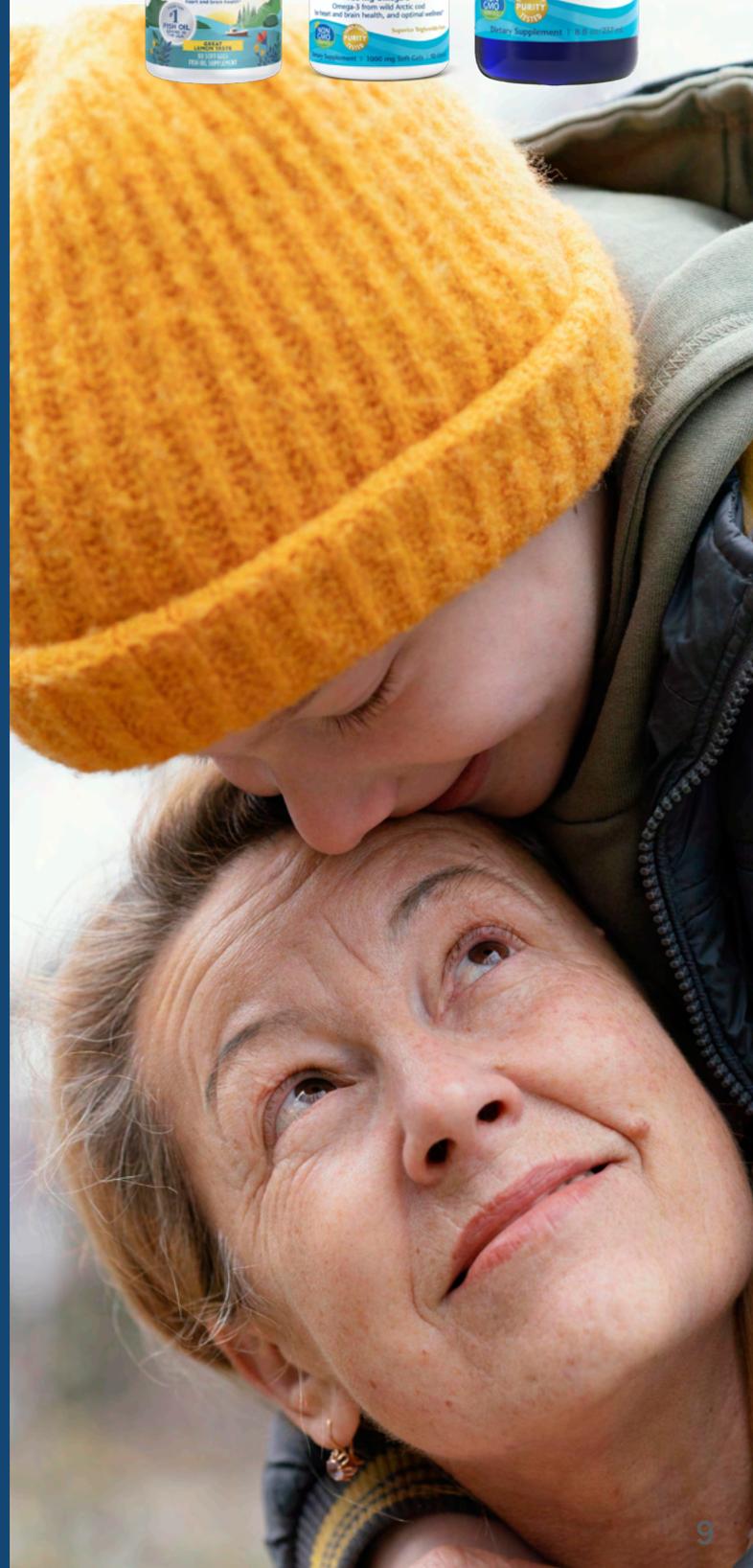
In line with Nordic Naturals efforts to avoid waste, 100% of the fish used to make Arctic cod liver oil is ultimately consumed by humans or animals, and the products are Friend of the Sea Certified. Nordic Naturals Arctic Cod Liver Oil contains omega-3s in the triglyceride form, the same form that these fats naturally exist in fish, and the form the body can best recognise and use. And, like all Nordic Naturals products, Arctic Cod Liver Oil meets strict international standards for fish oil purity and quality.

How sustainable are Arctic cod?

Arctic cod (Skrei) are considered a healthy, sustainable species thanks to careful management by the Norwegian government who oversees the world's largest Arctic cod fishery off the coast of Norway's Lofoten Islands, where mature cod come to spawn each winter. The fish used for Arctic cod liver oil are 100% wild, and thanks to strict limits on catch-size, overfishing is kept in check. The result is an Arctic cod stock that is largely the same size and health as it was a century ago.

NORDIC  NATURALS®

Better For You



Super Porridge Bowl

DIANA'S RAINBOW RECIPE TO NOURISH AND WARM THE SOUL

Start with a base porridge of your choice – then layer with all the colours of the rainbow. Below are my favs.

- Organic Oats
- Quinoa Porridge – ½ cup tri-colour quinoa, 1 cup water, cinnamon
- Blended GF Porridge with Organic Millet, Amaranth, Brown Rice and Nuts
- Brown rice and pumpkin porridge

The beauty of food as medicine is that the choice to heal and promote health can begin as soon as the next meal.





LSA

Ground linseed, sunflower and almonds – this mix is high in fibre, protein and essential fatty acids.

HEMP HEARTS

Nature's best superfood, making them the perfect addition to any meal. As versatile as your imagination, bursting with nutrients and an awesome nutty flavour.

OATS (AVENA SATIVA)

High in beta-glucan, oats also offers great amounts of many vitamins and minerals, such as manganese, phosphorus, copper, B vitamins, iron, selenium, magnesium and zinc. Try buckwheat for a gluten-free alternative.

PEARS (PYRUS COMMUNIS)

An excellent source of water-soluble fibres, including pectin.



RAW HONEY, DATE PUREE OR AGAVAE

A nutritious way to sweeten your day.

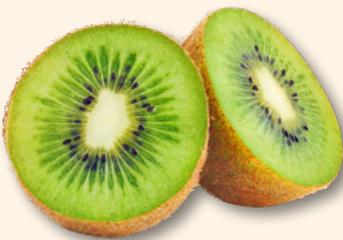
CHIA SEEDS

Loaded with dietary fibre and omega-3.



SESAME SEEDS

Unhulled sesame seeds are especially rich in nutrients vital to bone health, including calcium.



KIWI FRUIT (ACTINIDIA CHINENSIS)

Rich in antioxidants, fibre, Vitamin C and enzymes.



SUNFLOWER SEEDS

These tiny seeds are packed with nourishing goodness, including protein and rich levels of vitamin E.

SPICE UP YOUR WINTER

Cinnamon, cloves, cardamom, nutmeg or ginger. Add one of or a mix of spices to your winter porridge. All have amazing health benefits that include sugar balancing, reducing inflammation, improving digestion, reducing flatulence and soothing the gut.

FRESH OR ORGANIC FROZEN FRUIT

Choose organic or spray free fruit from all the colours of the rainbow. Fresh is always best, but when out of season, frozen, dried or preserved is a great way to boost your antioxidants over winter.





Feel vibrant with sleep

How many of you lovely readers can put hand on heart and say “yes I got my 8 hours shuteye last night”? I’d hazard a guess that a good percentage of you are thinking to yourself, no I didn’t! And you might also be asking yourself what the big deal is. The amount of times I hear people say “I’ll sleep when I’m dead”, is quite alarming. People often underestimate the power of a good night sleep for benefitting more than just a heavy set of eyelids.

The truth is, sleep plays a very significant role in almost every system of the body. As we’ve mentioned in previous magazines, hormones are like the boss in town that gets things done! And we don’t like to mess with them. So then, first off – lack of sleep messes with those hormones! We produce more of our stress/get-up-and-go hormone Cortisol when we lose zzz time, which then puts us into more of a fight-or-flight start to the day. This then increases our appetite as well; have you ever noticed you’re more hungry when tired? Our hormones Leptin (satiety hormone) and Ghrelin (hunger hormone) get dysregulated when we don’t get enough sleep – and over the longer term imbalanced production of these guys changes our metabolic health, leading to weight gain, and of course this then leads to an increased cardiovascular risk too, increasing blood pressure for example. And then we are more prone to sugar cravings with the increased appetite and instinct for a quick fix boost of energy, and along with the extra Cortisol, both these impact on blood glucose levels, so longer term our blood sugar balance can be impacted as well.



Hormones and metabolic risk aside, we have impacted mood, memory, and increased risk of anxiety and depression due to lack of sleep – and the knock-on effect of more physical stress is mental stress – which creates more physical stress. And what impacts the immune system? Stress! And lack of sleep.

What's the take-home message? Sleep underpins everything! If you like to burn the candle at both ends, at least try to do it around 8 hours of sleep. And if you experience trouble getting to sleep or staying asleep, then we can make some recommendations. Come into your local Hardy's store or hub and ask for help! We have plenty of good advice and amazing supplements to help you get your much needed sleep.

Nutrition is also key here of course. Without the vitamins and minerals needed to build hormones, or without the stabilised blood sugar balance an adequate dinner provides, sleep may be impacted. There are also some essential sleep hygiene principles to follow, such as ensuring screen time limits (the blue light emitted from screens tricks your brain into thinking it's still daytime). Switch off before bed with relaxing activities (think baths or lounging around in a bedtime blankie), avoid vigorous exercise before bed, and avoid stimulants such as coffee and sugar too late in the day.

If you eat wholesome nutritious dinners, you're following sleep hygiene principles, so if you're still struggling, now is the time to come and see us about a supplement or two that may help. One of our favourite BEST BUY sleep products, is the Biosphere Magnesium Sleep. It's an easily absorbable form of magnesium that is combined with glycine, an amino acid that helps us sleep with its relaxing effects on the brain. It contains a wonderful blend of ingredients we call 'sleepy



herbs' that help inhibit stimulating stress hormones and promote production of calming brain chemicals. This is best taken for at least 2 weeks to see the full benefits, but rest assured, it can play an important part in helping the body switch off and wind down enough to get some deep sleep.

So if you're at that stage where you'd like some pointers on how to drift off sweetly into dreamland, come and chat to one of our wonderfully knowledgeable team of Health Consultants at your local store or hub. We're here to help!

BIOSPHERE 
Nutrition

EXPERIENCE THE DEEP SLEEP YOU DESERVE

Unlock the power of restorative sleep with Deep Sleep Support



Enhance sleep quality
Supports healthy circadian rhythm
Promotes relaxation

Biosphere Nutrition's **Deep Sleep Support** combines the best sleep aids into a great-tasting, easy-to-mix powder for a restful, rejuvenating sleep experience.

Always read the label and use as directed.

Wired or Tired?

SOLGAR®'S STRESS MANAGEMENT SUPPORT



JULIE FERGUSSON NATUROPATH

Feeling stretched in all directions? Wanting to hide from the world or run away from everything and everyone? Occasionally we all experience reaction to strained times when our coping levels are challenged. Stress comes at us in gradient levels, from the nudge needed to help us get out of bed in the morning, to heart-racing events such as going for your driving test. However, it is the long-term chronic daily stressors that can take a toll on our bodies and can leave us depleted.

For some people one strategy is using food to cope. Unfortunately, the relationship between stress and nutrition can be a double-edged sword. As your body demands more nutrients when stress is increased, but a lack of these nutrients can intensify stress reactions. Stressed people often make poor food choices as there is an increased desire for sugary treats and comfort food. Unfortunately, this strategy long-term creates more problems; decreases energy, increases weight gain and puts you in a higher risk for insulin resistance.

Stress places greater demands for vital nutrients, so Solgar® has four supplement suggestions.

Taking a multivitamin and mineral can help give you the reassurance that you are covering all vital nutrients and you are less likely to indulge in junk food. Solgar®'s VM 2000 has 32 key vitamins, minerals and amino acid. It has been specifically formulated to help support you and your body when life gets busy and strained. With iron to support normal oxygen transport in the body and support energy, while eight B vitamins support metabolism, energy, mood and much more.

Ashwagandha and Rhodiola are two well-studied botanicals that are popular choices for those looking for support with the strains and stresses of life. We know that everyone reacts differently, so Solgar® has two especially targeted supplements. Solgar® Ultimate Calm is ideal for those when life seems relentless, and the body switch is stuck on 'wired'. Helping you to support the return to your inner calm is a combination of two plant-based ingredients KSM-66® and extract from Ashwagandha and extract from saffron, affron® supporting you to feel more settled by supporting balanced mood.

In contrast, when the up and go seems to have left, it is important to support energy and resilience. Ultimate Calm Daily Support is ideal when you feel tired. A combination of naturally sourced B-complex (Panmol B-Complex™), supports energy, while Rhodiola extract (Rhodiolife™) supports the nervous system resilience, energy and inner balance when needed most.

Women trying to cope with perimenopause and menopause may have a harder time with stress management. During this time for some women the body temperature gauge likes to play 'zoomies' any time of day and night, which can result in feeling washed out, emotional and tired. Solgar® Menoprime has two patented extracts Siberian rhubarb (Err-731®) and Saffron (affron®) that has been shown to support quality of life and supports temperature balance for those extra challenging times.



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



Let your skin shine

As a naturopath, I have seen many patients suffering from dry, red, and scaly skin conditions like psoriasis, eczema, and atopic dermatitis. These conditions can be frustrating to deal with and can have a significant impact on a person's quality of life. Fortunately, there are natural solutions like MiBiome™ that can help alleviate symptoms and improve skin health.

Psoriasis is a chronic autoimmune condition that causes red, scaly patches on the skin. Eczema, on the other hand, is a condition where the skin becomes red, itchy, and inflamed. Atopic dermatitis is a type of eczema that is caused by an overactive immune system, and it often affects people with a family history of allergies or asthma.

The good news is that natural remedies can help alleviate symptoms and improve skin health. MiBiome™ is an advanced topical suspension formulated with SEKDA™ probiotic complex, which has been shown to positively affect the skin microbiome. This is important because studies have found that the microbiome of healthy skin differs from that of unhealthy skin. MiBiome™ helps bring back healthy skin microflora, which can improve skin health and alleviate symptoms.

MiBiome™ is also formulated with all-natural ingredients like olive fruit oil, tocopherol, and sweet scented geranium oil, which have beneficial dermal characteristics. These ingredients help nourish and soothe the skin, leaving it smoother and more pleasant to the touch. MiBiome™ is steroid-free, SLS and SLES free, and dye-free, making it a safe and effective option for those with sensitive skin.

To use MiBiome™, shake the bottle well before each use, and apply it to clean, dry skin. Apply a sufficient amount to affected skin areas and massage gently morning and evening. Wait a few minutes before covering target skin areas with clothing, and avoid applying MiBiome™ to open wounds.

In conclusion, natural remedies like MiBiome™ can be a game-changer for those suffering from dry, red, and scaly skin conditions like psoriasis, eczema, and atopic dermatitis. By rebalancing the skin's microbiome with good bacteria and soothing with high-quality oils, MiBiome™ can improve skin health and alleviate symptoms. For best results, use MiBiome™ as directed for 60 days.

**all natural skin
soothing topical
suspension**

Support your family this winter, naturally



KIWIHERB

LEARN MORE AT
KIWIHERB.CO.NZ



Always read the label and use as directed. If symptoms persist, talk to your health professional. Phytomed Medicinal Herbs Ltd, Auckland.



LIVING NATURE®

Uniquely New Zealand

Glowing skin essentials

Promote glowing, hydrated skin this summer with new natural skincare from Living Nature.

1. Daily Protect Facial Lotion SPF 20

Protect your skin during the day with this lightweight serum formula. Combining broad spectrum UVA/UVB protection with premium skincare ingredients, it glides onto skin, leaving a soft, natural finish.

2. Hydrating Glow Exfoliant

This innovative gel harnesses 100% natural actives to gently exfoliate skin, revealing a soft, glowing complexion. AHA's from Lactic, Tartaric and Citric Acids target dry, dead skin cells, while BHA from Willow Bark clarifies and unclogs the pores.

NEW



1.

2.

BePURE™

Top tips for when you're feeling unwell.



Topping up on immune-loving nutrients can be one of the best ways to support your immune health and protect yourself from ills and chills. But, what can you do once you have already started to feel unwell? Here are some simple ways to support your immune system to get back to health sooner rather than later.

1. Eat nutrient rich whole foods

Eating nutrient dense, whole foods is key to supporting your health and ensuring you are providing your immune system with the essential nutrients, vitamins, and minerals it needs for optimal function.

2. Prioritise sleep

Sleep is essential for wellbeing, both physical and mental. You know when you're not feeling well and you just want to stay in bed and sleep all day? That's your body telling you to get into a state where it can undertake repair processes to help you recover.

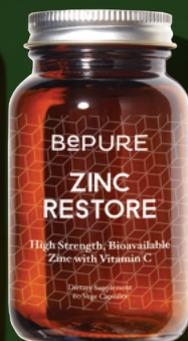
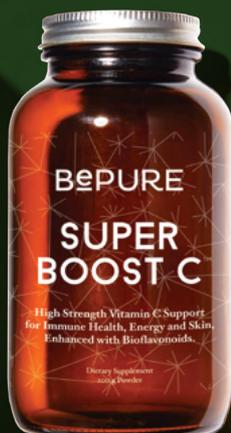
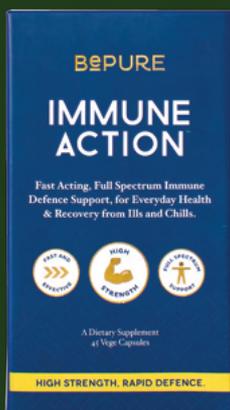
3. Stay hydrated

Your body is 60% water, so making sure you're getting optimal amounts of water is essential for flushing out and healing your body. If regular water isn't cutting it when you're not feeling your best, opt for herbal tea, or better yet, bone broth is a great way to hydrate your body while getting some amazing nutrient support.

4. Add in immune defence support

When it comes to fending off ills and chills in the winter months, having some extra support on hand can make all the difference. While many of us are aware of how vitamin C, zinc and vitamin D support our immune health, having powerful herbs on your side can also be key to feeling like yourself again. Our favourites are: echinacea, holy basil, beta glucans, ginger, and marshmallow root. These herbs are all-rounders to support your recovery, and can all be found in BePure Immune Action.

Strong immune health for everyday wellness.



BePure Immune Action™

Fast acting, full spectrum herbal immune defence for recovery from ills and chills.

BePure Super Boost C™

High potency vitamin C made delicious to support production of immune cells.

BePure Zinc Restore™

High strength, high quality zinc picolinate to support immune health and function.

BePure Vit D Restore™

100% NZ made vitamin D with added vitamin K2 for optimal absorption, to support a healthy immune system.

WINTER WELLNESS



Always read the label and use only as directed.
If symptoms persist please see your healthcare professional.
Solgar NZ Ltd, Auckland. TAPS PP1252.

SOLGAR® ESTER C PLUS

- Supports a healthy immune system and is retained in your body's immune cells for up to 24hr
- Gentle, highly absorbable patented form of vitamin C
- Excellent antioxidant
- Ideal for sensitive stomachs



SOLGAR® WILD OREGANO OIL

- Easy absorbable form of wild oregano in a softgel form
- Traditionally used to help support the immune system
- Extracted from natural oregano leaves
- Free from sugar, salt and starch



SOLGAR® GLUCOSE FACTORS

- Advanced multi-nutrient / herbal supplement
- Supports healthy blood sugar levels
- Supports reduced tiredness and fatigue
- Supports energy levels
- Vegan, Vegetarian, Kosher



SOLGAR® MAGNESIUM WITH VITAMIN B6

- Supports normal energy levels, and helps reduce tiredness and fatigue
- Support muscle function
- Vegan, Vegetarian, Kosher



SOLGAR® CHROMIUM PICOLINATE

- Vital for healthy blood sugar balance
- Supports healthy blood sugar levels, and provides support for energy levels, sugar cravings and healthy body weight management



SOLGAR® 5-HTP

- Provides the building blocks for the natural sleep hormone
- Supports quality of sleep without increasing total sleep time
- L-5-Hydroxytryptophan Complex with added valerian and Vitamin B6
- Vegan, Vegetarian, Kosher, Halal
- Free from sugar, salt and starch





HOT Picks!

KEEP VIBRANTLY FIT THIS WINTER



FELIX™ ADVANCED AFFRON® & FELIX™ AFFRON®

Felix Advanced 60VC and Felix 30VC use highly specialized saffron extract called affron®. It is 100% safe, traceable and effective, proven through several clinical studies. Felix provides support for healthy mood and emotional balance. Gives support also for brain and neuronal health. Felix Advanced contains BCM-95 Turmeric for greater efficacy.

Natural Health Trading, Auckland

BIOMAX® VITAMIN C LIPOSOMAL

This potent formulation includes Quali-C sourced from Europe. Enriched with essential phospholipid. Phospholipids are required to maintain a healthy cardiovascular, reproductive, immune and nervous system. Liposome encapsulated form of vitamin C offers superior bioavailability without usual absorption barriers which limit greatly the level of vitamin C absorption to bloodstream. Support normal collagen formation protects cells from oxidative stress and helps maintain good health.

Natural Health Trading, Auckland



POTEN-C - SUPERDOSE LIPOSOMAL LIQUID VITAMIN C

Potent Vitamin C drink is capable of sustaining vitamin levels in your blood up to 4 times longer than standard oral supplement. Poten-C uses Liposomal technology which enables vitamin C to be delivered intact into cell, means much more important vitamin is delivered to the cells. Vitamin C supports healthy immune response, energy levels metabolism, collagen production, blood pressure and cardiovascular health. Super important staple supplement!

Natural Health Trading, Auckland



Free Gift

HARKER HERBALS ELDERBERRY + VITAMIN C + ZINC

Three immune superstars in one delicious syrup! High strength elderberry and vitamin C to prime immune defences with your RDI of zinc. Adjustable family-friendly doses.

Buy an Elderberry + Vitamin C + Zinc 200ml and get a 100ml Chest Clear free.

Harker Herbals, Waipu

MAGNESIUM OIL - ACIEA

Aciea magnesium oil is from the pristine waters of the Great Salt Lake in Utah, USA. It is crystal clear, odour-free, ultra-pure, magnesium chloride brine. It supports aches, pain, cramps and spasms. It is a great support for relaxing and soothing muscles after exercise or strenuous day at work being on your feet all day. Versatile magnesium oil can be used to help improve the quality of your sleep, calm overactive nerves and nourish the skin.

Natural Health Trading, Auckland





GUTSI® SPOREBIOTIC™

This innovative probiotic blend uniquely works to support the regulation and optimisation of the digestive tract environment. Research shows that people with healthy gut microbiomes are more likely to experience balanced mood and sleep patterns, vibrant energy and immune systems that respond quickly and appropriately. Trust your gut. Be Gutsi®

Natural Meds, Napier

ETHICAL NUTRIENTS IMMUNE DEFENCE 60 CAPSULES

Immune Defence capsules combine high strength andrographis with vitamin D, zinc, echinacea and Siberian ginseng in a potent specialised immune formula to support your immune system and support your immune defences. TAPS Approval no: BG1763.

Metagenics, Auckland



ETHICAL NUTRIENTS MEGA MAGNESIUM NIGHT 50 TABLETS

Mega Magnesium Night has been formulated to support healthy sleeping patterns. Combining Meta Mag®, a proprietary, easily absorbed form of magnesium with passionflower, it provides a multi-action effect that helps support the mind & body in preparation for sleep. Take it before bed to support healthy sleeping patterns for a better night's sleep. TAPS Approval no: BG1748.

Metagenics, Auckland



ANTIPODES ANOINT EYE GEL

Freshen under eyes and reduce puffiness with Anoint H₂O De-Puffing Eye Gel, a cooling, weightless gel. High-tech extracts from coffee and red algae join antioxidant-rich New Zealand superfruits and cucumber to actively de-puff the eye area. Plant hyaluronic acid and manuka honey deliver fresh hydration, while bamboo ferment aids the protection of delicate tissue against everyday pollutants.

Antipodes, Wellington

Lifestream Spirulina Blue Extra

With extra phycocyanin, this certified organic Spirulina is rich in protein, iron and antioxidants to help support your stamina, muscle recovery, energy and vitality levels, with a natural vanilla taste. Ideal for busy, active or stressful lifestyle.

Lifestream International Ltd, Auckland



Gaia® Herbs - Energy Vitality

Time to call it a day on caffeine and sugar? Countless coffees and energy drinks satisfy the tastebuds but don't offer a sustainable solution for tiredness and fatigue. Energy Vitality provides much-needed daily invigoration for sustained energy without the crash! Make it through the week intact and boost your weekend-warrior energy stores. Ages 12+.

Natural Meds, Napier



BEST TIPS FOR

Winter Wellness



To help you navigate the season, we've put together our Winter Survival Toolkit so you can come out the other side full of healthy vitality, energy and enthusiasm!

01

Ensure you spend some time outdoors regularly, particularly on bright sunny days. Breathe in the fresh air, spend time in nature, go for beach walks wrapped up in snug winter jackets and hats, and if you dare, walk barefoot in the sand for a wee while too. It's easy to feel that you're too busy, but remember, prioritising movement is your choice! Timetable it in like you would a work meeting.

02

Consider testing yourself to see if you may be low in Vitamin D (chat to your Hardy's Health Consultant about our Vitamin D test or about taking a supplement). This can help support your mood and immune system too. Prioritising mind and body is your choice!

03

Practice good sleep hygiene principles (avoiding blue light screens too late in the day, be mindful of caffeine, alcohol and sugar intake particularly later in the day). You don't need to watch the end of your TV programme if you're sleepy, you can record it and watch it tomorrow. It's still just as good the next day. Prioritising sleep is your choice!



04

Be sociable! You can still wrap up in a blanket at your friend's house. And it doesn't rain inside the movie theatre. Your family may love the idea of a beach day in Winter, just have the picnic inside the car if it's too windy. Making time for friends and family is your choice!

05

Make soups. Honestly, these are my favourite part of Winter. And so easy with one of those stick blenders. Lovely warming veggies like pumpkin and squash, add some greens and a bit of garlic, turmeric and ginger, some coconut cream and bone broth, and some more spices that you like – YUUUUUM. Very nutritious, warming and uplifting. So many different flavours you'll never get bored. The choice is yours!

06

No matter what life throws at you, remember the old saying 'laughter is the best medicine'. It lowers stress hormone levels, so there is truth in this. Funny movies, funny friends, and spending time with animals because they can also be hilarious! This is important, because we need to remember to Choose life! Choose laughter!



Pure unbroken whole leaf tea.
MagicT only uses purest and best herbs and spices!

"We have to show this to the World!" was Frida's reaction when she first met local rose farmers in Kashan, an ancient oasis in Iran's desert. That was when Magic T's journey started.

Today MagicT is sourced from all around Iran, Turkey and India. Only the purest and best herbs and spices are used from traditional local farmers and growers. Fair and ethical trades are made to support small farms and local families.

All products are handpicked, shade dried and hand blended. Leaves and flowers are kept as whole as possible to give the best aroma and flavour without any extra, added fragrances, additives or artificial flavours.

Frida states "designing a blend is like creating a poem, it takes time, knowledge and inspiration. All of this is combined for you".



Natural Health Trading, Auckland

Do more of what you love

Good Health Viralex Range



Comprehensive formula for ills and chills giving immediate immune system support within 2 hours.



Nourishing kids immune systems so they have less days off school.



Comprehensive immune support formulation for everyday and year-round support.



Support the immune system, clear the airways and soothe the throat.



A natural, fast acting and effective immune supporting drink with scientifically researched EpiCor®



A soothing chest syrup supporting dry, tickly airways, night and day.



Support for depleted immune system and lip concerns in times of stress.



Nourishing ointment for lip concerns in times of stress.



Introducing The team from Pukekohe

Madeline Hart - Pharmacy Assistant & Natural Health Consultant
Kim Cronin - Retail Manager & Natural Health Consultant



Bahareh Lidells Pharmacy, Pukekohe

My name is Bahareh and I am a pharmacist and the owner of Liddells Pharmacy, Pukekohe since July 2019. Liddells has been an important part of the Pukekohe community for more than 80 years and it has been my main goal from the very beginning to improve and expand our services to our clients and customers supporting them to achieve their health and wellbeing targets.

As part of these initiatives, we have entered a very exciting partnership with Hardy's by becoming a Hardy's Health Hub, offering high quality natural supplements and health advice to our customers. Joining the Hardy's team has allowed us to receive intensive staff training and have access to Hardy's naturopath support.

Sanderson Winter Price Buster

Winter Immune Triple Pack

- > Ester-plex® 1300mg Vitamin C / 100s
- > Triple Zinc FX / 100s
- > Premium Vitamin D3 1000 IU / 100s

ONLY \$39.50*
SAVE 50%



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*Offer valid till 31 August 2023 or while stocks last. 50% off Hardy's usual RRP value.



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Simple

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37 Horomatangi Street (07) 378 9057

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231-233 Great South Road, Drury
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Liddells Pharmacy

48 King St, Pukekohe
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9 Thackeray St, Hamilton
(07) 839 3999

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Pharmacy 53

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(06) 355 8173

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