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ISSUE FIVE | DECEMBER | FREE



## THE ADVENT OF A NEW YOU!

25 WAYS TO SPICE UP YOUR  
SELF-CARE ROUTINE



## KEEPING UP WITH CONTENTEDNESS

DEALING WITH STRESS THIS FESTIVE SEASON



## SUPER-DUPER SUMMER SMOOTHIES

GOODNESS IN A GLASS!



## BEAT THE BLOAT

HOW TO DEAL WITH OVER-INDULGENCE THIS  
FESTIVE SEASON

## A HARDY'S HEALTH EXPERT WILL GET YOU FEELING GOOD!

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# EDITOR'S NOTE

It's summertime, but the living isn't always easy! The festive season may be full of joy, but it also brings with it a whole lot of stress. There's gifts to buy, parties to plan, and all too much delicious summery food to accidentally over-indulge in...

Never fear, Hardy's is here! We've got a whole lot of summertime solutions to help you stay your fabulous selves even when things get a little frantic at home or on holiday. We've got tips to help you head off on holiday with minimal health-related disruption (page 6), advice on how to stay hydrated when the mercury's rising - along with some scrumptious smoothie recipes (page 14), and a few ways to help you manage bloating and digestive discomfort (page 22).

Feeling great doesn't stop at your insides, though - we've also got some advice on how to stay looking gorgeous in the summer months from top (page 13) to toe (page 17)! And once you've taken on board all of our summer-time advice, our Advent Of A New You list (page 26) is packed with 25 different activities and ideas to help you be your best self this summer. Whether you make it your own self-care advent calendar, or use it as guidance when setting some 2017 resolutions, we're sure that you'll wrap up each step with a grin on your face!

Until next time, stay well,

*Your Hardy's Team*



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 Discover the best you

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# HEALTHFUL HINTS

## LEMONY GOODNESS

Made by cold-pressing lemon peel, the most nutritionally-dense part of the fruit, lemon oil has calming and purifying properties and a high vitamin content. We think it's one of the most versatile oils around, with multiple benefits for your body and your home.

Try adding a few drops of lemon oil to your water bottle to cleanse your body and help with indigestion, acidity, heartburn and stomach cramps. You can also drink it with hot water and honey to soothe a sore throat. Lemon oil has antiseptic properties, making it great for reducing acne; it's also astringent and detoxifying, meaning it can rejuvenate damaged and dry skin. Mix it with baking soda and raw honey to create a natural, homemade cleanser – or apply it directly to hair and nails as a strengthening conditioner.

Lemon oil is also a natural disinfectant, making it a great household cleaner. It can be used to clean your shower, surfaces and dishes. If your silver jewellery is beginning to tarnish, a cloth soaked in lemon oil will shine it back up, and if you leave your laundry sitting in the machine for too long, a few drops of lemon oil will get rid of the smell. With such a large range of uses, it is definitely worth keeping some lemon oil around.

## THE COOL KID ON THE BLOCK – COCONUT OIL!

Traditionally, coconut oil hasn't been recommended as a health food because it contains high levels of saturated fat. In fact, coconut oil is one of the richest sources of saturated fat known to man, with almost 90% of the fatty acids in it being saturated. However, coconut oil contains medium chain triglycerides, fatty acids of a medium length, which are not your average saturated fats like the ones found in butter and bacon. Unlike the others, the reduced chain length means they are rapidly absorbed by the body and turned into fuel, providing immediate energy for organs and muscles.

Coconut oil also contains lauric acid, which can be helpful in preventing infections. When lauric acid is digested, it forms a substance called monolaurin that can kill harmful pathogens like bacteria, viruses and fungi. It has also been linked to improvements in epilepsy, appetite management, blood cholesterol levels and Alzheimer's. It's super easy to introduce coconut oil into your diet – simply replace whatever oil you currently use in your cooking, or look for recipes that specifically utilise this superfood. Your body will thank you for it!

## THE DETOXIFYING MAGIC OF HERBAL INFUSIONS

Every plant has its own unique healing properties. It's therefore best to mix and match a range of different herbs, flowers and vegetables when using natural remedies to detoxify your body and improve your health. Dandelion root is a great option because it improves the digestive system and can help with tiredness, irritability and skin problems. It works well with calendula, which also supports digestion and can speed up the healing of internal wounds through improved blood flow to the affected areas. Peppermint can further assist with digestive comfort, as can fennel seed, due to its alkalising properties. Globe artichoke has high levels of antioxidants and can help keep cholesterol levels low. What's more, all of these plants enhance the function of the liver so, when combined, will thoroughly detoxify your body!

Try consuming all of these plants - and more! - together in the form of a detoxifying herbal infusion, such as the Artemis Liver Detox Tea. Herbal infusions provide a range of benefits in one product, so are an effective and efficient way of looking after your health.



## YOGA ON HOLIDAY

If you're hitting the beach this summer, why not bring a little fitness and wellbeing to your sandy adventures? If you're a yoga buff during the working week, taking your practice to the beach is the perfect way to keep up with your asanas and even try something new and tricky – if you're a little iffy on balance poses, what better place to practice than on soft and forgiving sand? For example, why not try the dandayamna bharmanasana – or balancing table. Here's how to do it!

1. Take the table pose – on your hands and knees, with knees hip-width apart and hands shoulder-width apart. Keep your back straight.
2. Inhale and raise the right leg up parallel to the floor.
3. Looking straight down, inhale and raise the left arm parallel to the floor.
4. Breathe and hold for 3–6 breaths.
5. Slowly exhale as you release first the left arm, then the right knee, to return to the table pose.
6. Repeat on the other side.



## TURMERIC LATTE

If you're a regular reader, you'll know that here at Hardy's, we're pretty enchanted by turmeric. With anti-inflammatory and anti-bacterial properties, it's fabulous for skin, it can help relieve joint pain, it can fight infection, and it can even help with depression. And to really kick your turmeric consumption up a notch, there's a new trendy beverage to get more into your diet – the turmeric latte!

Also known as golden milk, and similar to the traditional Indian beverage haldi

doodh, turmeric lattes can increasingly be found on the menus of local health-conscious cafe – or if you'd prefer to go it alone, here's an easy way to whip up a turmeric and ginger latte at home!

Combine a heaped teaspoon of peeled and freshly chopped turmeric with a teaspoon of peeled and roughly chopped ginger – then add a tablespoon of your favourite natural sweetener and two tablespoons of coconut oil and blitz the whole lot in a blender. Heat up your favourite nut milk until it just starts simmering, then pour it into the blender with the rest of the mixed ingredients. Blend everything together until it's all smooth and frothy – then enjoy!

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# GETTING BIT BY THE RIGHT KIND OF TRAVEL BUG

Holidays are a great way to relax and unwind, however, heading to a completely new environment can actually place the body under a whole lot of physical stress. That, combined with navigating new languages, currencies and customs, means holidays can often leave us feeling more tired than we were before we left.

Don't worry, we're not suggesting you cancel your travel plans! But how do ensure you stay healthy and stress-free on holiday, and arrive back properly refreshed and rejuvenated?

## SUPERCHARGE YOUR IMMUNE SYSTEM

Regardless of where you're travelling, there's a certain amount of inevitability that you'll be exposing yourself to all kinds of communicable nasties. Whether it's close quarters on a plane or a questionable water source at a campsite, you want to make sure that your insides are as ready as possible to knock out anything the wild world throws your way. Vitamin C and vitamin E can help with everyday health, and zinc can provide some extra support for your immune system too!

## GO WITH YOUR GUT

New foods, as well as being exposed to different kinds of bacteria than those your body is used to, can mean upset tummies while on the go. Culinary exploration is one of the best things about travel, but it's worth taking a few precautions.

Cooking food destroys most bacteria, so where possible, go for cooked over fresh options – when in doubt, soup over salad! It's also worth choosing bottled water over tap, unless you're at a reputable hotel or restaurant. Taking probiotic capsules regularly will help to support healthy gastrointestinal systems and digestive function, which can help you to combat bugs you encounter overseas. We also recommend packing a few activated charcoal tablets, which trap toxins in the body, allowing them to be flushed out, so the body doesn't reabsorb them. These are handy for if you start to feel unwell, and mean you can make the most of your holiday without being held back by sickness.



Nausea is a real holiday mood-killer, so if you're prone to travel sickness, stock up on products containing ginger and peppermint, both of which have a long history of being used to treat nausea and stomachaches. Peppermint has a calming effect, which relaxes your stomach muscles and can also help to reduce nervousness and anxiety for those who don't like flying. Try the Absolute Essential peppermint oil for a convenient travel-sized remedy.

## SWEET SUNSHINE

Catching some rays is tempting, but make sure your skin doesn't suffer as a result. Always use a good quality, 30+ SPF sunblock, and make sure you reapply after swimming or sweating. If you do get too much sun, treat your skin as well as possible afterwards, to reduce redness and peeling.

Applying a soothing gel containing aloe will help to cool the skin, as will a cool bath or shower. After that, hydration is key – apply a good quality moisturiser, and allow time for it to absorb completely before putting on clothes or applying makeup. It's important to hydrate yourself from the inside too – check out page 15 to read up on the Hardy's take on hydration.

## STAY ON TOP OF YOUR REGIME

Holidays are time to unwind, but that doesn't mean that you should abandon ship when it comes to your health! Your body won't be thanking you if you've been treating it carefully with all manner of vitamins and minerals, and then hit it suddenly with all manner of petrol station pies and airport white bread sandwich packs. Even if you simplify and streamline things with a good multivitamin, your body will likely find itself in a much happier state. Just be sure to bring your tablets in a durable container – you don't want to have to pick shards of glass out from your suitcase!

Likewise, if you're in a habit of fueling your smoothies and meals with superfood supplements, take some with you! There's no reason why you can't mix up your own quick smoothie, especially if you take a specialised blender bottle with you. Just add your smoothie components, give things a shake, and voilà! If you need a little inspiration, check out our favourite smoothie recipes on page 14.

## FUELLING FAMILY FUN!

### TRAVEL IN STYLE

From the moment kids are old enough to talk, each and every long trip has the potential to be plagued by that one terrible sentence: are we there yet? Make sure your trip passes without too many incidences or whinging by planning things properly. Audiobooks are a fabulous solution – and you can either enjoy a story together through the stereo, or you can get your little bookworm to pop in some headphones.

Or, if it's time for a little collective fun, there's always the classic in-car games, like I Spy or 20 Questions. If the kids are a little older, you can even bring a little education to the games – using addition, multiplication, division and/or subtraction, take the numbers from the licence plate of the car in front and try to see if you can get to two. It's challenging – and sometimes impossible! – but it's a great way to occupy brains for a while.

### GETTING KIDS INTO THE GREAT OUTDOORS

If the kids are coming on holiday with you, it's the perfect opportunity to get them outdoors. Most destinations will have a range of walking and biking trails that will keep children active while they explore their new surroundings.

For more daring families, travelling around on horseback or by kayak will make for a memorable adventure and will ensure the kids are all tired out by the end of the day. If it's raining, many museums and cultural attractions will have exhibits specifically for children that will capture their imaginations as they learn. Another option is taking a kid-friendly cooking class in the local cuisine, which will expand their knowledge of the culture and teach them an important life skill!



# KEEPING UP WITH CONTENTEDNESS

dealing with stress this festive season

Summer... what a gorgeous time of year! The season of languid afternoons on the beach, sipping icy drinks to cool down, seeing distant relatives, pavlova and presents, road trips, adventures in nature. What could be better?

Sometimes, you have to take off the rose-tinted glasses. Sun burn and itchy legs from sea lice, brain freeze from cold beverages gulped down too quickly, family feuds reigniting, uncomfortably full stomachs and awkward moments of feigned appreciation upon opening an unsavoury present, motion sickness, mozzie bites and mystifying maps.

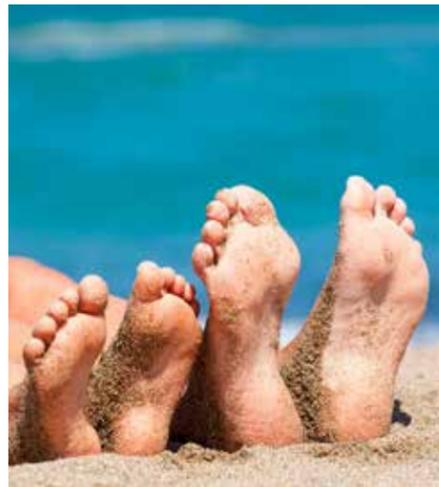
Suffice it to say, while summer can be full of joy and excitement, there are plenty of things that can leave you feeling more than a little overwrought. And here in the southern hemisphere, we get the best – or worst – of both worlds: warm temperatures and summer holidays for the kids at the same time as the festive season. That's a lot to handle!

To make your lives a little easier, we've compiled some of our best advice when it comes to handling the stresses that summertime brings. And as always, if you need a little more advice tailored to your own individual needs, come and talk to a Hardy's expert – we're here to get you feeling good!

## UNDERSTAND THE DIFFERENCE BETWEEN ANXIETY AND STRESS

Often people will group stress and anxiety together as being the same thing – and while they are certainly related, they aren't interchangeable words. Stress comes from the pressures of life, whether from external sources or from self-imposed internal pressures – it's the body's way of reacting to something throwing us off kilter. Anxiety is that feeling of apprehension of fear – and while it can arise as a result of stress, it can also happen for no real reason at all, often feeding into a loop of even more anxiety.

If you're feeling anxious at a point in time when you know that you're stressed about



upcoming events or things that you just have to get done, chances are, it's a normal bodily response. That doesn't prevent it from making you feel pretty dreadful in the meantime, though! Read on to see some ways that you can lessen the stress in your life, or limit the impact that stress has on your life.

If you do, however, find yourself getting anxious beyond that 'normal' response – i.e. still feeling fearful and uneasy when the thing that has stressed you out has been and gone or you're otherwise continuing with everyday life – then you may wish to speak to your Hardy's expert about ways to manage your anxiety so that you can take back control of your life!

## 'TIS THE SEASON TO FEEL TENSION!

This time of the year is laden with things that can make life that little bit more hard to handle. Maybe your Christmas shopping has gotten a little out of hand, or your holiday planning has blown the budget. Or maybe you have a few more relatives coming to stay than you'd originally anticipated, or the designated New Year's Eve bach-booker hasn't followed through on their duties. There's a whole lot that can go pear-shaped and make life feel incredibly difficult.

Before anything else – just breathe! Pausing in a frantic day and taking the time to close your eyes and inhale deeply can sometimes be all that you need to rebalance yourself. There are all sorts of tools and apps that you can use to help lead you through some breathing exercises, like Breathe2Relax and Breathing Zone.

Or to really boost your calming breathing, harness the power of aromatherapy and breathe deeply – whether through a bath, a diffuser, a vaporizer or even just an inhalation from the bottle. Lavender is the gold standard for calming effects, but if you want to mix things up, some rose, ylang ylang or bergamot can also have similar effects. If you really want to get into the spirit of the season, frankincense is another good option to get you fa-la-la-la-ing again soon!

## TAKING THE RIGHT STEPS

If you can take the time to identify your stressors and figure out what things you need to do to deal with them, you may come to realise that your mountain is more of a molehill. A to-do list can help put things in perspective, and give you the chance to assess what you really need to concentrate on now and what can wait until later.

Speaking of steps, staying active is a great way to combat stress. There's nothing quite like loading yourself up with endorphins to make everything feel more manageable! Maybe that means giving yourself the time to walk somewhere rather than drive (just make sure you've slip, slopped, slapped and wrapped if you're going to be outside for a while), or taking a dip to cool off (in more ways than one), or doing something fun and frivolous like going to a trampoline park or cycle along the beach. It might not solve all of your problems, but you'll feel more ready than ever to face your festive fears.

## B GOOD TO YOURSELF

A complex B vitamin supplement like **Solgar Vitamin B-Complex** is a great way to work towards feeling fabulous, no matter what stresses may lie on the horizon. B complex vitamins support the nervous system and promote energy and metabolism – so you'll be raring to go!

There is a whole host of natural ingredients that can help level out a stressful mood. Withania is one of the best herbs for levelling stress because it is calming and non-stimulating. Keep in mind that some stress relief products don't mix well with other pharmaceutical medicines, so always talk to your Hardy's expert before you start taking something new.



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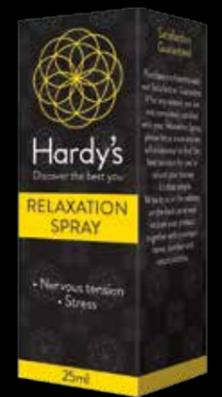
## YOUR SUMMER SANITY SAVIOUR

### HARDY'S RELAXATION SPRAY

If you're looking for one easy way to get your stress levels under control, we've got you sorted. Hardy's Relaxation Spray is an easy to use spray with almost instantaneous effect – if you keep a bottle close to hand, you'll always be one little spritz away from feeling more levelled out and ready to deal with the day ahead.

The carefully considered formulation combines effective herbal extracts that work to calm mind and body alike, providing immediate relief from acute stress and worry, as well as helping to manage nervous tension.

It's also safe for the whole family, making it your first port of call whenever anyone's feeling a little overwrought – from the youngest to the oldest members of the family, without causing any problems to those taking medication. And with its portable shape and size, it can go wherever you go – so you'll always be prepared for what the world throws at you.



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Always read the label and use only as directed. Supplementary to a balanced diet. Lifestream, Auckland

\*WHILE STOCKS LAST

# PROTECT YOUR BODY'S LARGEST ORGAN

from the elements this summer



The days are now gloriously long and it's hot enough to hit the beach, and take part in the outdoor activities that us Kiwis love. We've finally yelled 'good riddance!' at winter and have started planning how we will make the most of summer.

It's now also that time of year when we need to be most vigilant about protecting our skin against the sun's damaging rays, because if we don't, the consequences may be severe.

Skin cancer is the most common form of cancer found in New Zealanders, despite the fact that it's largely preventable. New Zealand has the world's worst rate of melanoma, the deadliest form of skin cancer.

Dr Richard Martin from the New Zealand Melanoma Unit says that New Zealand, followed by Australia, has skin cancer rates three to four times higher than other parts of the globe, because so many light-skinned people are living in warm climates. New Zealand has snuck past Australia when it comes to the highest skin cancer stats because we are under the larger part of the hole in the ozone layer, and we have less pollution than Australia, and while pollution is overall a wholly negative thing, air pollution does absorb some UV radiation.

Melanoma causes more than two thirds of total skin cancer related deaths in the country, but there are two other types of skin cancer too. Squamous cell carcinoma (SCC) is easily treated if found early, but can be fatal if it is not treated, and Basal cell carcinoma is the most common kind of skin cancer – and it's the least dangerous, if treated quickly.

While some are more at risk than others, it's important people with all skin types take precautions to protect themselves while outside.

## NOT ALL SUNSCREENS ARE CREATED EQUAL

It's crucial that you choose the best sunscreen for you and your family, depending on your activities. If you or family members have sensitive skin, be sure to pick a formulation that's free from fragrance, colouring, parabens and sulphates. When applying sunscreen, it's best not to rub it in too much – it should sit on the surface of the skin, to act as a protective barrier.

Choosing a broad spectrum sunscreen is incredibly important. Broad spectrum sunscreen protects against both UVA and UVB rays. UVA rays penetrate deep into the skin's dermis, causing ageing and damage to the skin. UVB rays only affects the surface of the skin – but will still give you sunburn. Both UVA and UVB rays are linked to skin cancer – so make sure you choose a sunscreen that will provide all-round protection.

If you choose a high SPF sunscreen, make sure you still reapply it regularly – as it can wear off just as quickly as lower SPF sunscreens, especially if you are sweating or taking part in water activities.

## KNOW YOUR OWN NEEDS

In addition to the different skin cancer and sunburn risks associated with the shade of your skin, there are other factors at play that may put you at greater risk of developing skin cancer. If you've got a family history of skin cancer, you may well be at greater risk – likewise, if you've had a history of serious sunburn in your younger life, your risk is increased.

There are some health-related risk factors at play too – if you have a weakened immune system, perhaps due to an inflammatory disease like lupus or Crohn's, you have a greater risk of developing skin cancer. This risk is even greater if you're on immune-suppressant medication, so be sure to be extra careful with all of your slipping, slopping, slapping and wrapping! Radiation treatments for skin conditions like acne or eczema can also increase your risk.

And if you've had skin cancer before, you're unfortunately at risk of developing it again. So always be vigilant, and watch your skin for any unexpected changes.

## NATURAL PREVENTIONS

As well as sunscreens made with natural ingredients, there are also foods that are believed to help protect the skin during summer – however, it's important that other sun safe precautions are taken, like wearing sunscreen, and seeking shade where possible.

As the main protein that gives structure to the skin, collagen is a vital building block in both protecting the skin and ensuring it continues to look its best. We all know that our skin contains (and produces) less collagen as we age, but it's also true that exposure to the sun can damage the collagen in our skin. Finding ways to get more of this connective protein – either externally in skincare products, or through supplementation – is key to glowing this summer.

## BE SAFE IN THE SUN BY:

- Seeking shade when possible
- Wear clothing that protects you from the sun's rays – long sleeved shirts, long shorts, or trousers, and shirts that cover your shoulders and chest – and don't forget to wear a hat that protects your face, head, ears and neck
- Wear broad spectrum sunscreen that has an SPF of at least 30, at least 20 minutes before going outside, and reapply regularly
- Remember your eyes – wear close fitting sunglasses to protect your eyes



## GREAT FOODS, DRINKS AND SUPPLEMENTS FOR FIGHTING SKIN CANCER

- **Orange produce**  
A study from the University of Arizona states that eating citrus peels can reduce skin cancer, while carrots, oranges and sweet potatoes are believed to reduce the intensity of sunburn.
- **Green produce**  
Dark leafy greens, like spinach and kale contain antioxidants lutein and astaxanthin, which are believed to protect against skin damage, protect your eyes from sunlight and inhibit damage to the retina. As well as leafy greens, green tea is high in polyphenols, which protect against UV radiation, and is also famous for its anti-ageing benefits. Another greenie that is believed to fight against sun damage is broccoli. Its sulphoraphane is believed to protect skin cells from sun damage, as well as providing anti-cancerous benefits.
- **Fish Supplements**  
Omega 3 fatty acids not only keep skin looking clear, studies show that consuming fish supplements can lower the risk of skin cancer, and help protect it against the sun.
- **Nuts and Seeds**  
Almonds, sunflower seeds and pistachios are not only great for beautiful skin because of the vitamin E that they contain, but this vitamin is also believed to help protect skin from sun damage.

# More Betterness



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# THE URGE TO FEAST – UNDERSTANDING WHY MOST DIETS FAIL

by Meleni Aldridge, Director Alliance for Natural Health (UK)

Are you of fuller body but wish you were leaner? Try as you might, are you constantly tempted by foods that you know aren't helping you? Do you feel as if you're fighting a losing battle? If you answered yes to those questions – relax – you're perfectly normal. It's a natural part of our evolutionary hardwiring to want to feast on today's high calorie foods. Foods made from grains, bread, pasta, chips, pizzas and sugary confectionary can seem tantalisingly seductive.

In hunter-gatherer days we didn't come across sweet foods very often, so when we did, we needed to gorge ourselves and store the excess calories to get us through leaner times. Most of us still have those same urges today. It's one of the reasons why we crave sugary, starchy and fatty foods and why it can be so hard to stop eating once we start. Unfortunately, these days we rarely face times of famine and the majority of us are nowhere near as active as our hunter-gatherer predecessors. The effects of which are mirrored in our bulging waistlines and spiraling rates of chronic disease.

This genetic evolutionary survival mechanism is one of the reasons why sugar is like a drug to us and becomes so addictive. If you've ever gone cold turkey and stopped eating sugar for any length of time you'll know how your palate changes and your body finally stops being tempted by it. But like an alcoholic who takes a drink after a period of abstinence, give in to sugar again and it's doesn't take long before the regular need for it overwhelms your will power once more.

Being genetically coded to survive times of famine rather than feast, it's hard for many of us to maintain a lean physique when we're faced with overstocked kitchens and high calorie foods tempting us on every street corner. Diets today are often full of refined carbohydrates that force the body into an over-production of insulin, also known as our

'fat storage hormone'. Insulin's responsible for maintaining a balanced blood sugar level, which in turn maintains our energy levels and acts as one of our main metabolic hormones. When insulin is imbalanced, the result can have negative consequences for our health, and our waistline. One of the main ones being that it switches the body over to burning sugar predominantly for energy instead of fat. For this and other weight management articles check out [nuzest.co.nz/blog](http://nuzest.co.nz/blog)

For now, let's stay with insulin for a bit longer.

Insulin allows blood sugar to enter the cells to supply the body with energy, but continually choosing foods – and drinks – high in sugar, combined with being overweight, has a strong effect on the delicate balance between blood sugar and insulin levels. This is why insulin balance is at the root of so many common illnesses and disorders. Given that our bodies are built to deal with sugary foods as a rarity rather than the norm, a condition called insulin resistance develops when we consistently eat foods high in glucose.

Under such circumstances, the pancreas is forced to pump out more and more insulin to try and regulate the excess sugar (glucose). Unfortunately, the body can only sustain a limited number of insulin receptors on each cell. Consequently, insulin receptors are continually activated and over worked and can't successfully bind to the overwhelming amount of insulin. Working under such pressure insulin receptors, over time, lose their sensitivity and become 'resistant' to insulin, creating a danger zone when blood glucose starts to rage out of control.

The knock on effect is that the body is literally unable to extract the glucose from the blood to power the muscles and they become starved of energy. Despite the excess of glucose in the blood – with more being consumed daily – the brain kills the desire



## ABOUT MELENI

Meleni Aldridge (BSc Nut Med Dip cPNI Cert LTFHE mKPNI mBANT) has been a practitioner in the field of complementary and integrative medicine for 25 years.

During the last eight years in her role at ANH Int'l, Meleni has been actively involved in consultations with the European Commission, the European Food Safety Authority, the US Food and Drug Administration, the UK Food Standards Agency and the World Health Organisation of the United Nations.

to be active because the muscles have no energy. High glucose in the body is also toxic. If it rises too high, the liver is the only organ in the body that can get rid of it because the liver doesn't require insulin to process glucose. But this comes at a high price in terms of weight management.

The liver converts excess glucose to triglycerides (fatty acids) and packages them up in fat cells for safe storage in adipose tissue (a community of fat cells, more commonly experienced as a bulging waistline or extra unwanted pounds in hard to shift places). Here the fat cells are rendered harmless to the body and left in storage until they may be needed as a future fuel source – not an easy source to access if you continue to flood the body with sugary or fatty refined carb foods on a daily basis. The higher the glucose levels, the more fat cells we need to create, generating a vicious, perpetual cycle.

The good news is that the cycle can be broken. Shifting your fuel sources and re-establishing some evolutionary norms allows the body to return to balance once more. One of the first steps being to start burning fat instead of sugar for energy, which in turn allows the desire to be active to flourish once more.

# LOOKING GOOD NATURALLY!

When you choose to use natural and organic makeup, you are choosing to minimise your impact on the environment. Many cosmetic products are filled with synthetic ingredients that don't break down when you wash them off your face, meaning these chemicals are flushed down our sinks, into our rivers, lakes, and water systems. And even more damage is done during the manufacturing process of non-natural products.

The big league cosmetic companies often test their products on animals, and use petroleum-based oils (which are byproducts of the oil industry) or palm oil (which is linked to rainforest destruction). To ensure you are doing your part in taking care of our planet, try sourcing your make-up from a company with a strong ethical foundation – like **Antipodes**. All of their products are 98-100% natural, and they are approved by the UK Vegetarian Society, meaning you can wear your foundation or lipstick with the confidence that your fabulous face is completely cruelty free!

Using natural and organic cosmetics can also benefit your health. Your skin acts as a sponge, rather than a barrier. This means that anything you apply to your skin will be absorbed into your body just as if you'd eaten it, and so being aware of the ingredients of your makeup is just as important as knowing the ingredients of your food.

Cosmetic labelling is not carefully regulated, and so many products that are marketed as natural and organic may not necessarily be as safe as they claim. To ensure you are choosing authentically natural products, check the ingredients list for harmful additives like lead, parabens, petrochemicals, and artificial fragrances. In particular, look out for phthalates, which can disrupt hormones and trigger allergic reactions, and toluene, a highly toxic chemical sometimes used in nail polish. These ingredients have been banned in the European Union due to potential health risks, but can still be found in products here in New Zealand.

Just as your skin can absorb harmful chemicals, it can also take in valuable nutrients. This means that natural and organic products simply treat you better! Natural and organic products are made with ingredients that enhance, rather than disrupt, your skin's natural state. What you put on your skin will end up in your body, so using natural products will make you feel good inside and out.

Try switching out your regular lipsticks (which can often be quite drying) for **Karen Murrell's** long-lasting, organic formula. These lipsticks are made with nourishing ingredients like avocado oil, carnauba wax, and sweet orange, so your lips are treated and conditioned with every application. And the list of things they don't have is just as important: no coal tar, no mineral oils, no parabens, no carmine. You'll be looking good and keeping Mother Earth happy at the same time! For a vibrant pop of pink to ring in the new year, try Poppy Passion, or for a festive red, try True Love. If you just want a little extra hydration for your lips, the Moisture Stick will keep your lips plump and happy.



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# SUPER-DUPER SUMMER SMOOTHIES

Smoothies are a brilliant way to keep hydrated, while getting some necessary nutrition in, all in a fast, easy and super-portable format. Blend up one of the recipes below to sip on the way to work, take on your next day out, or indulge in when you're looking for a little something sweet.

For an extra dose of protein and good fats, add ¼ cup of raw nuts, or a shake of LSA. A sprinkle of chia seeds are a great way to add a little extra fibre and up your smoothie's calcium content.

Aloe vera juice is excellent for the digestion and helps detoxify. Thought to support the immune system and stabilise blood sugar, its addition is an easy way to further increase your vitamin and mineral intake.

## TUMMY TAMER

- 1 cup aloe vera juice
- ½ cup of oats
- Handful of both spinach and kale
- 1 banana
- Chunk of cucumber
- ½ cup blueberries

## THE CLASSIC:

- 1 banana
- Handful of frozen berries
- Tbsp oats (optional, if you want a wee bit of 'grit' in there)
- Scoop of Nuzest Clean Lean Protein (our pick is the vanilla flavour!)
- Cup of almond or coconut milk

Blackberries and blueberries are particularly high in fibre, vitamin C and manganese. Blueberries also contain ellagic acid, which is good for digestive health.



## TROPICANA

- Chunks of fresh pineapple
- Half a mango, sliced
- 2 handfuls of spinach or a scoop of Vital Greens
- Cup of coconut water

Packed full of vitamin C, both pineapple and mango also contain natural digestive enzymes.

## FOR THE KIDS: PEANUT BUTTER MOO

Smoothies aren't just for adults! Blend up any of the above for the little people in your life, or try this one, which is sure to become a healthy favourite for the whole family.

Combine a cup of milk (of your choice), with a few ice cubes, a banana and some peanut butter in a blender and whizz until smooth.

## IT'S STRAWBERRY SEASON!

Try these two to incorporate this 'taste of summer' ingredient...

### GREEN STRAWBERRY -KIWI LEMONADE

- 1 kiwifruit (peeled)
- ¾ cup of frozen or fresh strawberries
- ¼ cup of pineapple
- ½ lemon (peeled and seeds removed)
- 2 handfuls of spinach
- Cup of water or coconut water

One kiwifruit contains 95% of your daily dose of vitamin C and is packed full of antioxidants to neutralise free radicals and keep inflammation at bay.

### STRAWBERRY CREAM

- 1 frozen banana (ripe and peeled)
- 1 cup of fresh or frozen strawberries
- ½ avocado (ripe, peeled and stone removed)
- 1 ½ cups of unsweetened almond milk
- 1 tsp of vanilla extract and a pitted medjool date, to sweeten

Medjool dates are a great natural sweetener, loaded with both soluble and insoluble fibre and a range of minerals, including iron, potassium, zinc and B vitamins.



# HYDRATE YOUR WAY TO A HAPPIER, HEALTHIER YOU

Humans can last for more than three weeks without food – but only up to three days without water.

When we're out having fun in the sun, there's one essential thing to do that we tend to forget: we neglect to properly hydrate ourselves. While this is easy to overlook, it's important we keep on top of our H2O for the sake of our health.

Dehydration can cause a whole lot of unpleasantness: stress, headaches, cramps, dizziness, fainting, low blood pressure, and in extremely severe cases, even death. Kids will dehydrate faster than adults, so make sure your little ones are regularly topping up with good old-fashioned water.

Without water, our bodies wouldn't be able to function. H2O regulates body temperature, gets rid of waste via urine, and it acts as a vessel for carrying nutrients around the body. Blood is composed of 92 per cent water and our bones contain water too – in fact, nearly all our bones are actually one quarter water!

## HOW TO HYDRATE REGULARLY

- Carry a water bottle with you that keeps water nice and cool
- Pop a slice of lemon or lime in your water for a refreshing drink
- Keep a glass of water on your desk at work, or nearby you at home, and top it up at least every two hours
- We lose water out of our system every time we breathe, and often wake up dehydrated. Keep a glass of water next to your bed to help combat this
- It's easy to forget to drink when you're busy, so set a reminder every hour on your phone, until drinking regularly is a habit
- Drink little and often, rather than lots all at once

Ensuring we are adequately hydrated is also important when it comes to keeping our stress at bay. Because our body is largely made up of water, all of our organs are put under stress if we are dehydrated. This in turn actually causes emotional stress as well, due to more cortisol, the stress hormone, being released. When we are stressed, we tend to slide into 'flight or fight' mode, where our hearts beat quicker, and we breathe faster, resulting in a loss of fluid, and in turn, we become dehydrated.

In short, being dehydrated causes stress, and stress causes dehydration, so you can get into a tough cycle to break. That's why it's crucial that you stay on top of your water intake, so that you can stress less when life gets hard to handle

Adults should aim to swig 1.5–2L of water every day, which is around 6–8 glasses, and youngsters should be drinking around 1–1.5L, which is around 4–6 glasses. However, this will need to be increased if you or your family are engaging in physical activity, or the temperatures are soaring. Bear in mind that everyone is unique, and so is their hydration. A good way to check in on your hydration is to check your urine. It should be a pale yellow colour – anything darker means you are probably dehydrated.

During activities that make you sweat profusely, it could be worth looking at an electrolyte replacement drink, which will help replace any important salts and minerals that you lose through sweating. Coconut water is a good option, because it contains electrolytes, Potassium and B vitamins. And on the topic of coconuts, coconut oil is fantastic for keeping skin hydrated, and can be great for those with eczema. If you do find your skin is dry and lack lustre, argan oil, which contains omega 3 fatty acids, is believed to boost collagen production, while avocado and olive oils are also a great way to pamper dry skin.

**"If you are thirsty, you are already dehydrated – and that isn't good for your body."**



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## STEPPING OUT

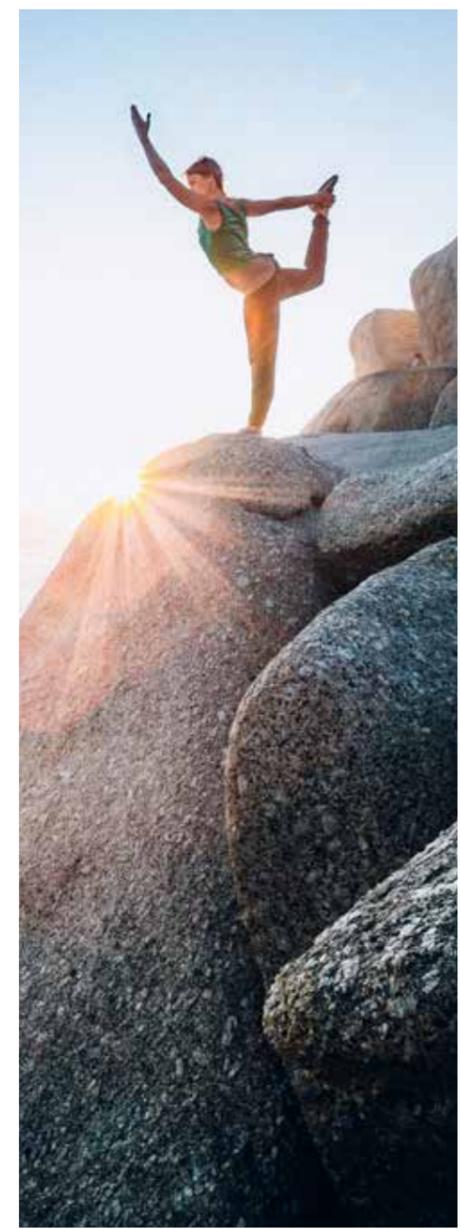


Our feet are structurally amazing. With 26 bones, over 100 muscles and 15,000 nerves, our feet are made to be flexible, which helps us balance, walk, run and stand - and all of that usefulness and complexity makes them very important to look after.

It may seem a bit odd, but feet can be affected by stress and anxiety! This is most frequently exhibited through discomfort in the foot, which may be more notable when you touch certain areas on the foot. Have you ever had a cramp in your calf and discovered that by pinpointing a specific point in the arch of your foot, you have managed to ease it? Your whole body is interconnected in incredible ways, which is why people with problems in their feet often experience problems in their lower back or calves.

**TOP NOTCH FROM HEEL TO TOE**  
Summer is the perfect time to give your feet that time and attention they really need. So why not slip off your shoes and go for a barefoot walk along the beach to get some super-natural exfoliation going on. If you have dry, cracked feet, there are a number of foot balms to check out. Antipodes Saviour Balm is especially good for those who spend long periods of time on their feet.

For those with soft feet that blister easily, look for scrubs or balms that contain tea tree. Tea Tree can help blisters heal faster, due to its astringent tannins that help to dry out the blister and keep it clean. It can also prevent infection and has anti-inflammatory properties that make it great for reducing the effects of stress on skin.

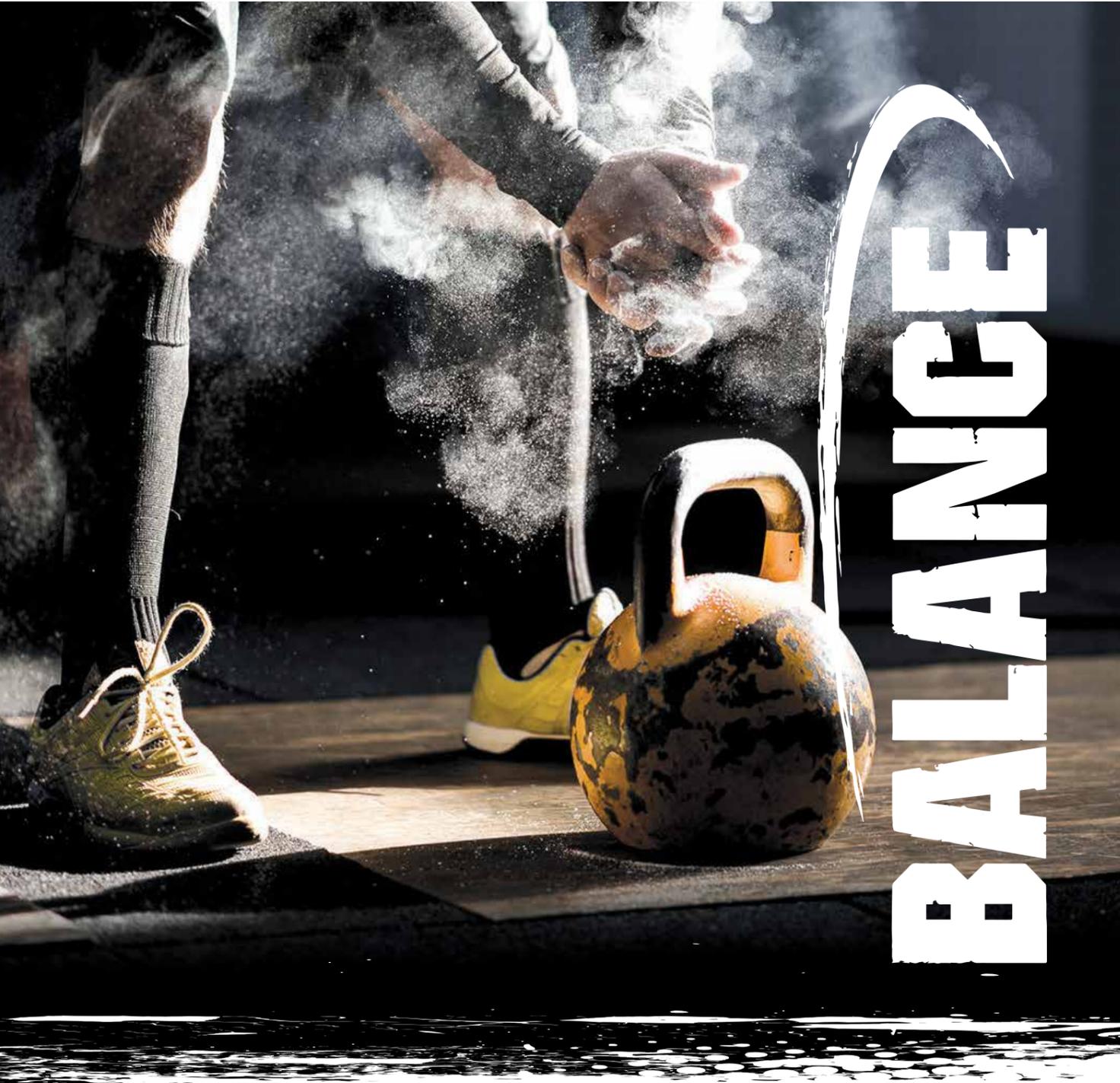


### FULL-FOOT MASSAGE

Research has shown that a massage can help reduce stress by lowering your heart rate and blood pressure, relaxing muscles and increasing endorphins in the body. According to Roberta Lee, MD, author of *The SuperStress Solution*, a foot massage can have almost the same stress-lowering benefit as a full-body rubdown! You can get these benefits at home using the following steps:

1. For the ultimate foot spa experience, start with a foot soak (if you're in a rush you can skip this step). Fill a basin with warm water, add 2 tablespoons of olive oil or rosehip oil - we like the Antipodes divine face oil organic avocado and rosehip oil - and soak for 15 minutes.
2. Exfoliate with a foot scrub - you can make your own using ½ cup brown sugar, ½ cup white granular sugar, ½ cup coconut oil or olive oil, and 12-15 drops of peppermint oil.
3. Wash your feet with some warm soapy water, then dry thoroughly. It's important to get between the toes to prevent any fungus developing.
4. Apply a small amount of rosehip oil mixed with lavender oil. Or if you have some foot fungus, tea tree oil can be used at this point.
5. Starting with the base of your little toe, massage, stretch, and pull your toe in a circular motion, then do the same with your other toes.
6. As you go from toe to toe, apply slight pressure on the flesh between your toes to get into those sensitive areas.
7. With your fingertips or the palms of your hands, gently apply pressure to both sides of your heel just below the ankle, and then rub around your ankle clockwise to boost energy and circulation.
8. Then, with your thumb, gently apply pressure and massage along the arch of your foot, relieving any pressure points.
9. Finally, knead and squeeze your calf muscle to release tension.
10. Repeat on the second foot.





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## GIVE GRATITUDE A GO

Boost your wellbeing

The festive season is the time for giving and gratitude. While we don't really get into the whole traditional Thanksgiving thing much in our corner of the world, we think there's nothing much that's nicer than taking a moment to consider what you're grateful for at this time of year. And aside from being the bringer of 'warm fuzzies', it turns out that doing so can also help you on your way to better health.

A study by the National Institute of Health examined the flow of blood in the brain when people were feeling grateful and found that higher levels of gratitude resulted in more activity in the hypothalamus, the part of the brain connected with sleep, metabolism and stress levels. It also found more activity in the areas of the brain linked to the neurotransmitter dopamine, which helps to control the brain's reward and pleasure centres, which are in turn strongly linked to mood.

It's not likely to be a surprise to many of you to learn that mood and food are also strongly linked. Not only is it common to skip meals or overeat when feeling stressed or low, the food choices we make at those times often tend towards simple carbohydrates that increase our blood sugar levels and give us a rush of faux happiness by allowing more of the amino acid tryptophan to enter the brain and be made into serotonin. This only tends to be a short-term fix however, and often comes at the expense of our waistlines.



Evidence has shown that people who generally feel happy take better care of their health and tend to be more active, which are key ingredients for wonderful wellbeing. A positive mindset that focuses on gratitude can also help to mitigate stress, which can only be a good thing, as nutritional biochemist Shawn M. Talbott, PhD points out

**“more stress = more cortisol = higher appetite for junk food = more belly fat.”**

The equation works both ways too, as not only does happiness have a positive impact on your diet, but a healthy diet can also have a positive impact on your mood. It's true – science is now telling us that it's possible to eat your way to happiness! Fresh fruit and vegetables are a simple place to start and are, luckily, in abundance at this time of the year. A study published in Social Indicators Research, which tracked 80,000 adults found seven daily servings to be optimum amount for mood boosting, so be liberal with your 5+ a day!

Another consideration is probiotic-packed foods. The trend towards fermented foods, like kefir, kimchi and the likes, might be the way to go – a recent study from The Netherlands has again proven that the type and amount of bacteria in your digestive tract impacts your mood. So, stock up on sauerkraut or some real-deal yoghurt, or consider a probiotic supplement. Our Hardy's experts can always help sort you out with the best bet for you.

Other research-backed “better mood foods” include mushrooms, which are the only vegetarian-friendly food source of natural vitamin D; and dark chocolate, with its magnesium and antioxidants that reduce the levels of stress hormones in the body. It turns out you can sip your way to happiness too – with a Japanese study of more than 40,000 people finding that stress levels were 20% lower in those who drank five or more cups of green tea a day.

For total wellness and peak physical health, it's essential that we look after our emotional wellbeing. It's true that positive thoughts lead to positive outcomes, so try giving gratitude a go and hone in on those happy feelings – smiling your way to your healthiest summer yet!

Biomedicines, Napier



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NEOCELL

# GUT HEALTH FOR *Fabulous* SKIN



For the last decade we have been talking about how real beauty comes from the inside of a person. How being kind, generous and loving shows on a person's face and we see their inner beauty. Now we know that on a physical level that is how we humans work too. If we look after our gut health we can have radiant, hydrated, healthy skin.

## Gut Health for Fabulous Skin Shopping List by Karin:

by Karin Spicer - Lifestream's Naturopath

**Aloe Vera:** Aloe vera has been used for centuries for healing on the inside and outside of our bodies. It contains antioxidants as well as vitamins and minerals, which all contribute to feeding and protecting our cells while helping them to heal. Aloe vera is all about calming and soothing the gut lining. It helps with bloating and wind, it is a mild digestive and liver tonic, and helps with balancing acidity. In short it is fantastic for people with stomach problems. If our digestive system is functioning well we digest our food and have nutrients available to turbo boost energy, immunity and healing skin.

**Digestive Enzymes:** As we get older the production of digestive enzymes declines so reducing the breakdown of our nutrient providing food. If we don't absorb our fats properly we can end up with dehydrated, saggy, lack luster skin. If we don't absorb our proteins we can end up with poor muscle tone and slow healing. With so many people consuming high raw food diets it can be helpful to include digestive enzymes to help with the breakdown of the waxy surface so we can access the nutrients in those crunchy powerhouses.

**Probiotics:** Our understanding of how good levels of beneficial bacteria in our digestive system impacts our health has grown exponentially over the last 5 years. We now know that taking a probiotic daily is helpful to those with chronic dry skin conditions. Probiotics, to replace good bacteria, are especially important for those who are on a course of antibiotics. The microbes in our gut have been shown to be able to communicate with the bacteria that are found on the skin. Researchers are currently examining whether these interactions are beneficial for redness and improve collagen production. Probiotics have been shown to strengthen the skin's barrier function by protecting against unfriendly bacteria, pollution and free radicals, all of which can accelerate the appearance of aging.



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## ABSORPTION INFORMATION



For you to absorb

Your body needs a variety of vitamins and minerals to function optimally and to aid healthy growth, development and repair. However, it isn't enough just to consume nutritional foods and supplements – because while they may make it to your stomach, your body may not actually use them as intended unless it is able to absorb the nutrients. In order to do this, some macronutrients require a 'buddy' nutrient for the body to process it effectively and reduce the risk of problems rooted in malnutrition - including osteoporosis, anaemia, acne and fatigue.

### STRESS & NUTRITION

Stress correlates with a number of digestive problems, due to the biochemical response our bodies have when in 'fight or flight' mode. The stress hormone cortisol can also affect weight gain (by increasing appetite) and our absorption of nutrients.

Magnesium, chromium, calcium and zinc are among the minerals that can be affected by stress. For example, the more magnesium is depleted, the less someone can generally deal with stress, and the edgier they can become. If you are concerned about mineral depletion, it is worth seeing your healthcare practitioner – they can often run a hair tissue mineral analysis (HTMA) that can show exactly what your mineral levels are like.

### DIGESTIVE ENZYMES

#### Probiotics

Probiotics are beneficial bacteria that produce enzymes to help with processes in the body such as digestion and absorption. Probiotics can come in the form of fermented foods such as kefir, kimchi, sauerkraut, yoghurt and tempeh. Stay tuned for our next issue for more information about probiotics!

#### Prebiotics

Prebiotics work alongside probiotics, stimulating their growth to make it easier to absorb the nutrients from food. Prebiotics generally cannot be digested, which is why they can act as a fertilizer for the good bacteria in your gut.

### NUTRITION'S TOP-RATED PAIRINGS

#### Vitamin C and Iron

Iron is vital to the body, helping with energy production. It is also an integral part of the haemoglobin of red blood cells, which carry oxygen to the rest of the body's cells. It can be found in meat, poultry and sea produce, which are all extra easy for the body to absorb, but can also be found in leafy greens, legumes, whole grains, nuts and seeds for those who adhere to a vegetarian or vegan diet. Vitamin C is known to boost the absorption of iron.

#### Vitamin K and Calcium

Known mostly as a nutrient that helps blood clotting, Vitamin K is one of the vitamins that requires fats to facilitate its absorption. But Vitamin K also acts as a control for calcium, keeping it in the bones and out of the blood vessels – a vital task, as calcium in blood vessels can cause hardening of arteries and potentially lead to heart disease.

#### Vitamin D and Calcium

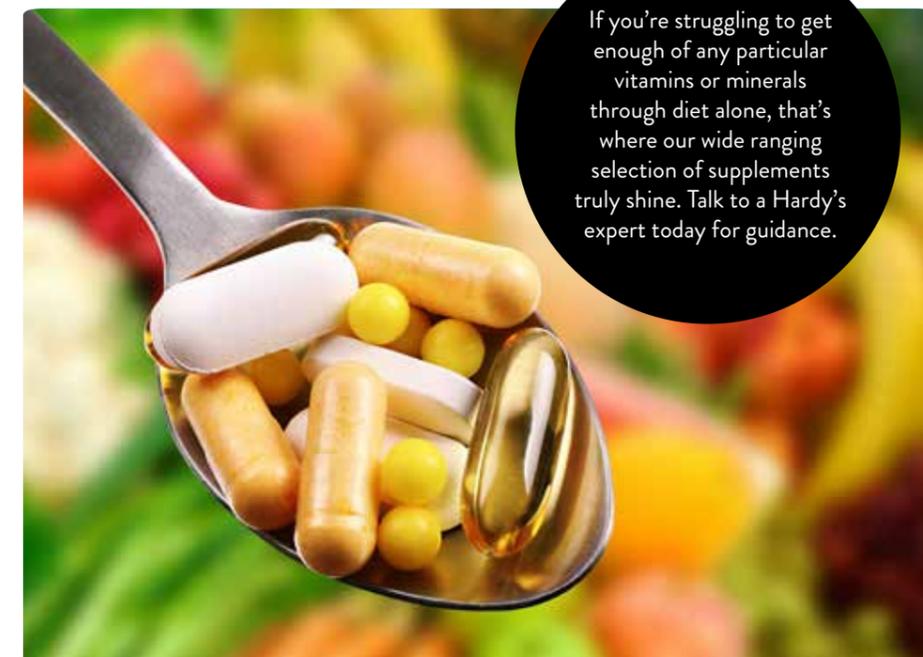
It is common knowledge that calcium-rich foods are good for strong bones and teeth. However, calcium cannot be absorbed without some Vitamin D. Vitamin D can be found in eggs, butter, fatty fish, liver and specially fortified foods, or through direct exposure to sunlight. It helps enhance calcium absorption for strong bone development and maintenance.

#### Vitamin D and Phosphorus

Phosphorus is important for every cell in the body, but 85% of phosphorus is found in the skeleton. Phosphorus in the body can be maintained by Vitamin D, which enhances the efficiency of the small intestine to absorb this mineral from the digestive tract. Luckily, phosphorus is readily available in most foods.

#### Magnesium and Calcium

As there are some minerals that help your body absorb nutrients, there are others that can make it harder for your body to absorb, so it can become a bit of a balancing act. Magnesium and calcium are both important for bone development and to prevent osteoporosis. Women are particularly susceptible to having low magnesium levels so it is worth consuming foods such as legumes, leafy greens, nuts and seeds that are high in fibre as they are generally also high in magnesium. However, an excess or shortage of calcium can impact on the body's ability to absorb the goodness of magnesium – so try to stick to your RDI, or recommended daily intake – you can find more information at [www.nutritionfoundation.org.nz](http://www.nutritionfoundation.org.nz).



If you're struggling to get enough of any particular vitamins or minerals through diet alone, that's where our wide ranging selection of supplements truly shine. Talk to a Hardy's expert today for guidance.

# BEAT THE BLOAT

How to deal with over-indulgence this festive season

A sausage bursting out of its casing. A pufferfish blown up in defence. An enormous balloon. What do these things have in common? They are all ways to describe how we look and feel when we are bloated.

## WHAT IS BLOATING?

What you eat and how you eat it can often be the cause of bloating and gasses - especially over the festive season when it can be easy to over-indulge with all the yummy treats around.

Bloating is the build-up of gas or liquid within the abdomen, often with rumbling or pain, which can generally be expelled in two ways; via bloating's equally attractive sister symptoms: burping and flatulence. Interestingly, bloating can be heightened and exacerbated when at different altitudes.



## SO WHAT CAUSES BLOATING? WHAT DOES IT MEAN? AND HOW CAN BLOATING BE MANAGED, MINIMISED AND AVOIDED?

The list of bloating causes is long. Diet, intolerance to foods, IBS, constipation, PMS, enzyme deficiency, and reflux are just some of the reasons your tummy may have swollen up to defend itself. And yes: it often can be a defence! Both liver disease and a swollen stomach can be a sign that our immune systems are malfunctioning.

### DIET

When we eat, food passes relatively quickly through the digestive system. On a basic level, anything we don't digest, we expel. More seriously, constant bloating can be the symptom of a digestive condition, so it pays to monitor how often this symptom appears in your body. Altering your diet may be one strategy those suffering from bloating can employ to alleviate a distended tummy, however we recommend you always speak to an expert before making drastic changes. Keeping a food and symptom diary is a sensible approach. Think of it as gathering the data to make informed (and professionally guided) decisions.

### DIGESTION

Food that takes a longer time to process can get 'stuck' in our digestive system and ferment, calling upon our gut bacteria to work overtime. This causes the uncomfortable bloating so many of

us experience. Increasing our intake of fibre, through the consumption of more fresh fruit and wholefoods, or the use of a recommended digestive aid, can help free up the digestive system to work better and keep food moving through at the right speed.

### STRESS

Although we commonly associate stress with mental symptoms, like anxiety, irritability and tension, bloating can also become a manifestation of our stress. Constant stress releases a hormone in our body called cortisol, which encourages the retention of fluid and often saps the good bacteria from the stomach that usually helps with digestion, leading to a slower digestive process. You may even 'stress eat', where you eat anything within reach when in a stressed state, even if it's junk food. Junk food combined with cortisol can be an even more detrimental combination; a one-way ticket to Puff City, which leaves you feeling much like the packet your salt 'n' vinegar chips came in: full of air and of no value at all.

### MANAGEMENT

The good news is, bloating can be managed. For the more serious and recurring episodes of bloating, a health professional is able to prescribe digestive aids that can soothe the system and get you back to an even keel.



### ALOE

Aloe Vera has a number of minerals and enzymes that make it such a great remedy. There are two main parts of the aloe plant that can be used as natural remedies; the gel and the latex. Because of the anti-inflammatory and laxative components of Aloe it can also be great for aiding digestion.



### GINGER

Ginger, has been used for decades and is a traditional treatment for upset stomachs, nausea and inflammation. According to research, ginger can help tone muscles in the intestine and stimulate the breakdown of food, which makes it easier for the gastrointestinal tract to operate and process food better. Simply peeling some ginger and grating it into your food, whether it be a salad or main meal can aid digestion.



### PEPPERMINT

Studies have shown that peppermint may have some antibacterial, antifungal and antiviral properties. The main ingredients in peppermint are menthol and methyl salicylate, which have calming effects on the gastrointestinal tracts, improving the flow of bile, relaxing the stomach muscles and subsequently helping digestion and digestive gasses pass.



### PROBIOTICS

It may not be news, but it's always important to remember that probiotics are great for digestive health! They can be used to treat cramping, gassiness and diarrhoea as they stimulate the growth and activity of bacteria in the gut and can affect bowel habits.



### CHARCOAL

Somewhat different to the stuff you find in the bottom of the fireplace, or in your Christmas stocking if you're on Santa's naughty list, activated charcoal is used to treat stomach pain and upsets caused by excess gas, diarrhoea or indigestion. As well as counteracting the breakdown of compounds in foods that cause these issues, charcoal also encourages toxins to bind to it and, in this way, rides the body of unwanted substances that are causing problems in the digestive tract. A little goes a long way, as this master substance is able to absorb many times its own weight in toxins. Unsurprisingly, charcoal doesn't occur naturally in any foods, so it does need to be taken in the form of a supplement.

### IN THE MEANTIME, RELIEVE THE BLOAT WITH THIS QUICK TRICK!

A natural method to alleviate bloating is to do so manually. Take yourself to a private room, lock the door and get onto the floor in a crawling position. Then, place your forehead on the ground, so your backside is up in the air. Using gravity, air will want to escape, (so perhaps run some water while this happens!). Although not all bloating can be cured this way, it may alleviate at least the initial discomfort and provide some relief. Massaging the abdominal area has also been thought to assist with bloating and the associated pain.

### WALK IT OFF

Although the thought of taking a quick jaunt around the block may make you think twice, bloating can be alleviated - and even avoided - by taking a stroll. This gets your digestive system engaged, by kick-starting your metabolism and letting nature take its course. After all, they don't tell expecting mothers to sit around waiting for labour to begin, doctors encourage walking to get 'things moving'. Physical movement is crucial to get things started and it's been thought to help in this case also.

Looking after your tummy and your digestive health is a great way to start a new year. It can give your whole body a bit of a reboot and affect your total well-being. Consult your local Hardy's store to see which remedies best suit you and your needs.

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# THE ADVENT OF A NEW YOU!

Whether you're doing this in the lead up to Christmas or to kick off the new year, here is our 25-day programme to help you spice up your self-care routine.

## DAY 1

Try a foot scrub! Try out different essential oils; lavender is known for being relaxing, while lemon oil can be nourishing and peppermint oil can be energising. See page 13 for a good massage technique.

## DAY 2

Performance specialist Logan Kemp (AKA Coach Kemp of CK Wellness) recommends taking deep slow breaths three times a day – breathe in slowly and more intensely with each breath. 'I use this daily and it helps create a good balance when things start heading south'. Deep breaths can help improve digestion as well because it requires using the muscles at the top of your stomach.

## DAY 3

Take yourself to the beach. The fresh sea air can help improve sleep, while the sand between your toes can provide a good foot scrub to help reduce stress.

## DAY 4

Try and get in the habit of eating probiotic-rich food at least once a day: this could be anything from natural yoghurts, to fermented foods, such as kimchi or sauerkraut. Or for something on the go, Health Discover Probiotic Bars are a delicious way to get your probiotic fix – check out more info below.

## DAY 5

Give the happiness challenge a go! Each day take a picture or write a note about something that made you happy or that you are grateful for. Positivity can really affect your total wellbeing.



## DAY 6

Treat yourself! Whether that be giving yourself a makeover, or splashing out on the one thing you've been hankering after.

## DAY 7

Spend a morning in the kitchen. Why not try some of our smoothie ideas on page 16? We love the peanut butter recipe – and the kids do too!



## DAY 8

Freeze your favorite fruit to eat as an icy snack – grapes, berries and bananas are especially great.

## DAY 9



Go for a walk around your city or town. If you enjoy taking photos, take a camera with you. You never know what you may find if you're really looking for once!



## DAY 10



To refresh yourself, have a glass of ice water with lemon and mint leaves. Mint helps to promote digestion and soothes stomach inflammation and indigestion.

## DAY 11



Play one of your favourite songs to get you smiling and dancing like nobody's business.

## DAY 12

Make a picnic and go to the local park.

## DAY 13

Visit a family member or friend who you haven't seen in a while.

## DAY 14

When you're at home or in the car, turn up a song you know and sing along.

## DAY 15

Grab a friend and try a new workout – activities like Zumba or roller-skating can be great for a laugh, especially if you're not completely co-ordinated.

## DAY 16

Pick up a new book and let your mind escape for a bit.



## DAY 17

Experiment in the kitchen. Pick an ingredient you have never used before to make it even more of a surprise!

## DAY 18

Go to a museum or art gallery and take in some culture. Spend time interpreting them exactly how you want to – not how the signs or pamphlets tell you to. If you have children, it's a great way to keep them occupied on those rainy days.

## DAY 19

Look after your skin from the inside out with some of our tips on page 15.

## DAY 20

Invite your oldest friends (or family) around for a pot-luck dinner.

## DAY 21

Go out for lunch and explore somewhere new to eat!

## DAY 22



Find somewhere you can watch the world go by and just enjoy watching what the people around you are doing. You may see some hilarious – or even quite moving – sights.

## DAY 23

Try a turmeric latte or a detox tea – look up a café that sells them near you or try it at home with our recipes back on page 5!

## DAY 24

Fill your house with candles that smell like the holidays – try cinnamon or cloves for that festive smell. Just remember to blow them out when you leave the house.



## DAY 25

Pack a bag and go on an adventure!

## BONUS

Over the holiday season it can be very easy to let your nutrition slip and for the snacking to set in. We have a number of weight management offers available to suit your needs. Just talk to one of our Hardy's experts to find the best one to suit you.



## PICK YOUR PROBIOTIC

Probiotics are an incredibly helpful addition to any diet, but especially those of people with IBS or other growly gut complaints. Our insides are full of all kinds of bacteria – in fact, it has been estimated that there are more bacterial cells inside the human body than there are human cells! Now that's food for thought...

By now, it's fairly common knowledge that not all bacteria is bad – some is brilliant! But it's important to keep things balanced between the good stuff and the not so good stuff. This is especially important if you've been taking any kind of antibiotics, since they don't pay attention to whether the bacteria they're getting rid of is the good kind or the nasty kind.

Health Discovery has a range of bars that contain the world's best nutritional ingredients – providing compelling health benefits and naturally occurring multivitamins for easy absorption within the body. This remarkable range includes a world first breakthrough in the form of the Walnut & Cacao Probiotic Bar which supports immunity and digestive health. So if you live life on the go, there's no need to slow down to get your digestive health under control – a Health Discovery Walnut & Cacao Probiotic Bar will have your insides happy as can be.

# NEWS AND EVENTS

## WINNER OF THE ETHICAL NUTRIENTS MEGA MAGNESIUM COMPETITION

During August, we held a competition for one lucky customer to win a weekend getaway to Queenstown. All they had to do was purchase Ethical Nutrients Mega Magnesium. Cheryl Walberg from Hardy's Kerikeri was the winner, and everything is booked and ready to go – and she is extremely excited about her forthcoming adventure!

## HARDY'S FIVE MILE TURNS 1!

Speaking of Queenstown, on the 4th of December, Hardy's Five Mile will celebrate their first birthday. They moved into the Five Mile complex shortly after Countdown opened, and have delighted in watching the retail complex grow up around them – Five Mile is moving ahead in leaps and bounds! Customers who pop down to the shop on the 4th of December can have a piece of special healthy birthday cake and other tasty treats – so make sure you get down and help Kim and the team celebrate this milestone.

## SURF LIFESAVING SUMMER APPEAL

Between the start of December and the end of February, tens of thousands of New Zealanders and visitors will be taking to our country's beautiful beaches. And making sure swimmers and surfers and beachcombers are all safe are representatives from Surf Life Saving New Zealand. Each summer, around 4,000 lifeguards will clock up 200,000 hours patrolling 80 different Kiwi beaches – but to keep doing that, they need your support! So do your part, and donate to the cause when you see collectors this summer.



## DECEM BEARD BEAT BOWEL CANCER

As Movember comes to an end, you may be reaching for the razor, but you will have to hold off a little while longer because the final month of 2016 is Decem Beard – New Zealand's hairiest fundraising campaign! New Zealand has the highest rate of bowel cancer in the developed world – with over 100 New Zealanders losing their lives to the disease each month. Decem Beard is one of Bowel Cancer New Zealand's ways of taking action. Join them by growing out your beard in December to raise awareness of symptoms and the importance of seeking medical help. Visit [everydayhero.co.nz/event/decembeard2016NZ](http://everydayhero.co.nz/event/decembeard2016NZ) to get involved and support the 3,000 Kiwis who are diagnosed with bowel cancer every year.

## SAFE SLEEP DAY

Friday 2nd of December marks Te Rā Mokopuna Ora, Safe Sleep Day. Every year in New Zealand, 60 babies die from Sudden Unexpected Death in Infancy, making it the main preventable cause of death in children under the age of one. Safe Sleep Day is dedicated to raising awareness and promoting safe sleeping strategies. A range of exciting educational activities including workshops, weaving events and picnics are taking place all around the country. Visit [www.whakawhetu.co.nz](http://www.whakawhetu.co.nz) to find out more about how you can participate and help make sure that every sleep is a safe sleep for our young ones.

## DECEMBER 25TH – CHRISTMAS DAY!

Christmas is fast approaching, which means it's time to start thinking about gifts for family and friends. Hardy's top pick for a gorgeous gift this year is an essential oil diffuser. A diffuser is an easy and effective way to bring essential oils into a home, and can be used for aromatherapy purposes or simply to make a room smell lovely. It's a novel gift idea and is suitable for almost anyone, making it perfect for that hard-to-buy-for person in your life!



# STORE LOCATIONS

## NORTH ISLAND

### NORTHLAND

HARDY'S KERIKERI 69 Kerikeri Rd, (09) 401 7126  
HARDY'S WHANGAREI The Strand Arcade, 23-25 Vine Street, (09) 438 3188

### AUCKLAND

HARDY'S GLENFIELD Westfield Glenfield, Glenfield Rd and Downing St, Glenfield, (09) 443 1896  
HARDY'S LYNNMALL LynnMall, 3058 Great North Road, New Lynn, (09) 827 670  
HARDY'S MANUKAU Westfield Manukau City, Great South Rd and Manukau Station Rd, Manukau, (09) 262 1827  
HARDY'S NEWMARKET Westfield Newmarket, 277 Broadway, (09) 529 0864  
HARDY'S NORTHWEST Northwest Shopping Centre, 1-7 Fred Taylor Drive, Massey, (09) 416 9605  
HARDY'S PAKURANGA Pakuranga Plaza, Aylesbury St, Pakuranga, (09) 576 5843  
HARDY'S ST LUKES Westfield St Lukes, 80 St Lukes Rd, St Lukes, (09) 846 4477  
HARDY'S SYLVIA PARK Sylvia Park, 286 Mount Wellington Hwy, Mount Wellington, (09) 573 0310  
HARDY'S VULCAN LANE 31 Vulcan Lane, Auckland, (09) 379 7847  
HARDY'S WHANGAPARAOA The Plaza, Whangaparaoa Rd, (09) 424 3882

### HAMILTON

HARDY'S CHARTWELL Westfield Chartwell, Cnr Comries and Hukanui Rds, (07) 854 8342  
HARDY'S CENTRE PLACE Centre Place, 501 Victoria St, (07) 839 2522  
HARDY'S THE BASE The Base, Maahanga Drive, (07) 847 0340

### BAY OF PLENTY

HARDY'S BAYFAIR Bayfair Shopping Centre, Cnr Maunganui & Girven Roads, (07) 574 3430  
HARDY'S BETHLEHEM Bethlehem Town Centre, 19 Bethlehem Rd, (07) 570 6088

### TAUPO

HARDY'S TAUPO 37 Horomatangi Street, (07) 378 9057

### TARANAKI

HARDY'S NEW PLYMOUTH Centre City Shopping Centre, 11 Gill St, (06) 759 4342

### PALMERSTON NORTH

HARDY'S FEILDING 102 Ferguson St, (06) 323 8301  
HARDY'S PALMERSTON NORTH The Plaza Shopping Centre, Church St, (06) 356 7860

### WELLINGTON

HARDY'S COASTLANDS Coastlands Shoppingtown, State Highway 1, Paraparaumu, (04) 296 1227  
HARDY'S LAMBTON SQUARE 180 Lambton Quay, (04) 472 6969  
HARDY'S QUEENSGATE Westfield Queensgate, Queens Dr and Bunny St, Lower Hutt, (04) 586 2098

## SOUTH ISLAND

### NELSON

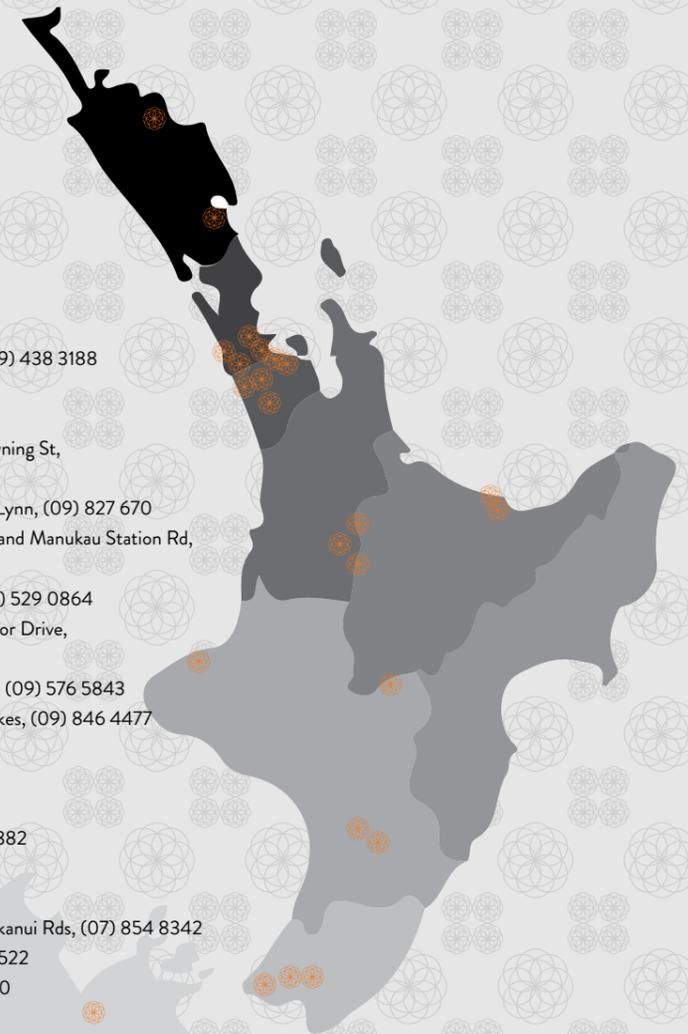
HARDY'S RICHMOND Richmond Mall, 216 Queen St, (03) 544 5769

### CHRISTCHURCH

HARDY'S NORTHLANDS Northlands Mall, Main North Road, Papanui, (03) 354 1630

### QUEENSTOWN

HARDY'S FIVE MILE Five Mile Shopping Centre, 32 Grant Rd, Frankton, Queenstown, (03) 441 4225



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## TIRED OR STRESSED?

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# GOOD MORNING SUNSHINE!

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