

My Hardy's

We'll get you feeling good!

We'll get you
feeling good this
winter

Nourish Mind,
Body and Soul

Boost Your
Immunity!



nuzest®

NUTRITION FOR LIFE

75+ PREMIUM INGREDIENTS

ANTI-AGEING
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Green Tea

STRESS
Ashwagandha
Licorice
Rhodiola

DETOXIFICATION
Milk Thistle, Spirulina,
Wheatgrass

ENERGY
B-vitamins
Magnesium
Fruit & Veg
Folate

IMMUNITY
Zinc, Selenium,
Vitamin C

DIGESTION
Probiotics,
Enzymes, Fibre

GROWTH
Protein
Calcium
Vitamin D

NEURAL
Lecithin
Brahmi
Potassium

CIRCULATORY
Bioflavonoids
Copper
Vitamin K

EYES
Vitamin A, Lutein,
Zeaxanthin

Get the best for every body. Comprehensive multinutrient supplements, expertly formulated to include a combination of fruits, vegetables, herbs, vitamins, minerals, probiotics and antioxidants to deliver all-in-one, daily nutritional support for the whole family.



GLUTEN FREE • DAIRY FREE • SOY FREE • GMO FREE • VEGAN

nuzest.co.nz

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A moment in time



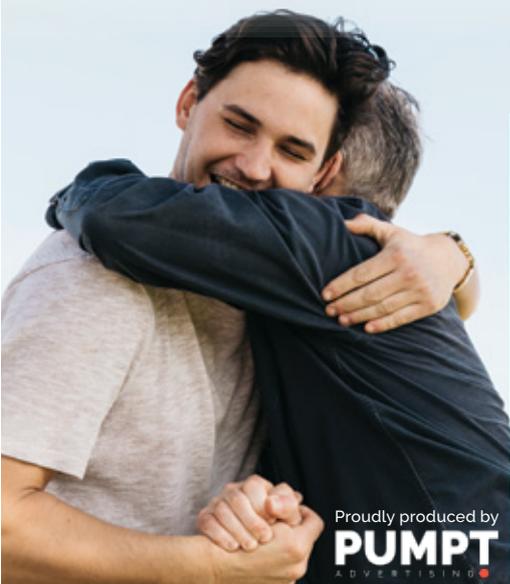
It's great to be back doing what we do BEST. I'm excited for the times ahead as I truly believe everything happens for a reason. Yes, lockdown and the last few months have been tough, but we are already seeing the shining light that has come from it. Mother Earth has had a chance to breathe, we've had a chance to slowdown and appreciate the little things in life. Even animals are flourishing. Now is your chance to heal. Whether you need to replenish your adrenals, improve sleep quality or boost your immunity, at Hardy's we have the BEST solutions for you and your family.

Love and Light,

Diana

Diana Burgess - Naturopath

“Oxytocin is a feel good love hormone. Hugs equal Oxytocin which equals happiness and good health. So a hug from a loved one, a relaxing massage or petting our fur babies all result in a wonderful feel good factor!”



Proudly produced by
PUMPT
ADVERTISING

THANK YOU!

A huge thanks to all our wonderful customers, staff and suppliers during the last few months.

The support has been truly overwhelming and we are very grateful for it.

♥ Kiwis supporting Kiwis ♥

Diana & Vince



COME AND SEE US AT YOUR
LOCAL HARDY'S STORE

Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

Hardy's Whangarei

41 Cameron St (09) 438 3188

Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

Hardy's Taupo

37 Horomatangi Street (07) 378 9057

Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

COME AND SEE US AT YOUR LOCAL
HARDY'S HEALTH HUB

My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd (07) 572 0355

Anglesea Pharmacy

9 Thackeray St, Hamilton (07) 839 3999



Can our Furry friends improve our Wellbeing?

Researchers suggested the animals' unconditional acceptance was calming and comforting for the children.

Wow! What a crazy time we have all just experienced. Most of us have felt our fair share of stress over the past few months. In an unprecedented situation like Covid-19, feeling anxious, worried, uncertain and scared almost became part of normal life.

As things start to settle in level one, the after affect has left many feeling exhausted, wired, tired, burnt out, over weight and even depressed. This is primarily due to the adrenal glands suffering fatigue.

The purpose of your adrenal glands is to help your body survive and cope with stress. In fact, the adrenals are known as "the glands of stress." It is their job to enable your body to deal with stress from every possible source, ranging from injury, illness and disease, to work and even relationship problems. So imagine the work they have just endured helping us cope with this pandemic. If any of the above rings true to you, I have a simple check list on page 8 and guidelines to help you replenish the health of your adrenals.

Many of us experienced dark times during lockdown, however there is always beautiful light to be found.

Animals are perhaps among the brightest of them all.



Pets and connecting with nature can be the best personalised medicine you can ever have. The unbridled joy of my fur babies' faces when they see me always makes me smile, no matter how tough my day has been. During lockdown, I loved seeing all the Facebook posts and stories from people who were finding such delight in hanging out with their animals, or spending time in nature. For me, this was capturing a moment in time with a butterfly, or just witnessing and appreciating the beauty of birdsong and animals frolicking in nature. Time away from our busy lives has truly given us a chance to appreciate the best of the nature around us.

The bond between a pet and their family is truly unique. Having an animal in your life is a delight in general, and during stressful times they can be a real lifesaver. On those darker days your pet still loves you unconditionally. **You are theirs and they are yours.**





Whether your non-human friend of choice is a cat, dog, horse, guinea pig, parakeet or goldfish, pets remain loyal in the midst of all our anxieties and uncertainties. They make us laugh and give us someone to care for, to talk to, to stroke and to share our worries with.

Our pets are true friends, so whether you're curled up on the couch with your cat, walking through a forest on a majestic horse, taking your dog on a beach walk, or just sitting and watching the grace and beauty of a fish as it swims, our pets add pure joy to our busy lives.

But is there proof that animals improve our quality of life?

There is a lot of anecdotal evidence to support the contribution that animals make to our health and mental wellbeing.

You only need to look at the popularity of animal videos online to give you the first clue.

Many scientific studies around human and animal interactions indicate a definitive link to improved quality of human life. We now know that spending time with animals helps decrease our levels of the stress-related hormone Cortisol. Animals also reduce our feelings of loneliness and increase our feelings of wellbeing and social support. That's why so many of them are used in hospitals and nursing homes to relieve stress and aid pain management.

Animals also help us achieve better routines and responsibilities, especially in children, as they grow up knowing how to care for and love their furry companion.



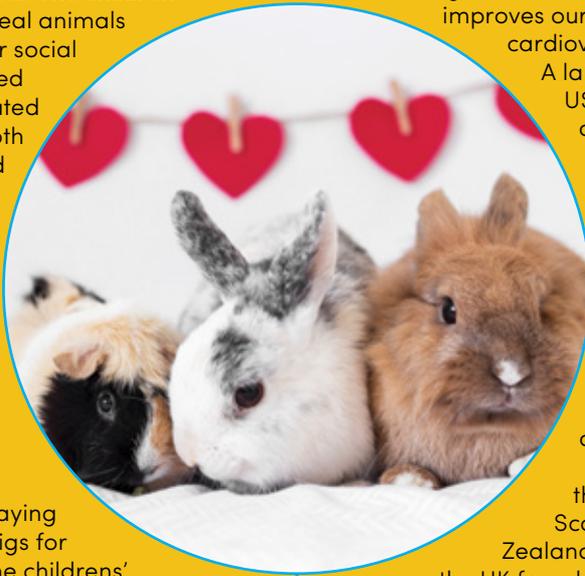
Pets leave *paw prints* on your *Heart*



No matter how dark the sky gets; nature and animals are perhaps among the brightest of them all



A US study enrolled two groups of children with ADHD into two group therapy sessions. The first group read to a therapy dog once a week for thirty minutes; the second read to puppets. The children who read to real animals showed better social skills, interacted and co-operated better with both other kids and adults, and had fewer behaviour problems. In another study, researchers monitored children with autism undergoing supervised playing with guinea pigs for 10 minutes. The children's anxiety levels dropped, and they showed better social interaction. Researchers suggested the animals' unconditional acceptance was calming and comforting for the children.



Both scientific and anecdotal evidence shows regular contact with a pet or animal is good for us, both mentally and physically. Animals requiring exercise, like dogs or horses, get us out and about, which improves our mood and our cardiovascular health.

A large study in the US showed heart attack survivors living alone who own dogs are 33% less likely to die, compared to survivors who didn't own a dog. A 2019 analysis of almost 4 million people across the US, Canada, Scandinavia, New Zealand, Australia and the UK found dog ownership was associated with a 24% reduction in dying from any cause. If the person had already suffered a heart attack or stroke, having a dog meant they were 31% less likely to die from cardiovascular disease.

There are also ongoing studies, in which a significant number of people are being followed over a long length of time. The hope is that these studies will ultimately be able to give insight into which particular pets may be a good fit for specific people and conditions. Imagine being able to 'prescribe' a dog for a child with mental health issues, emotional or communication skills; or for someone with cardiovascular or musculoskeletal problems?



Researchers will continue to explore the many health benefits of owning a pet, and it's hoped one day we can unlock even more of their amazing abilities to help more people. But if, like me, you're lucky enough to have a pet or two of your own, show them how much you love them. Because they love you too – to the moon and back.

The world has been thrown a curve ball, with Covid-19 affecting us all. Being surrounded by negativity, makes it all the more important to celebrate the little things and cherish any positive outcomes from these trying times.

There has been a sharp dip in air pollution across China, Europe and the US, with carbon emissions from the burning of fossil fuels heading for a **record 5% annual drop**.

Pandemic Positives

In **New Zealand**, our native birds have thrived and are returning to Kiwi gardens.

In **Venice**, the canal water has already begun to clear up.

In **South Africa**, lions lounge on roads normally frequented by safari-goers.

In **California**, coyotes wander around empty accommodation in Yosemite national park.

In **India**, people are seeing the Himalayas for the first time due to the veil of air pollution lifting.



NEW From Harker Herbals

Delicious immune boosting superstars to keep your family well this winter!

Suitable for all ages from 1 year



Free gift*



*Receive a free Bronchial Clear 100ml when you buy any Vitamin C+ 250ml, while stocks last

Feel good over winter

It is all about supporting the body with the right nutrients and here at Good Health, we have 3 key products that make up a great immunity pack, to suit the whole household.



New

Good Health Viralex® Breathe EpiCor® Chest Syrup, contains a powerful blend of Ivy leaf, and wild cherry, and includes scientifically researched EpiCor®, a super antioxidant that helps to boost immunity in the ear, nose and throat, while helping settle a tight chest, to support relaxation for a better night's sleep.

Good Health Viralex® Attack is an everyday immune support with standardised, high strength olive leaf, guaranteed to give potent comprehensive support, for ongoing long-term immunity. Including astragalus, Beta glucan and vitamin D – additional ingredients that strengthen and restore the immune system, giving a broad range of effective immune maintenance, at just a one a day capsule.

Good Health Viralex® KIDS is especially formulated to support children's immunity. With scientifically studied Wellmune® - an effective ingredient from Saccharomyces cerevisiae specifically researched on children, resulting in less days off school. For acute and everyday use, ideal for all year round and keeping their immune system 'topped up.' Helps to boost children's immune systems and supports their recovery.

 www.goodhealth.co.nz naturopathic advice line 0800 44 66 34

Always read the label and only use as directed. If symptoms persist consult your healthcare professional. Good Health Ltd, Auckland.

Diana's BEST SOLUTIONS

Stress & Mood



If lockdown has left you feeling fat, fuzzy, fatigued or frazzled, be rest assured you are not alone.

Recent events have had a huge impact on absolutely everyone, however, how we have been effected is very different and personal to each of us. You may be feeling anxious, exhausted, overweight, unable to sleep soundly, or maybe for you it's a constant sick feeling in your gut. Why the difference? This is mainly due to the health of your adrenals prior to lockdown and your personal natural response to stress and stressful situations.

It is not news that life is dramatically more complicated today than it was in earlier times, when stress was an immediate fight-or-flight situation. Today's stressors are very different to facing off with another caveman, or running away from a sabre toothed tiger. What hasn't changed is our body's response to stress.

Our modern day sabre-toothed tigers are more likely to be the demands we put on ourselves that include: family and work commitments, work deadlines, sitting in city traffic or more recently, witnessing events like earthquakes, mass shootings, volcanic eruptions or even Covid-19.

The good news is that a small amount of stress is actually healthy for us. It's when we spend weeks, months and even years engaged in chronic stressful situations that we start to present with symptoms. So how do you know if you need some support? Quite simply if you can answer yes to any of the questions in the check list opposite, then pop into your local Hardy's to complete the full questionnaire, so your Hardy's expert can recommend a treatment plan to suit your needs.

STAGES OF STRESS

Stage 1 - Fight/Flight;
healthy in small doses

Stage 2 - Hyper-reactive;
anxious, driving on adrenals

Stage 3 - Hypo-reactive;
exhausted, sluggish feelings

Stage 4 - low mood, low
immunity, burnt out

At all Hardy's stores we have a detailed **Mood and Stress questionnaire** designed by our Hardy's Experts to help you identify what stage of stress you are at and the **BEST** solution to help you feel rebalanced, revived and rejuvenated!

CHECK LIST

**Are you experiencing
ANY of these symptoms?**

- I feel 'wired and tired' at the same time
- I feel like my 'battery is flat'
- I feel mentally exhausted – fuzzy!
- I feel downhearted and sad
- I feel anxious and worried – frazzled!
- I feel teary or cry easily at the moment
- I feel overwhelmed, like everything is too much right now
- I find it difficult to fall asleep and/or stay asleep
- I need caffeine to get going and alcohol to wind down
- I feel fat and find comfort eating fatty foods
- I'm just too exhausted to care right now!

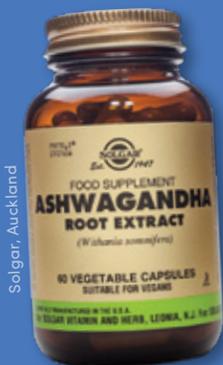
✓ A SOLUTION FOR ADRENAL FATIGUE

To assist with stress and exhaustion, Ethical Nutrients Ginseng 5 Exhaustion Relief may:

- ✓ Be of support during mental and physical stress.
- ✓ Support the body's ability to cope during stress.
- ✓ Assist physical performance and work capacity.
- ✓ Support alertness and focus.
- ✓ Support the body's immune system during times of stress.



Melogenics, Auckland



Solgar, Auckland

✓ SOLGAR ASHWAGANDHA

Ashwagandha (*Withania somnifera* or Winter Cherry) Root Extract is a high potency ancient herb that may help support energy production as well as supporting stress, worry and sleep quality. Classified as an adaptogen makes it a great choice during times of stress. Definitely a go to for our Hardy's Health Experts.

RRP: \$45.90 | Winter Deal: \$35.90

✓ ARTEMIS REST AND RELAX TEA

Rest and Relax Organic Tea: a powerful, totally natural self-care formula to support you through stress, worry or nervous tension. Calming, nourishing, blissfully relaxing.

Winter Deal: **Buy 2 Get 1 FREE**



Artemis, Dunedin

SOLGAR® 7 SUPPORTS MOBILITY & FLEXIBILITY TO HELP YOU STAY ON TRACK

Solgar® 7 contains:

- UC-II - a specialised form of collagen
- Boswellia - a plant that produces Indian frankincense, which has been used in Ayurvedic practice for centuries
- Ester-C - a patented, fast absorbing form of vitamin C, which stays in the body for up to 24 hours and supports collagen formation and is required for the normal function of cartilage and bones

SOLGAR® EXTRA STRENGTH GLUCOSAMINE CHONDROITIN MSM

- Naturally present within cartilage
- Building block for joints
- With key ingredients; glucosamine, chondroitin and MSM
- Extra strength formula
- Shellfish free



Made using only naturally sourced ingredients and innovating since 1947, Solgar® is your perfect supplement to good health - 98% of Solgar® consumers recommend the brand.*

Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ Ltd, Auckland. TAPS PP5890

*Global Praxis online shopper survey 2017, which included 3,882 VMS consumers.



Certified natural, fragrance-free and safe for sensitive skin.



LIVING NATURE
Uniquely New Zealand

Free

JET BLACK MASCARA

WHEN YOU SPEND \$49 OR MORE ON LIVING NATURE*

Achieve fuller-looking lashes with gentle, nutrient-rich, 100% natural ingredients.



*Get yours while stocks last. Cannot be used in conjunction with any other promotion.



Hemp Connect

CO-FOUNDERS (ABOVE): WERNER (LEFT) & MATT (RIGHT) INSPECTING THE HEMP CROP PRE-HARVEST

Hemp Connect began as a hobby when co-founders Matt and Vinny, in search of sustainable building materials, stumbled across industrial hemp. With farming in their blood and a passion for sustainability, they set off on a journey of discovery.

Nestled amongst the rolling landscape of the Whanganui-Manawatu, Hemp Connect is New Zealand's first vertically integrated hemp company. Hemp is grown organically and spray-free.

Why is hemp great?



HEALTH

Besides providing a smorgasboard of the essential amino-acids, essential fatty-acids, vitamins, and minerals required in your daily dietary intake, hemp has several targeted health benefits on which supporting research is piling up. Hemp food products have been shown to support healthy hearts, blood vessels, joints & muscles, skin, hair, brains, uterus' (some of us) & guts. There's little hemp does not help!

New
TO
HARDY'S

nuzest®

PERFORM
AT YOUR
VERY
BEST

Hemp Connect was found on the principle of enhancing lives through hemp and we are committed to bringing you FRESH and TASTY NZ hemp products from field to meal. So join Hemp Connect and become part of a New Zealand Hemp Revolution!

ENVIRONMENT

In a nutshell, hemp is sustainable sustenance – it is heavy with nutrition, but treads lightly on the earth, making it a great choice for the environment.

Hemp is a great drought crop and requires less water than many other crops and especially livestock such as beef, Hemp Connect doesn't water at all, and you definitely can't do that to a cow! Hemp crops sequester four times more Carbon dioxide (CO2) from the air than forestry blocks, they are filtering carbon emissions, and spitting out oxygen- Yum!

We are not perfect... YET, and we continue to work towards more sustainable farming methods, and a more sustainable working environment.

Historically hemp has suffered a stigma from an association with its more psychoactive cousin, marijuana. Whilst both are varieties of Cannabis Sativa, hemp does not cause a high when smoked.

Hemp Connect is on a mission to enlighten and educate, **thereby reviving a love of the crop they grow.**



Benefits of Hemp!

- Hemp has been linked to support for healthy cholesterol levels.
- High levels of arginine in hemp support healthy blood pressure.
- Hemp seed oil supports joint mobility and comfort.
- The high load of essential fatty acids positively contributes to the treatment of dry scaly skin conditions.
- Supports the growth of healthy hair.
- Hemp is good for the brain, providing lots of the vitamins, amino-acids & minerals.
- Supports a healthy hormonal balance, and comfort during PMS.
- Supports healthy appetite.
- Supports balanced blood-glucose levels.
- A great source of dietary fibre to aid the later stages of digestion.



Made from the highest quality European golden peas. Contains all 9 essential amino acids and is a natural source of iron. Plant-based, tasty and easy to digest.



Super Porridge Bowl

DIANA'S RAINBOW RECIPE TO NOURISH AND WARM THE SOUL

A vibrant wellness porridge with a difference!

By adding a rainbow of colours and nutrients, you can create your own porridge masterpiece for those cold winter mornings.

- Diana Burgess

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

- Bob's Red Mill Wheat Free Wholegrain 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

TOPPINGS:

SEED MIX (use a blend of your choice): chia seeds, sesame seeds, sunflower seeds & hemp hearts.

Add RAW NUTS that have been soaked overnight.



COLLAGEN, MACA OR PLANT BASED PROTEIN

Add a scoop of one of these to complete your bowl of goodness for radiant health



NEOCELL SUPER COLLAGEN

Formulated to boost your beauty from the inside out. Enjoy radiant, youthful skin and healthy hair and nails, with joint support as a bonus.



NEUROBERRY®

A unique variety of freeze-dried NZ blackcurrants, containing some of the highest levels of anthocyanins and Vitamin C compared to any other berry.

RAW HONEY, DATE PURÉE OR AGAVAE

A nutritious way to sweeten your day.



HEMP HEARTS

Natures best superfood, making them the perfect addition to any meal.

As versatile as your imagination, bursting with nutrients and an awesome nutty flavour.



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.

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.



HEALTH BENEFITS

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.

SUNFLOWER SEEDS

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

KIWI FRUIT (ACTINIDIA CHINENSIS)

Rich in antioxidants, fibre, Vitamin C and enzymes.

CHIA SEEDS

Loaded with dietary fibre and omega-3.

LSA

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

SESAME SEEDS

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

PEARS (PYRUS COMMUNIS)

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

AVOCADO FLOWER HONEY

A raw honey derived from bees that pollinate local Northland avocado groves, which are surrounded by green clover pastures. This sweet, delicate, floral honey is naturally rich in antioxidants, vitamins, minerals and living enzymes. A true gourmet delight!

LIFESTREAM ORGANIC MIXED BERRIES

A full of goodness power packed superfood blend of 7 nutrient rich berries. Great when fresh berries are in short supply.

Always read the label and use as directed. Vitamins are supplementary to a balanced diet.

A superior solution to Vitamin C supplementation

Providing superior absorption Biomax Vitamin C LIPOSOMAL®, is more bioactive and non-acidic Vitamin C than standard Vitamin C products

-  Delivers maximum bioactive Vitamin C
-  Superior absorption with LIPOSOME technology
-  GMO free Quali-C® Vitamin C from Europe

30 caps
\$28.90
60 caps
\$48.90

Diana's

WINTER WARMING RECIPE

PUMPKIN BROWN RICE PORRIDGE

Ingredients

- 1 cup of brown rice
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 6 cups of water (note: 3 cups are for soaking)
- 1 tbsp apple cider vinegar
- 1 1/2 cups pumpkin, grated
- 2 tbsp coconut oil or coconut butter
- 1/2 tsp ground cardamom
- 1 1/2 tsp cinnamon
- 400ml coconut cream or a nut milk of choice



Instructions

- Soak rice and seeds overnight in 3 cups of water with the vinegar. In the morning, drain and rinse.
- Place rice, seeds, pumpkin, coconut oil and spices in a pot with 3 cups of water.
- Bring to the boil and then simmer for approx 30 mins, stirring frequently.
- After 30 mins add the coconut milk and honey.
- Simmer for another 30 mins, or until the rice is tender, stir often to avoid the rice from sticking to the bottom of pot.

Serve warm and enjoy with your favourite nutritious and colourful toppings.

A super nutritious brunch, which you can make and keep for a day or two.

NOW, MORE THAN EVER.



We are living in unprecedented times, and making sure your immune system is fit and ready is more important than ever.

Results Matter.

We are committed to providing you and your family with high quality, natural supplements that work quickly to deliver results and provide meaningful support for the entire body. Our proven formulation process has helped tens of thousands of people achieve life-changing results.

Purity Matters.

We live in a toxic world. From ingredient selection to our extensive finished product testing by industry-leading 3rd party labs, Redd Remedies offers a purity promise that can be trusted.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. We do not use ingredients that were produced using biotechnology. Always read the label and use as directed. If symptoms persist see your healthcare professional. NaturalMeds, Napier

Find
Redd Remedies
at your local
Hardy's Health
Store or Hub.



Feel Better. Live Better.™

HOW'D YOU SLEEP LAST NIGHT?

We all know the routine. Your head hits the pillow and your mind goes into overdrive. Did I send that email? Have the children got lunch for tomorrow? Should I have made that comment? You replay things over and over...

Then you catch a glimpse at the clock, and the frustration starts to creep in. If this feels familiar, you're not alone. Anxiety and sleep are intimately connected—the less sleep you get, the more anxious you feel. And the more anxious you feel, the less sleep you get! It's a vicious cycle; one that many people find hard to break.

Why is sleep so important for our health?

Aside from making us feel like we are running on empty, there is research to suggest that sleep deprivation can be linked to cardiovascular disease, diabetes and mood disorders such as anxiety and depression. The main role of sleep is to restore and regenerate our energy supplies that have been depleted during the day—it's a crucial restorative process. A good night's sleep improves your mood, memory, mental clarity and immunity.

How can you improve your sleep?

Like many health habits, an established routine will make implementing change a whole lot easier. Try the following tips for a soothing night's sleep to wake up feeling refreshed:

- **No screens or phones from 6pm onwards.** Research is showing that avoiding the blue light from screens supports melatonin levels in preparing for a night of quality sleep.
- **Having a bath or warm shower before bed** can support

your sleep by calming the nervous system down. You can even try an Epsom salt bath for 20 minutes—this is a great form of detoxification for the body too!

- **Deep belly breathing.** Focusing on your breathing is the easiest and cheapest way to calm your nervous system down. Nature knows best! Practise slow deep diaphragmatic breaths into your belly for 10 minutes before getting into bed.
- **Avoid stimulants.** Coffee, alcohol and processed foods can have a huge impact on your cortisol levels. Consuming these regularly—especially in the afternoon or evening—can create havoc for your sleep routine.
- **Look after yourself.** The change of season can be a really good time to make adjustments to our daily routines. Just like nature adjusts, the sun takes longer to rise and earlier to set, it can be greatly beneficial for your mental and physical wellbeing to make adjustments too. Going to bed earlier and waking up later may serve you immensely.
- **Herbal sleep support and magnesium supplementation.** If you've tried everything but still struggling, try adding the herbs and nutrients that have been shown to support sleep. BePure Deep Sleep™ contains the important 'sleepy time' nutrient magnesium, as well as a variety of herbs that support relaxation and a good night's sleep.

BEPURE DEEP SLEEP™

A scientifically formulated combination of herbs and nutrients to nurture a good night's sleep.

BEPURE.CO.NZ



BePure Deep Sleep™ supports the calming and relaxation of our bodies and minds, allowing us to fall and stay asleep with ease. The better quality and deeper our sleep, the better we feel while we're awake.

Unique

beauty formula designed
to nourish skin from within

Includes patented ingredient BioCell Collagen II®, a unique and highly absorbable form of collagen, with hyaluronic acid.

BioCell Collagen II® is clinically shown to reduce the appearance of fine lines and wrinkles, increase skin hydration, and increase collagen content in the dermis to support skin structure and elasticity.

Includes vitamin C to support the body's own collagen formation and provide antioxidant protection.

Made using only naturally sourced ingredients and innovating since 1947

Solgar® is your perfect supplement to good health - 98% of Solgar® consumers recommend the brand.*



Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ Ltd, Auckland. TAPS PP5890

*Global Praxis online shopper survey 2017, which included 3,882 VMS consumers

“

*Life is a search for beauty.
But, when the beauty is found inside,
the search ends and a beautiful
journey begins.*

- Harshit Walia

”

Our adrenal health and how it helps with stress

by Sharlene Bennett BHSc
Lifestream Naturopath

Our everyday life often contains some amount of stress, having some stress helps us to get things done and can act to motivate us, such as exams, our work responsibilities and everyday life. But when the stress becomes too much or becomes constant in our routine, problems can arise. Our adrenal glands are designed to help us in times of stress.

When we are stressed, the adrenals release cortisol, one of our primary stress hormones. Cortisol activates the fight or flight response in the body helping us with a burst of energy when we may need it most of all.

Feeling tired and low on energy?

There is however another side to our stress hormone cortisol, it can also make us feel low and exhausted. The adrenal glands release cortisol under stress, but if this happens constantly at some point the adrenal glands will begin to tire and our cortisol release may change. Although short bursts of stress can be beneficial for us, helping energise and inspire us to do better, having constant on-going stress can impact on our everyday well-being and result in low cortisol levels.

Cortisol is naturally released first thing in the morning as we wake and around the time of 8-9am our cortisol levels should be at their highest peak point. This peak is designed to give us that instant morning energy, but in poor or tired adrenal function that natural rise of cortisol may not occur and instead it may happen at night making you feel wired and tired all at the same time.

The common signs of adrenal exhaustion can include;

- Low mood and energy levels
- Poor appetite
- Struggling to get up in the morning
- Hard to get to sleep, more energy in the evening
- The everyday mid-afternoon slump (it is difficult to keep going through-out the day)
- Feeling tense, wired but tired

Vital nutrients for adrenal health

Nutrients, such as B vitamins play an essential role in the adrenal response in the body by supporting mood and a healthy stress response. B vitamins help energy production by helping with the conversion and release of macronutrients such as carbohydrates, fat and protein from our food.

Lifestream B Complex is sourced from organically grown high-quality quinoa sprouts, providing the full spectrum of B vitamins in a form that is highly bioavailable for super easy uptake into the body.

Vitamin C is also a vital ingredient for supporting normal everyday adrenal health and function, helping in the production of stress hormones like cortisol. **Lifestream Vitamin C Powder** is sourced from organic non-GMO Acerola berries, is a natural wholefood source of vitamin C for better absorption and is an essential nutrient for everyday well-being and immune system support.

Natures richest superfood, Spirulina, contains highly bioavailable nutrients, full of powerful antioxidants with vitamins and minerals. **Lifestream Spirulina Blue** contains phycocyanin, a potent antioxidant helping against free radical damage. **Lifestream Spirulina Blue** is a unique extra strength product for energy, recovery, and oxidative stress protection. Helping in times of extra need for busy active lifestyles and for everyday energy support for optimal wellness.

20% OFF

these selected Lifestream essential adrenal products*



*While stocks last

Visit us at lifestream.co.nz   [lifestreamwholefoods](https://www.facebook.com/lifestreamwholefoods)  100% New Zealand Owned

Hot Picks!



Seasonal must-haves

SAVE \$5



SOLGAR BETA GLUCANS & ELDERBERRY

Comprehensive seven active ingredients formula, that may help in supporting the immune system. Contains immune supporting ingredients, vitamin C, zinc, selenium, copper and vitamin D3 and a potent dose of elderberry extract, equivalent to 4 grams of dried fruit.

RRP \$44.90 | Winter Deal: **\$35.90**

Solgar, Auckland



PhytoMed, Auckland

KIWIHERB ORGANIC IMMUNEGUARD

A unique formulation made using NZ grown and certified organic echinacea, elecampane and horseradish to support both immunity and respiratory health

RRP \$44.90
Winter Deal: **\$39.90**

NATURE'S SUNSHINE ELDERBERRY D3FENCE

Specifically formulated to support and fortify the immune system, often under stress during the winter months. This unique blend contains vitamin D, elderberry, echinacea, willow bark and olive leaf, valuable nutrients shown to support a healthy respiratory tract, help the body's defences against ills and chills and support healing and recovery.

RRP \$36.70 | Winter Deal: **\$29.90**



Nutricom Australasia, Auckland

ECOBEINGS HAND SANITISER

Moisturise and sanitise in a safe and natural way.

No need for harsh chemicals or alcohol to kill germs. Soap enriched with coconut oil can do the job in one step.

270ml **\$15.00** | 550ml **\$25.00**



ABSOLUTE ESSENTIAL IMMUNE PLUS

Designed to support healthy immune functioning and may be especially helpful during winter. Assists the body's natural processes of recovery to help you get you back to health safely and quickly.

Made in NZ with **Love**

PURE VITALITY LIQUID ZINC DROPS

Zinc benefits the body in many ways; growth and repair, immunity, wound healing and antioxidant protection. Essential to many body organs and systems, zinc is a necessary co-factor for hundreds of enzymatic reactions related to metabolism.

Everyday Low Price **\$15.50**



Natural Health Trading, Auckland

Always read the label and use as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to a balanced diet. Winter deals available from 1 July 2020 to 31 August 2020.

RHINO REPAIR

A powerful, natural healing cream that can be used for a wide-range of skin conditions. From dry, itchy skin to sunburn, nappy rash to bites – Rhino Repair’s gentle but potent formula can soothe and help repair them all.

Winter Deal: **SAVE 30%**

Great for stressed skin



SAVE 15%

VIROGONE SPRAY RAPID IMMUNE DEFENCE

ViroGone™ Spray provides rapid immune defence and daily immunity build on-the-go, with powerful plant support for ills and chills.

RRP \$29.90

Winter Deal: **\$25.40**

Solutions for stress



ĀREPA PERFORMANCE

Designed to help with stress and worry during moments of pressure. Charged with the plant-based nootropics L-theanine, NZ pine bark extract and NZ blackcurrant, Ārepa is scientifically shown to support brain function when you need it most. Use Ārepa Performance 20 minutes before your biggest moment of the day to steady your thoughts and ready your mind. Be calm, think clear.

NZ Made with NZ Plant Extracts



SAVE \$10

LIFESTREAM GUT SOOTHE

Make your grumpy anxious gut a happy, healthy one! Lifestream Ultimate Gut Soothe is a great tasting, powerful combination of 6 key natural ingredients to soothe and protect for optimal gut health.

RRP \$56.90 | Winter Deal: **\$46.90**



RADIANCE INSTANT CALM

Address your stress and take Radiance Instant Calm to feel the difference. Formulated with ashwagandha, kava and lemonbalm to help restore your inner calm, relax and focus during times of stress.

NZ FULVIC™ DAILY RECHARGE TONIC

Recharge your body with NZ Fulvic Acid supplement. Perfect for the whole family, taken daily supports gut health, immunity, energy and exercise recovery, naturally! Get yours now and feel the results. GLUTEN FREE. NON GMO. NO SUGAR. VEGAN.

RRP \$38.00 | Winter Deal: **\$29.90**



Hot Picks!



Sometimes the most productive thing you can do is relax - MARK BLACK



KIWIHERB SOUND ASLEEP

A herbal formula containing withania, passionflower and NZ-grown skullcap, traditionally used in Western herbal practice to support falling asleep faster.

RRP \$49.80 | Winter Deal: **\$44.80**

SAVE \$5



Phytomed, Auckland

FIRST LIGHT FLOWER ESSENCES DE-STRESS SUPPORT®

A 100% natural emotionally calming flower essence blend that can support inner clarity, peace and tranquillity. Can support you to feel emotionally calm, capable and balanced when stressed or under pressure.

RRP \$24.90



FREE GIFT with purchase

HARKER HERBALS STRESS RELIEF

Chill out time! Stress Relief supports a balanced mood and the body's response to stress, especially lowered immunity and energy. Nourishes tired, stressed out adrenals.



Harker Herbals Ltd, Waipiu

GOOD HEALTH GUT GUARD

If stress is unsettling your tum and getting you down, why not try the new Good Health Gut Guard, with scientifically researched ingredients GutGuard® and EpiCor®, to nourish good bacteria and build gut immunity. A formula designed to help settle, restore and soothe the stomach, offering long-term support for bowel comfort.

SAVE 30%



Good Health, Auckland

ABSOLUTE ESSENTIAL TRANQUILITY & MEDITATION

Made with a unique synergy of therapeutic ingredients, this blend has specific relaxant, calming and cleansing properties to help soothe senses and encourage the restorative process

Made in NZ with **Love**



80% of Kiwis have a magnesium deficiency.¹ Are you one of them?



Used to support the health of your muscles and nervous system, magnesium is a key nutrient needed by your body on a daily basis.

You can get plenty of magnesium from your diet from a variety of foods, such as:

- Green, leafy vegetables
- Nuts (particularly almonds)
- Red meat
- Whole grains & lentils

If your diet is generally low in these foods, or if you experience stress, fatigue and tired muscles you may have an increased need for magnesium. If so, you may want to consider taking a magnesium supplement.

Some magnesium supplements are more likely to cause some people to experience side effects (such as diarrhoea), so it's important to seek out the right kind of magnesium.

To make sure you are taking the right kind of magnesium, choose a product that allows you to take a full dose (anywhere from 300mg to 600mg of magnesium daily²) from a source like magnesium diglycinate.

Magnesium diglycinate is shown to have better absorption than salt forms of magnesium, including magnesium citrate & magnesium oxide. This is due to the diglycinate part of the magnesium.

A diglycinate is a protein that consists of two glycine amino acid molecules. This is important as proteins have better absorption in your digestive system than other molecules traditionally linked with magnesium, which is why you have a very low chance of having gastric issues with this ingredient.

A magnesium supplement can be taken daily at a dose of 300mg to replace the magnesium not present in your diet, or at a dose of 600mg to support muscle tone and integrity.

Magnesium has been found to support your nervous system as well, meaning many people taking magnesium have found they have a sound night's sleep & wake up more refreshed in the morning.

When considering a magnesium supplement, also consider the cofactors present in a formula (the other ingredients) & make sure you read the label before using.

Couple with:

- Passionflower & glycine for help with relaxing the mind & muscles for a better sleep
- Rhodiola & B vitamins for support when experiencing stress & fatigue
- Taurine or Zinc for muscular health & tone

Ethical Nutrients Mega Magnesium contains a high-strength, enhanced absorption magnesium diglycinate (Meta Mag[®]). It is helpful for anyone needing support for muscle tone and function. It can also be beneficial during times of stress, while additionally supporting the production of energy or can simply be used as a general dietary top up.

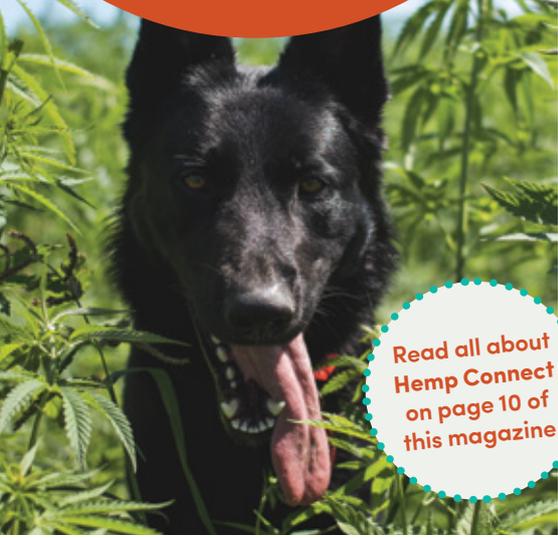
¹ <https://www.nowtolove.co.nz/health/body/everything-you-need-to-know-about-magnesium-14052>

² nrv.gov.au/nutrients/magnesium

ETHICAL NUTRIENTS

Nutrients that speak your body's language

New TO HARDY'S



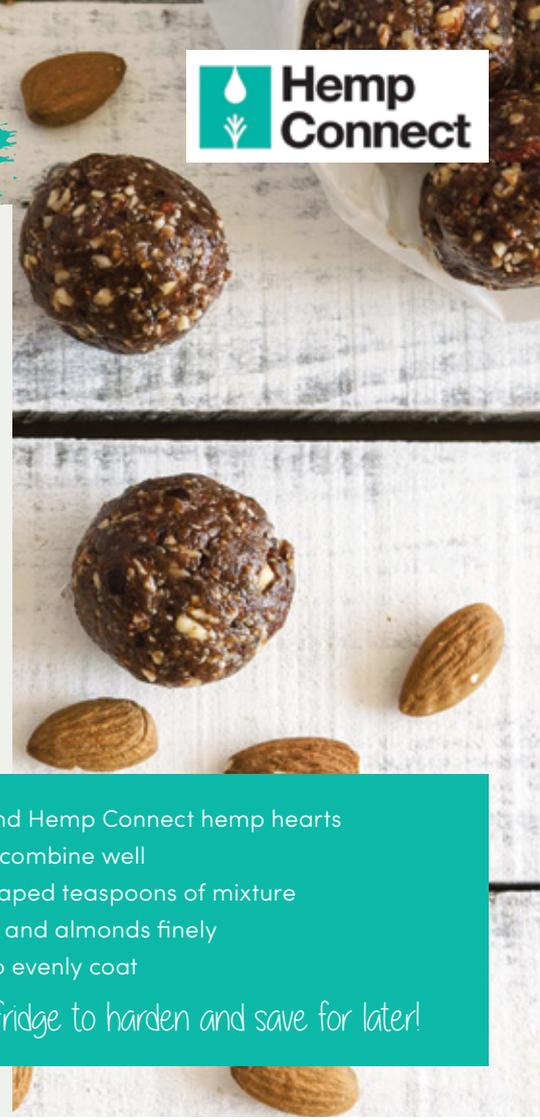
Read all about
Hemp Connect
on page 10 of
this magazine

HEMP

PROTEIN BALLS

INGREDIENTS

- 2 Tbsp hemp protein
- 2 Tbsp ground flaxseed
- 1 Tsp chia seeds
- 5 Tbsp Hemp Connect hemp hearts
- 2 Tbsp cacao powder
- 1 ½ Tbsp maple syrup
- ½ Tsp vanilla essence
- Extra Hemp Connect hemp hearts & almonds, for coating



1. In a blender or food processor grind Hemp Connect hemp hearts
2. Add all ingredients to a bowl, and combine well
3. Using your palms, roll into balls heaped teaspoons of mixture
4. Chop Hemp Connect hemp hearts and almonds finely
5. Spread out and roll protein balls to evenly coat

Enjoy immediately or store in the fridge to harden and save for later!

ecobeings™



Products designed for the benefit of all beings!

This Kerikeri based, NZ owned and operated business was founded by Belinda, who is passionate about the need to remove toxins from our environment and set out to create household and personal care cleaning products that are both safe and effective.

Her journey began with a trip to Borneo and resulted in her falling in love with Orangutans and becoming an avid and passionate "Palm Oil Free" consumer and manufacturer.

We love that Ecobeings are focused on minimising any negative impact on the earth while looking after the plight of endangered species.

The range contains products to suit all cleaning and sanitising needs and contain no fillers, anticaking agents or buffers, making them super concentrated and cost effective.



All packaging is recyclable with all formations safe in septic tanks and for 'grey' water.

100% NATURAL | VEGAN | PALM OIL FREE | CRUELTY FREE

DOES NOT CONTAIN ANY SYNTHETIC DETERGENTS OR COLOURINGS

PRO COLLAGEN RANGE

Firmer, smoother skin.



Aid your skin's natural production of elastin.

Our Pro Collagen+ range is formulated with a clinically tested Pro Collagen complex, developed for all skin types. Within four weeks, our Dragon's Blood, Black Pearl and Probiotic blends have been clinically proven to rapidly improve skin elasticity, firmness and texture and can also help to reduce wrinkles and fine lines, supporting smoother skin. Derived from Blackberry Leaf Extract, this complex aids the natural production of Elastin.



BOOST YOUR IMMUNE SYSTEM

- Provides concentrated immunoglobulins to support mucosal immunity
- Supports GI barrier health and integrity
- Helps maintain microbial balance
- Contains no lactose, casein, wheat, gluten and starch

Immunity and gut health problems are on the rise globally, and recent research demonstrates a connection between autoimmunity and intestinal permeability. The discovery that the gut barrier plays a key role in immune health fueled the search to strengthen it. Scientists found that the binding capabilities of immunoglobulins have a positive effect on gut barrier function. Our body manufacturers IgG, however our modern diet and toxic lifestyle demand a higher amount of IgG than your natural production.

Encare was founded with the mission to enrich people's life, uplift life quality and health management. At the leading edge of scientific research- Riddet Institute, we created the most innovated and functional health solutions.

ImmuneCare is extracted from bovine and includes naturally occurring bioactive peptides and growth factors. It is a natural, non-dairy concentrated source of oral immunoglobulins (antibodies) from a serum-derived bovine source in New Zealand. It perfectly supports immune function through GI track.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Natural Health Trading, Auckland.



Feeling a little strung out?



Ask your local Hardy's store
about Sanderson **Mental Energy,
Mood & Well-being Combo.**

SANDERSON Stress FX 60s

plus a free

SANDERSON Vitamin D3 1000iu 100s

Only \$29.90 Each*

*Offer valid to August 31st 2020 or while stocks last. Take only as directed.
If symptoms persist see your healthcare professional. Sanderson Vitamins, Auckland



SANDERSON®

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS