

# My Hardy's

We'll get you feeling good!

Family fun  
*in the sun*



# Great for busy mums and dads.



*Just Grab and Go.*

Coyne Healthcare started by trying to help a single person in their journey with cancer. "We were fortunate to have resources most people don't have access to due to our careers in the healthcare industry. Driven by a desire to help and empower others, we wanted to share these resources with families going through a similar experience."

Coyne Healthcare has evolved and today is able to assist and support you across various aspects of your health. Whether this is supporting a condition or illness or simply wanting to live a happier and healthier life.

## NEW

### LIPOSOMAL MAGNESIUM SACHETS

Coyne Healthcare, Biomax® Magnesium Complex - Optimal Delivery

- Delivers 250mg elemental magnesium per serving
- Magnesium complex of magnesium citrate + liposome entrapped magnesium
- 5000mg prebiotic fibre per serving
- Rapid uptake with sustained release
- Can be added to water, juice, smoothies, shakes etc

Unflavoured  
& Berry  
Flavour



Simply mix  
with Water  
or Juice



Inadequate magnesium not only affects the heart, blood vessels and bones but impacts blood sugar levels as well.

#### ADDING TO MAGNESIUM LEVELS:

- + dark, green leafy veggies
- + nuts and seeds
- + whole grains and legumes

#### DEPLETING YOUR MAGNESIUM:

- + stress
- + strenuous exercise
- + coffee
- + alcohol
- + certain medications

Cherish every moment



Welcome to our summer magazine! Like so many of you, I am 'really' looking forward to this festive season and to welcoming in a brand new year!

Reflecting back on 2020, there have been so many challenges for all of us, yet there have also been some wonderful things borne out of those challenges. Like truly appreciating the smaller, simpler things in life and focusing on what truly matters.

This magazine is a celebration of family – from the smallest to the wisest and everything in between. Enjoy your time spent together in this amazing place we call home.

From Vince and I and the Hardy's Team, we wish you a fabulously joyful and safe summer.

Love and Light,

*Diana*

Diana Burgess - Naturopath

Proudly produced by  
**PUMPT**  
ADVERTISING



# CONTENTS

- 5 Welcome to summer!
- 6 Kicking the habit
- 7 Summer fruit fun
- 9 Food matters / DIY Pizza
- 12 Family matters
- 14 Family fun
- 16 Stressbusting 101
- 18 Top tips for over 60's
- 20 Young at heart
- 23 New to Hardy's

For products shown in this edition of My Hardy's magazine, the following applies: Always read the label and use as directed. If symptoms persist see your healthcare professional.

Vitamins are supplementary to a balanced diet.

Summer deals available from 1 December 2020 to 28 February 2021.

## HEMP FOR HAIR HEALTH

**ORGANIC HEMP OIL IS A PLANT-BASED POWERHOUSE, DESCRIBED AS 'NATURE'S MOST PERFECTLY BALANCED OIL'**

Our Organic Hemp Hair Rescue and Restore Range can help to energise and protect the hair, leaving it looking and feeling beautifully revitalised and healthy.

The unique properties of this amazing oil are combined with organic plant actives that can nourish the hair and and visibly revitalise.



VEGETARIAN





# Naturoparm

Feeling better, Naturally

I reckon, I'm a pretty hard out sceptic, but this Naturo Pharm bunch seem to be on to something here...

Why not try Homoeopathy?



Ladies, pregnancy and childbirth can be a wonderfully exciting time but also a roller coaster ride for some, due to the many emotional, hormonal and physical changes taking place. Homoeopathy is a gentle, risk-free way of supporting your changing body as well as some of the niggles and challenges that happen along the way.

Homoeopathy is growing in popularity and used worldwide by millions of mothers and can in many ways support a smooth journey from conception through to birth. It has been practised for over two hundred years and is a natural and gentle system that enhances the body's own natural healing ability, supporting optimal health and well-being.

Although often confused with herbal practice, it is a unique system that is prepared very differently and uses highly

diluted substances that have been energetically potentised, which removes the risks associated with the same substances in its crude form.

Naturoparm is locally owned and operated and has been supplying the NZ market for just on 40 years and have over time developed a comprehensive range of easy-to-use homoeopathic complexes and topicals. Amongst these are our much-loved maternity range of products providing support through all the stages.

One of our favourites Morningmed Relief helps support the body's response to feelings of queasiness and discomfort in the early months of pregnancy and beyond in some cases!

Pre-Birth and Birth-Aid offer support prior to childbirth, during childbirth and in the recovery process.

Once the baby arrives remedies such as Milk Flow can support the natural production of breast milk and normal breast function. For any other common pregnancy niggles like sluggish bowels, sleep and digestive upsets there are plenty of options in Naturoparm's general complex range that can be used for support in pregnancy and prenatally.

If you are currently embarking on this rewarding, but challenging roller coaster ride, why not try Homoeopathy.

Naturoparm can support you along the way to feeling better, naturally.

► [naturoparm.co.nz](http://naturoparm.co.nz)

Always read the label and use as directed  
If symptoms persist see your healthcare professional  
Naturoparm, Rotorua (TAPS PP6749)

# Welcome to summer!



After the craziness, uncertainty and anxiety this year has brought, many of us are looking forward to seeing the back of 2020. Whether you're eight or 80, this year has brought many challenges; living through a global pandemic has affected every one of us in some way or another.

Among all the difficulties and uncertainties, this unprecedented time has also revealed a lot of positives. We've learned to really appreciate the restorative power of a hug, or enjoying some time with loved ones; to realise that being forced to slow down and stay home can produce some wonderfully positive family moments; that maybe we don't all have to rush around being 'busy' all the time.

Although there is no doubt things have been hard, we are in a uniquely privileged position: not only are we heading into summer, with longer, warmer and brighter days; we are also ahead of the majority of the rest of the world when it comes to rediscovering 'normal' again. In many countries, families are still – and increasingly – cut off from friends and extended family, and restrictions are becoming tighter rather than looser; here in New Zealand

we can look forward to a summer of fun, rejuvenation and revitalisation for everyone.

These pages are designed to give Kiwis of all ages some ideas on how to regain that 'get up and go' that many of us have struggled with these past few months. We'll look at how to look and feel your best at any age; there's no better time than a New Zealand summer to fully appreciate what we have and make the most of it.

# Kicking the habit:

## Fun activities for healthy kids



It's easy as an adult to dismiss the challenges our kids have faced as a result of Covid. They don't have to worry about job security, the rent or mortgage; they adapt more easily to changes like Zoom meetings and mask-wearing than older generations. But kids aren't exempt from the stress of such dynamic changes. Most kids get a lot of their exercise from running around at school or with friends – something which didn't happen for much of the year. Lockdowns have also meant more time indoors, with parents doing their best to work from home with kids in tow, and eating well all too easily gives way to less healthy food options. All these changes can result in kids feeling unsettled, some even developing behavioural issues as a result, but a few tweaks here and there can make all the difference to making your kids happier and healthier this summer.

### CAN THE SCREEN TIME

Resorting to screen time to keep the kids amused and out from under your feet in lockdown became a go-to for many of us – and with good reason. Most schools resorted to online learning, and spending hours in front of screens became the norm. But what do you do when screen time takes over?

According to several scientific studies, one in four school-age children suffers from developmental delays, difficulties in communication, language issues, impaired motor skills and under-developed emotional skills. Excessive screen time is considered one of the crucial risk factors that can potentially hamper emotional and academic success.

Kids develop many of their physical, emotional, cognitive and behavioural learnings before they are three. Children learn by what they see around them – by their parents' behaviour, and by seeing other adults and children. If a child spends too much time on screen,

they miss out on seeing the day-to-day activities like playing, exercising, socialising with friends and family – all of which have a significant impact on their overall growth.

Ensure your kids get time away from screens regularly, and for long periods of time. Invite friends over, or make time for a family day at the beach or the bush. Whenever possible, try to get outside in the sunshine (don't forget the sunblock), and involve kids in activities that involve older adults as well as parents and other children – grandparents and older relatives, neighbours and friends can provide some important insights, and a sense of stability and normality.

### SOLGAR KANGAVITES

A pleasant tasting chewable multivitamin and mineral formula, suitable for children aged 3 years upwards. Each Kangavites product has been carefully formulated to support the health and lifestyle habits of children.

Solgar NZ Ltd, Auckland.



### EAT THE RAINBOW

Many kids learn that eating a healthy meal means getting as many colours on the plate as possible, but just like adults, it's easy for children to slip back into unhealthy habits when they are sitting at home all day. Give your kids something to do with their hands this summer – getting them involved in food preparation is great fun, gets them away from their screens, and also instils some great eating habits.

Always read the label and use as directed Supplementary to a balanced diet.



# Summer Fruit Fun

Make dessert a fruity affair with this simple dessert the kids can make themselves.

## Traffic Lights



**RED:** strawberries, raspberries, pomegranate seeds, cherries, grapes, watermelon

**YELLOW:** gold kiwifruit, apricot, pineapple, banana, peach

**GREEN:** green kiwifruit, melon, apple, grapes

### YOU WILL NEED:

A range of brightly-coloured fruits in red, yellow and green, roughly chopped.



### TO MAKE YOUR TRAFFIC LIGHT:

Provide each child with a see-through bowl or glass, and ask them to create their own traffic light, using whatever they like from the fruits. Serve with a scoop of ice cream or frozen yoghurt and a drizzle of maple syrup.

## INNERHEALTH

# New Zealand's No.1 Probiotic Brand



# BOODY BABY *Your baby's first wardrobe starts here.*

Boody Baby is an adorable collection of practical and superbly comfortable baby essentials crafted using organically-grown bamboo. Perfect for play and sleep, the stretchy fit is super soft on your bub's delicate skin, while the ultra-soft fabric is naturally hypoallergenic, breathable and antibacterial.

Bamboo baby clothes are a premium choice when it comes to keeping baby cool and comfy all day long. These super sweet baby separates were designed to be mixed and matched, making the options for different outfits endless.

Boody Baby is made up of essential staples that are perfect for building bub's capsule wardrobe. From long-sleeve onesies and tops to pull-on-pants and shorts, the cute and comfy must-haves in this range are as soft and simple as they are sustainable.

For putting the final touches on your little one's outfits, look to the socks, beanie and booties in the Boody Baby collection. And, for practicality, the baby bib is durable and absorbent, while the muslin wraps are crafted from pure bamboo viscose – perfect for swaddling.

The adorable range carries the "Confidence in Textiles" label by Oeko-Tex, certifying that it is toxin-free, hypoallergenic and safe for the most sensitive skin, including newborn babies. As an extra bonus, each little garment comes beautifully packaged and ready to gift in 100% recyclable packaging.

Shop the entire collection of organically-grown bamboo baby essentials and prepare your little bambino for all kinds of adventures.



## What is Postnatal Depletion?

It's incredible how the female body can grow another life!

Let's explore how this process affects Mama, and the best way to nourish her in order to feel vibrant, healthy and back at home in her own body again once bubs has arrived.

### POSTNATAL DEPLETION

As you can probably imagine, growing a baby is highly nutritionally demanding. Postnatal depletion refers to the mother's drained stores of key nutrients after birth.

The baby will strip out any of the nutrients from the mother that it needs to grow. This is why, for the most part—despite mum's nutrition and lifestyle during pregnancy—babies turn out perfectly healthy.

The outcome is a mother with massively depleted levels of key nutrients.

*Hello Postnatal Depletion.*

### SIGNS OF POSTNATAL DEPLETION

Signs vary, but the most common are fatigue and not feeling like yourself. Low levels of essential micronutrients can result in fatigue—exacerbated by the disrupted sleep patterns of having small children.

In extreme cases, postnatal depletion is a contributing factor in low mood or mental health issues, as micronutrients play a critical role in the production of the neurotransmitters that make us feel happy.

### WHAT TO DO?

#### PRE-CONCEPTION CARE

*"An ounce of prevention is worth a pound of a cure,"* rings true in the case of postnatal depletion. Where possible nurture nutrient status, gut and liver health 3-6 months pre-conception.

### DURING PREGNANCY

Taking BePure One, and BePure Three supports a healthy baseline of broad spectrum nutrients. Speak to your Lead Maternity Carer about additional iodine, folate and iron support too.

### AFTER BABY IS BORN

The postnatal period can be a long time—in some cases, it can take years to recover from growing and feeding an infant! There is a huge pressure on women to do everything perfectly.

Embrace this special time with an intention of nourishment in all capacities. Be gentle on yourself and acknowledge the amazing feat you have accomplished!



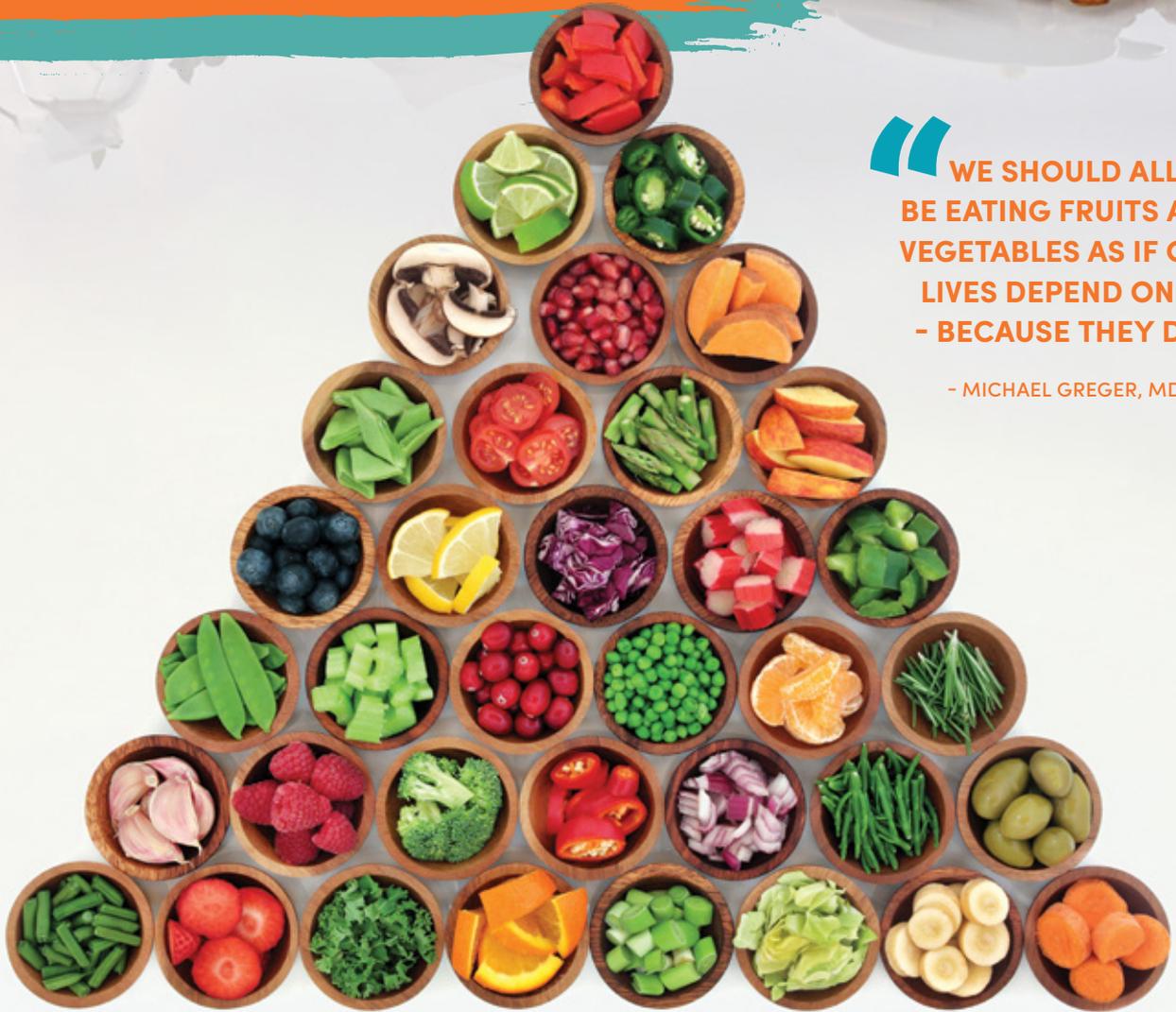
BePURE

BePure Three Fish Oil • BePure One Multivitamin

*Always read the label and use as directed. Vitamins are supplementary to a balanced diet.  
BePure Health Limited, Auckland, New Zealand. TAPS PP6790*

# Food Matters

YOU ARE  
WHAT YOU EAT!



“ WE SHOULD ALL  
BE EATING FRUITS AND  
VEGETABLES AS IF OUR  
LIVES DEPEND ON IT  
- BECAUSE THEY DO.

- MICHAEL GREGER, MD ”

## DIY Rainbow Pizza

Get the kids eating their veggies in a creative and fun way with rainbow pizzas. Chop up a variety of vegetables, and get them to decorate their own!

### TIP FOR RELUCTANT VEGGIE-EATERS:

Suggest they create a face with the veggies, or show them how to make patterns with the colours.





*Since* 1947



# Solgar's Gentle approach to Iron

Why is it that some people seem to have boundless energy, while others seem to hardly get through each activity and finish the day feeling flat? A lack of one simple nutrient may be the answer for many; Iron.

Iron is the key factor to help the body with energy. This mineral is essential to help red blood cells pick up and carry life-giving oxygen molecules around the body. When we don't meet our body's requirements of iron, our new red blood cells become ineffective carriers of oxygen. Without enough oxygen reaching the body tissues they are deprived energy...making us feel like we have run out of gas; struggling with fatigue, muscle weakness, feeling cranky, focusing problems, shortness of breath, sleeps issues, lower immunity, looking pale and tired.

Our bodies need a supply of iron every day to help build healthy red blood cells. Red blood cells only live for about 120 days, so we are consistently renewing these worn-out cells daily. Two-thirds of our iron is stored in our red blood cells, so it is important to ensure we have enough and our levels are replenished each day.

Topping up on iron-rich foods such as red meat, seafood, blackstrap molasses and dark green leafy vegetables such as spinach, is a good way to get a daily supply. Picky eaters, individuals with dietary restrictions or poor digestion can have a reduced iron intake. However, regardless of these concerns many people still struggle to get enough iron in their diet, even without these issues.

A simple blood test can confirm iron levels. Commonly at risk for low iron levels are women and young girls that are of childbearing age due to blood loss during menstruation. Pregnant women also need more iron as they increase their blood volume and must ensure they get enough for their growing baby. Athletes and those who do high-intensity exercise often need to

safeguard their iron levels as they can increase their iron losses by 70% more than those who are inactive. Regular blood donors and those who may have experienced blood loss may also require an iron top-up. Nonetheless, common iron supplements such as iron sulphate can irritate the digestive tract resulting with side-effects such as GI discomfort, bloating, cramps and constipation or even diarrhoea. If you are one of those people who have given up on taking iron supplements due to these issues, you should consider trying Solgar Gentle Iron.

Solgar Gentle Iron is a form of mineral that is gentle on the digestive system because it is a bisglycinate; (which means that it is attached to two glycinate amino acids) and due to its molecular structure it is easily absorbed in the intestinal tract and highly bioavailable, while being gentle on digestive system. One simple, convenient capsule daily is all that is needed.

For the most effective way to increase your iron stores, take Gentle Iron on an empty stomach at least 30 minutes away from food with water or juice. Keep away from taking with tea, coffee, antacids, calcium supplements, dairy and foods that contain phytates such as grains, cereals, soy nuts and legumes as these will also decrease iron's absorption.



*Do not take if you have hemochromatosis or if you have iron overload. Take at least 2 hours away from medications.*

SAVE \$49



LIVING NATURE®

Uniquely New Zealand

# Free

## ADVANCED RENEWAL NIGHT SERUM

WHEN YOU SPEND \$50 OR MORE ON LIVING NATURE\*



100% NATURAL 78% ORGANIC

Supplement your skin with our new age-defying plant powered serum, formulated to energize and renew skin cells for a healthy youthful glow.

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





# Family Matters

This year, teens and young adults have had to spend more time at home than they normally would – which can result in frustrations on all sides! But teens need structure, boundaries and support as much as anyone, no matter how much they argue.

Throughout history, this is the age group most likely to think others don't understand how they feel – which is why spending time with the older generation can be rewarding for everyone.  
Making lunch for, or enjoying a day out with grandparents can be incredibly regenerating for teens, especially if they've spent a lot of time with parents; they are less likely to

argue with them, and they can learn a lot from a different generation.  
This is a great time for the younger generation to provide support for older family members; it also gives younger family members a chance to feel useful at a time when they may well be feeling frustrated due to reduced social hours with friends, or at school or work.



**OASIS ORGANIC ALOE VERA & CUCUMBER SKIN HEALING GEL**  
A great after sun for those days when you've been caught out. You can also use it for insect bites, grazes, rashes, acne, minor burns and wounds, redness and itching. Safe to use during pregnancy; on babies and children and for those with sensitive skin. And there are no 'nasties' like parabens; fragrance; silicone or alcohol. In fact, we are proud to say that this product is 100% natural.



# Hemp Connect

2020 has encouraged everyone to focus on the "smaller" things in life – Family, friends, and health.  
The Hemp Connect team has taken a step forward personally, which has morphed into their business ethos – Ensuring their triple bottom line is honoured – Socially, environmentally, and financially, to Enhance Life.  
Renowned for having the Gold Standard Hemp in New Zealand, they have grown into a business of passionate people with beautiful products, which is what the Hardy's family have found comfort in.  
Hemp Connect has invested heavily in quality control.

BOODY

## BOODY FOR YOU

From women's and men's essentials to active, baby and loungewear, Boody Organic has your entire wardrobe of basics covered.

### Made from 100% Organic Bamboo.

The benefits of bamboo fabric are endless. Naturally eco-friendly, a dream to wear, resilient, superbly soft and healthy for even the most sensitive skin, bamboo clothing is without a doubt the way to go.

### The Hemp Connect Promise:

*Providing the Gold Standard New Zealand Hemp - Ensuring unparalleled quality from field to meal.*

New

## HEMP CONNECT PRODUCTS!



### Hemp Seed Oil Capsules

A translucent green, cold-pressed and filtered New Zealand oil, covers your daily dietary requirement of amino acids, vitamins, minerals, and over 75% essential fatty acids. With the perfect ratio of Omega-3 and Omega-6 (1:3) and Omega 6 GLA.

### Chocolate and Vanilla Hemp Protein Powders

These were launched due to popular demand for those needing an extra dose of natural protein in their lives - Gluten and dairy-free, a delicious source of high-quality plant protein. A pulsing blend of hemp protein with chocolate and creamy vanilla flavours.



# Family Fun

After the rigours of 2020, many of us are really hanging out for some well-deserved down time this summer. Whether you're camping, staying with friends or you're taking the time to be with extended family this summer, enjoying the sunshine and getting out and about – even if you're planning a summer staycation – will make everyone feel more energised and rested, and ready to face a new, hopefully easier, year.

You may not be much of a sports-person but getting your body moving and your heart rate up feels amazing. Not only will you look better, but you'll sleep and feel better too. A family game of cricket, volleyball or touch gets the whole family active and smiling again.

If you are spending time with family this summer, set aside some time to give Mum and Dad a break. Arrange for the kids to be on dinner duty once a week (yes, that does include the washing up too!), and make a roster, not just for chores, but for days off too. Let grandparents look after the kids for a few hours so parents can enjoy a date night or day trip on their own.



## KIWIHERB KAWAKAWA SOOTHING BALM

Works to soothe, heal and protect irritated skin. It is your all-in-one balm, ideal for dry and irritated skin in need of nourishment and a little extra care.

Phytomed, Auckland.

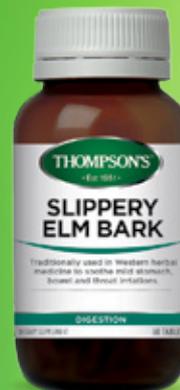


# SUPPORT FOR *Digestion & Liver* HEALTH



### Thompson's One-A-Day Milk Thistle 42000 30s

Traditionally used in Western Herbal Practice to support healthy liver function and aids digestion.



### Thompson's Slippery Elm 60s

Traditionally used in Western Herbal Practice to support the lining of the stomach and bowel.



### Thompson's Liver Cleanse 120s

A herbal complex used in traditional Western Herbal Practice to support the liver, gall bladder and healthy digestive function.



### BURNMED RELIEF CREAM

Sun caught you out this summer? Supports healing of the skin following burns, scalds and sunburn. A natural, moisturising cream with soothing, cooling properties. (TAPS PP1349)

### TRAVELMED RELIEF

Assists your body's natural healing response to feelings of queasiness and discomfort when travelling by sea, land or air this holiday season. Enjoy the trip! (TAPS PP13)



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



take a Thompson's  
The Natural Advantage

Always read the label and use as directed.  
If symptoms persist see your healthcare professional.  
Integria Healthcare (NZ) Ltd., Auckland

# Stressbusting 101

Family time can bring stressors of their own, so keep a few handy tricks up your sleeve to deal with stress when it gets a bit much:

- 1 Learn to walk away.** If you're getting wound up, step away for a minute; it's easier to reset than to try to make things right after you've reacted badly. If it's a young child, put them in their room for a few minutes (a good gauge is the same number of minutes as their age; eg send a five-year-old to their room for five minutes) and give yourself some time.
- 2 Remember to breathe.** When we get stressed, our breathing becomes shallow, providing less oxygen to the brain, and we don't react our best. Before reacting, tell yourself to take three deep breaths first.
- 3 Be kind to your body.** It's easy in summer to relax the rules a bit, but make sure you give your body a break. Aim for at least one alcohol-free day a week, and keep delicious healthy treats like summer fruits on hand. A punnet of blueberries or strawberries is a great snack to enjoy anywhere, any time.

## HARDYS RELAXATION SPRAY

Formulated by our Hardy's Experts as an easy to use spray providing support for a healthy stress response during times of acute stress, trauma, anxiety and worry. Great for any age.



**BUY ONE  
GET ONE  
HALF PRICE**

\*free product to be equal or lesser value



# Nature's Solution to Good Cell Health

## DID YOU KNOW THAT HUMANS NEED AT LEAST 90 NUTRIENTS TO MAINTAIN OPTIMAL HEALTH?

Known as the miracle molecule, the NZ Fulvic contained in NuCell+ Daily Tonic has been called the most important health-building compound because it is nature's intended vehicle for transporting minerals and other nutrients into living cells.

NuCell+ Daily Tonic supports nutrient absorption from the food we eat and drink to help correct deficiencies, support the immune system, energy levels and help detox the body.

### WHAT IS NZ FULVIC?

NZ Fulvic is a natural ingredient that has been used as a health tonic supplement in traditional practice for many years. Taken daily, it supports cellular metabolism through nutrient absorption, to energise your body. We extract NZ Fulvic from a mineral-rich soil seam deep within Aotearoa, New Zealand, one of the purest forms. We then carefully blend it with mineral water to bring you a clear, natural, refreshing tonic that's vegan, keto friendly, sugar free and 100% natural.

### WHY DO WE NEED NZ FULVIC?

Agricultural intensification has stripped much of the goodness and nutrients from the Earth's surface, resulting in a 70% reduction in Fulvic levels. This means that the food grown today only contains between 20-30% of the nutrients found in food eaten by our grandparents when they were children.

### HOW DOES IT WORK?

The structure of NZ Fulvic means it can easily penetrate living cells to deliver essential minerals, support the removal of toxins and support normal cell function and energy. Today scientists continue to discover the effects of NZ Fulvic when we add it to our diets replenishing our bodies with many of the essential minerals, we need to support the absorption of nutrients, support immunity, energy and cleansing of toxins from the body.



1 bottle = 25 days supply

Learn more about our incredible science at [www.nucell.nz](http://www.nucell.nz)

GLUTEN FREE • NON GMO • NO SUGAR • VEGAN • NZ MADE



[www.nucell.nz](http://www.nucell.nz)



## Top Tips for over 60's

DANCE  
LIKE NO ONE  
IS WATCHING



Aim to do 30 minutes of weight-bearing exercise every day. Walking, jogging, swimming, dancing and resistance training – any exercise that keeps you on your feet and bearing your own weight helps.

---



Ensure you get adequate calcium intake. Two to three servings of calcium-rich foods every day will help keep your bones strong. Milk, yoghurt, cheese, broccoli, tinned sardines and salmon (including bones), almonds and Brazil nuts are all high in calcium.

---



Watch your weight. As we age, our metabolism slows, meaning we don't burn calories as well as we did. But getting older needn't mean piling on the kilos; a sensible diet, plenty of water, and an active lifestyle will lead to a happier, healthier you.

---



Get out in the sunshine. Vitamin D is created naturally when our skin is exposed to sunlight. It is essential for calcium absorption from our diet, for bone development and for our immune function.





Spend time with people whose company you enjoy. Life is too short to waste with people who don't make you feel good, no matter how old you are. Meeting up with friends for coffee, spending an afternoon with younger people or joining a yoga or pilates class isn't just good for your body; it's good for your soul too.



Boost your brain. Sudoku, crosswords, card games and puzzles are all great for keeping the brain active, as can trying something for the first time. Almost anything out of your ordinary routine can help your brain build new pathways. Learn a language, brush your teeth using your non-dominant hand for 30 days, start writing that novel you said you'd write one day. If it's something new, it'll challenge your brain.



Try not to worry. Yes, you may not be as sharp as you think you once were, but we've been forgetting things our whole life. How many times do the kids need to be told to pick up their lunch/remember their homework/pack their gym kit before school, only for them to forget them anyway? Forgetting things is a part of life for us all, at all ages; misplacing your glasses or putting the car keys in the fridge isn't necessarily a sign of Alzheimers.



### ARTEMIS TEA

Hormone Balance organic tea formula is specifically for women in their reproductive years to support balance for the hormones involved in a regular menstrual cycle and optimal fertility, and to support premenstrual and menstrual comfort.

Artemis Ltd, Dunedin.



### SUPER B DAILY STRESS +

A formula designed to support your body in times of weariness, stress and tension. It works to support healthy stress response in the body and focus during times of stress. Ethical Nutrients formula is vegan friendly. (TAPS NA 12007)

Ethical Nutrients, New Zealand.

### SOLGAR SUPER COD LIVER OIL COMPLEX

A premium blend of essential fatty acids and Vitamins A and D that supports brain, vision, heart health and the immune system. Derived from deep-sea, cold-water fish, molecularly distilled to remove harmful contaminants.

Solgar NZ Ltd, Auckland



### ETHICAL NUTRIENTS URINARY TRACT SUPPORT

Contains herbs traditionally used to support a healthy bladder and PH balance which may; be soothing on the bladder, support healthy bladder function, provide support for urinary tract health and detoxify the urinary system.

Ethical Nutrients, New Zealand.



# ULTIMATE GUT SOOTHE

## MAKE YOUR GRUMPY GUT A HAPPY, HEALTHY ONE

A powerful combination of 6 natural ingredients  
Soothes and protects for optimal gut health

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

Always read the label and use as directed. If symptoms persist see your healthcare professional. Lifestream, Auckland. TAPS PP4140. LIFE0224

# Young at Heart



The great thing about getting older is that you get a chance to tell the people in your life who matter what they mean to you  
- MIKE LOVE

## 'You're only as old as you feel'

is a concept many of our older folk understand. With Covid playing such a large role in 2020, many over 60s have felt the struggle of staying physically and mentally fit and healthy. Exercise classes that help with mobility have been cancelled and social groups restricted, cutting off many social aspects that normally form the backbone of the older generation's routine.

As we age, so do our bodies. Wrinkles appear; aches and pains become a fact of life. We aren't as energetic as before, and we feel like we aren't as strong. Looking after our bones is vital as we age, as the skeleton grows from birth until the end of the teenage years, reaching maximum strength and size at around the mid-20s. After this, the rate at which bone forms becomes slower, and they can become brittle with age. But it's never too late (or too early!) to look after your bones. They are made up of active, living tissue, and no matter how old you are, you'll replace almost your entire skeleton every 8-10 years.

About one in three people over 60 say they are 'very happy' – at this age, life has taught us to savour the good times and know bad times will pass (a lesson that's useful for many teenagers and young adults to hear), and the importance of connecting with family, friends and community. When we get to this age, though, often our immediate worlds change – we retire, perhaps lose friends and loved ones, or we become more forgetful – so it's important to keep exercising and socialising in order to look and feel our best.

Spending time with grandkids or younger generations can really revitalise the spirit, and give back the spark that can be hard to find when you're on your own.



## THOMPSON'S NATURAL E 500IU

A powerful antioxidant formula containing Vitamin E and selenium. Formulated to contain d-alpha tocopherols and derived from a natural source.

*Always read the label and use as directed. If symptoms persist see your healthcare professional.*

Integria Healthcare (NZ) Ltd, Auckland.



## SOLGAR 7 - FEEL A DIFFERENCE IN 7 DAYS!

A new paradigm in joint care showing support for joint comfort. A glucosamine free joint support formulation with 7 ingredients including Boswellia 5-Loxin Advanced, UC-II and Turmeric helping you flex back with ease into the physical activities you enjoy...fast...within 7 days. **Feel the difference for yourself!**

*<sup>1</sup>Based on two human studies with 5-LOXIN Advanced where subjects rated their joint health over time.*

Solgar NZ Ltd, Auckland.



**3 MONTHS SUPPLY!**  
90 Caps,  
take one daily

# GET UP, GET GOING & GET ACTIVATED!

With Good Health Brain Power and Activated B's

Our normal everyday activities rely on our brain's ability to store and use information around us. With the day to day-to-day pace of our lives, it can be difficult to focus on our daily tasks, what we need to remember and learn new information as well. As we age, brain function has been shown to physically decline if we do not continue to use it well, so it is important to support mental clarity and our healthy brain function. Good Health has come up with a way to support this, formulated with powerful nutrients for brain health, neuronal protection and antioxidant support.

Good Health Brain Power contains:

- **BacoMind™** from the herbal extract, Bacopa monnieri; which supports mental clarity and focus, while supporting the daily demands of everyday stress.
- **Choline L-Bitartrate**, which supports a quick thought response time.

Good Health Brain Power is designed to provide support for:

- Brain fog
- Dull cognitive thinking
- Tired thought processes
- Slow information uptake
- Busy lifestyle e.g. overwhelmed with information
- Information processing e.g. busy workload

Good Health Brain Power supports a healthy brain, information uptake and everyday cognition.

If it's time to "Get up, Get Going and Get Activated," then Good Health Activated B Complex has the activated B vitamins you need for energy support:

What are activated B vitamins and why are they better than ordinary vitamins?

The human body needs to activate vitamins in order to use them efficiently. Because B vitamins are water soluble, they are transient allowing little time to be absorbed.

Many people lack the co-factors to convert B Vitamins into the necessary active form for best results. Activated Vitamins are in a ready-to-use form, allowing superior absorption.

Activated vitamins are proven to be more effective than ordinary vitamins particularly in cases of deficiency.

Together, Good Health's Brain Power and Activated B Complex, have everything you need to keep on top of your daily schedule, even in your retirement.

So, "Get up, Get going and Get Activated!" Good Health products are available at your local pharmacy or health store now.

\*Always read the label and use as directed. If symptoms persist see your healthcare professional. Good Health, Auckland. TAPS Approval No: PP6672



Plant based  
enzymes  
for optimal  
digestion



## So, what's an ENZYME?

Digestive enzymes are a key step in the process towards achieving complete digestion and are produced in the body by the stomach, pancreas and small intestines. They enable the food that we eat to be broken down into smaller nutrient particles to support optimal absorption. It's not just what you eat, you are what you absorb! Digestion, therefore, sits at the centre of health and wellness.

Enzyme production, and digestion, can be compromised by many factors. A few worth mentioning include age, stress, chronic medical conditions and microbiome health. Nutrient deprived soils, food processing methods and busy lifestyles which encourage eating on the run can create further enzyme deficits. The task of producing 'enough' digestive enzymes can be difficult to fulfil even for the healthiest individuals!

Most of us have at some point experienced the uncomfortable and often embarrassing symptoms of GI disturbances such as gas and bloating, bowel irregularity and extreme food intolerances.

This is where supplemental enzymes can help. Enzymes perform very specific activities (amylase breaks down carbohydrates, lipase breaks down fats, protease breaks down protein, cellulase breaks down fibres). The benefits of enzyme supplementation can be experienced in as little as 10 minutes and include support for unpleasant digestive symptoms, GI irritation

and increased energy levels. Essentially, if the body has to choose between spending available resources on digestion versus energy, digestion usually wins, leaving energy levels depleted.

Unlike some supplements, there is no upper limit to the amount of supplemental enzymes that can be consumed. Any of the body's 100 trillion cells could be using thousands of different enzymes every second, allowing for huge quantities to be used by the body at any one time! Supplemental enzymes can be compared to supplementing with a raw food diet rich in enzymes - it simply aids the digestive process.

Drawing on 20 years of experience, Enzymedica have developed an exclusive enzyme delivery method, Thera-blend™. Thera-blending allows enzyme activity to work across the board in the pH range of 2-12. Whether the location within the GI tract is acidic, neutral or alkaline, Thera-blend™ enzymes stay active.

By utilising plant based rather than animal derived enzymes as their preferred source of origin, Enzymedica have created blends which break down specific food complexes, including gluten, casein and lactose. Their product range has been formulated to offer specific support depending on each individual's digestive issue. Containing only clean and pure, non-GMO ingredients, Enzymedica products are suitable for the whole family as well as those with food intolerances.

# New TO HARDY'S

**PRIMA Home Health Test Kits** are giving New Zealanders the opportunity of proactively looking after their health from the privacy of their own homes with fast and accurate results. Home Health testing is an important development in Health care where patients are encouraged to take a more proactive role in monitoring their health status. This monitoring is not intended to bypass Doctors but to provide an alert to visit your Professional, or to achieve peace of mind in the absence of other more serious symptoms.



**Check your health in less than 10 minutes with PRIMA Home Tests!**

A range of **18 kits** are available including Vitamin D, Iron, Prostate and Cholesterol available in all Hardy's stores.

## Hardy's are proud to support **LISA MATHER**

Midcourter Lisa Mather is back for a second season with the The Robinhood Northern Stars in 2021 after previously playing for the Magic. A tenacious and gritty performer, generally from wing defence but also capable of slotting in at centre, Lisa has left a strong impression while continuing to build on her credentials.

A determined young player with plenty of promise, Lisa, who began playing netball in Kerikeri in the Bay of Islands, is poised to make further inroads with the Stars.

Hardy's are proud to support her and wish her future success! We're excited to see what 2021 brings her.



Michael Bradley Photography

### 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



# SANDERSON<sup>®</sup>

## Kids (of all ages) will go wild for this!

# free Hardy's Health Stores fun animal hats

## with Sanderson Kids' Product Range



**Penguin**



**Bear**



**Panda**



**Husky**



**GET 1 HAT  
WITH EACH  
PRODUCT\***

**Worth  
up to  
\$14!**

There's a bear, a panda, a penguin and a husky to choose from – **collect them all!**

\*While stocks last

Always read the label and use as directed. Supplementary to a balanced diet. Real Vitamins Ltd, Auckland.

**NEW ZEALAND'S NATURAL HEALTH SPECIALISTS**