

# My Hardy's

We'll get you feeling good!

*A healthy heart*  
begins with you.

Choose  
*wellness*  
this winter.





BePURE™

# Designed To Transform Lives

*We've got one core purpose at BePure, to transform lives. That's why our products are created out of real need when it comes to your wellness. Inspired by the BePure Clinic and over 15 years of experience — our supplements are high strength, high quality and grounded in science and research. In a nutshell, they're designed to work, with everything you need and none of the nasties you don't.*

## Why are we nutrient deficient?

Research shows that the way we live is taking its toll on our health. Food quality is diminishing and modern farming practices mean less nutrients in our soil, which means less nutrients in our food. On top of this stress levels are increasing and we're demanding more from our lives and bodies. Health challenges are on the rise as nutrient deficiencies are becoming the norm. This is where we come in.

## Where did we come from?

Back in 2004 leading Clinical Nutritionist, Ben Warren, saw the diminishing trend in our wellness and founded BePure in the sunny Hawkes Bay of New Zealand. The BePure range of premium, high quality, high strength supplements were created to fill our nutrient gaps and the BePure Clinic opened its doors to support people one on one with more in-depth health challenges we're now facing.



BePure products lead the way because they are:

-  Inspired by clinical practice, science and research
-  High quality, high strength, bioavailable formulations that really work
-  Sustainable, toxin-free glass packaging
-  100% New Zealand owned and operated



# Winter wellbeing

As we head towards winter I love waking up on crisp cold clear mornings, wrapping up in warm clothes and heading out for a brisk walk in green spaces or by the ocean. However - it has not always been this way for me, in fact until recently

I would hibernate in winter and always put it down to the winter blues thinking it was because of the change in season and not truly understanding why.

What changed for me was getting my genes tested with Fitgenes, which amongst other things revealed I have variations in my genes that can affect my moods. For example, two of my Vitamin D Receptors carry two SNPs (these are little genetic 'quirks' or variations), meaning I am likely to have difficulty with Vitamin D absorption. Now this all made sense as numerous studies show low levels of Vitamin D are associated with low mood.

Here's the good news; what I also discovered is we have the ability to 'switch on' genes with certain phytonutrients and lifestyle changes. With a few tweaks I now have fabulous Vitamin D levels and have likely turned down the genes responsible for mood changes, meaning now I absolutely love winter!!

In this Winter edition of My Hardy's you will learn how now more than ever, is a great time to look at immunity and overall well-being. We focus on ways to enhance and boost the body's immune system, reduce stress and support cardiovascular health. You will find tips for managing symptoms while convalescing, most importantly post infection or immunisation.

If any of the above concerns you or you are interested in getting your \*Fitgenes tested, pop into Hardy's and speak to one of our highly qualified staff.

\*A Fitgenes test gives an insight into 65+ of your health and well-being genes, including a better understanding of your genes that are responsible for: inflammation, detoxification, Vitamin D levels, mood, cardiovascular health, metabolism, methylation and so much more.

Love and light,

*Diana*

Diana Burgess - Naturopath

Everyone is welcome at Hardy's, so come in and visit, and walk out feeling great!

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*There are so many beautiful places in the world. Let your heart be one of them.*



BePURE

## BE IN TO WIN

Purchase any BePure immunity product\* and go in the draw to **WIN** a BePure ImmunityRange bundle to continue supporting your wellness!



\*T&Cs: Purchase BePure Vit D Restore, Super Boost C, Zinc Restore or Immune Action to go into the draw. Prize pack contains 1 each of all of the above products. Offer valid from 01 June - 30 Aug. Always read the label and use as directed. Supplementary to a balanced diet. BePure Health Limited Auckland.

IT'S TIME FOR A  
HEART-TO-HEART  
ABOUT

# Heart Health



The Heart is a wonderful feat of engineering! It typically functions at around 60-100 beats per minute, for every minute of our lives. It is the engine of the body, the organ that generates electricity to pump life-giving blood around our bodies - blood that is rich in oxygen for every cell, as well as nutrients, sugars, hormones, and immune cells. It is the centre of the cardiovascular system, which also includes our blood and all the blood vessels such as the arteries and veins.

## Many things in life can impact our cardiovascular function and energy.

Certain nutrients if deficient can leave us feeling wiped out – for example iron, vitamin b12 and folate – these are essential for the health of our red blood cells, which carry oxygen around the body. Or essential fatty acids (EFAs) such as Omegas 3,6 & 9 which may favourably reduce certain risk factors for heart disease. They are considered 'essential' as our body needs them. We cannot manufacture EFAs so they must come through the diet.

Poor dietary choices not only leave us nutrient deficient, but diets high in sugar, refined carbohydrates, and processed fats and oils, can lead to clogged arteries – which means a build

up of cholesterol plaque in the walls of our arteries which can obstruct our blood flow. Therefore food is a key component of heart health. Food choices can either 'Make your Heart' or 'Break your Heart'!

The Mediterranean diet for example, is typically hailed for its heart healthy benefits. Although it varies from region to region it predominantly consists of fresh fruit and vegetables, legumes, nuts, beans, whole grains, oily fish, and unsaturated fats such as olive oil. This is opposite to the more typical western diet, which tends to be higher in processed fats and oils, processed meats, and much more refined white carbohydrates and sugars.

Another area affected by poor dietary choices is our oral health. You may be wondering what on earth your teeth might have to do with your heart, however, the two are intricately linked. Research has established that those with periodontal disease are at higher risk of cardiovascular disease, particularly if it remains undiagnosed. Bad bacteria from the mouth can migrate to the blood stream where they attach to blood vessels or the heart, creating inflammation, which can then increase your risk of heart attack and stroke. Oral dysbiosis (an imbalance of

'good' and 'bad' bugs) can also affect your digestive microbiome (gut bugs) leading to further inflammation and issues with nutrient absorption.

Putting a focus on pink, red, blues and purples in the plant world also naturally brings a lot of heart benefits into the diet. These coloured foods are naturally rich in something called anthocyanins, carotenoids, and polyphenols to name a few. Did you ever wonder why they say red wine is good for the heart? Turns out we might be able to use the old 'drinking for medicinal purposes' excuse for this one after all! The red colour brings with it the health benefits of a phytonutrient called resveratrol, which studies claim may assist in preventing damage to blood vessels, improving cholesterol ratios, and reducing the chance of blood clots.

Electrolyte imbalances are also a consideration – magnesium, calcium, sodium and potassium are all essential for muscle contraction – this includes our heart as it is a muscle that contracts. These tiny elements help to make our electricity happen! Deficiencies or excesses of these can impact on our heart-beat – this erratic beating is called 'arrhythmia'.

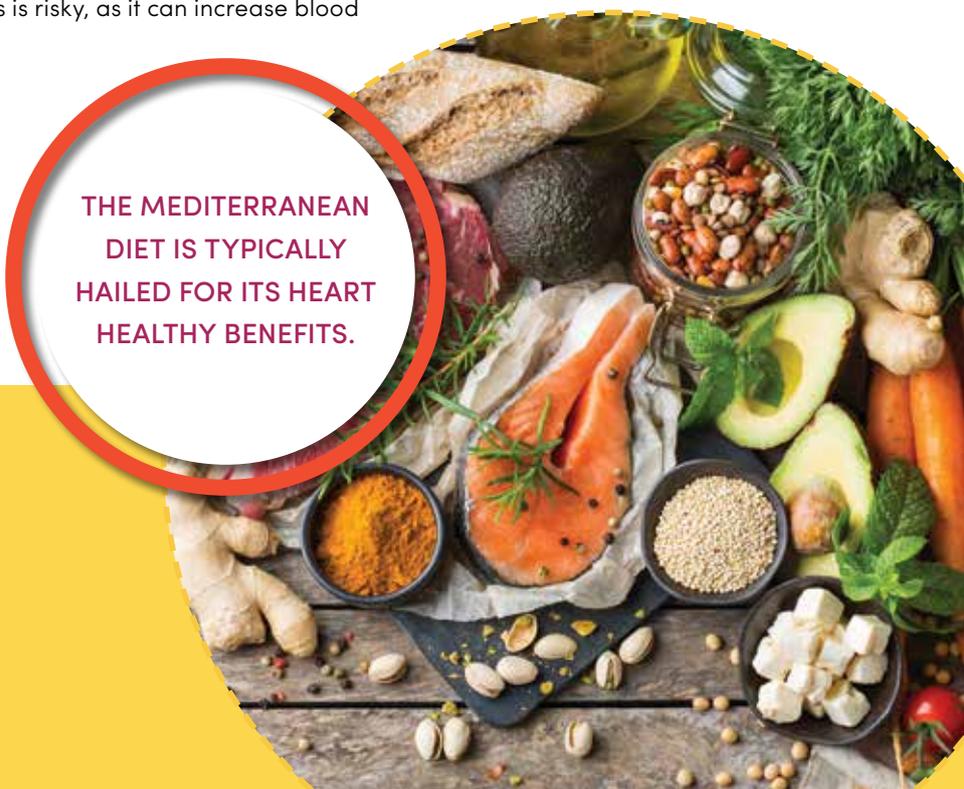
And the seemingly all-too-common elephant in the room these days – Stress! There are well established connections between depression, mental health and heart disease. So finding ways to keep your energy and joy vibrations high despite the trials and tribulations that life may bring, is important to keep your physical and emotional heart happy. Prolonged stress is risky, as it can increase blood

pressure putting more strain on the heart and cardiovascular system to pump blood around the body.

To help combat low mood, get moving in the great outdoors! Exercise brings with it mental health benefits, as well as cardiovascular benefits, so this is also an important factor to consider when looking to improve our physical and mental health. Regular movement helps to improve the heart muscle's ability to utilise oxygen, reducing the need for the heart to pump more blood to the muscles, and can positively impact heart rate and blood pressure over time. This means you can exercise for longer before getting tired as your heart muscle becomes more efficient and doesn't need to work as hard. Exercise also triggers the release of 'feel good' hormones, thereby assisting with improving mood, making movement a win-win for increasing our vitality and life force.

*If you're concerned about either the physical or emotional health of your heart, come and have a chat to one of our Hardy's consultants at your local store or hub for some personalised recommendations to suit your specific requirements. Many of our stores also offer personal health consultations with qualified practitioners for those who would like a more in-depth one-on-one session and plan.*

**THE MEDITERRANEAN DIET IS TYPICALLY HAILED FOR ITS HEART HEALTHY BENEFITS.**



# Biomax® CoQ10 MicroActive® 30VC

ANTIOXIDANT - HEART HEALTH - ENERGY



## WATERSOLUBLE

Biomax® CoQ10 uses revolutionary new MicroActive® CoQ10.

- Clinically trialed, 24hr Microactive Coenzyme Q10
- 370% better absorption than crystalline CoQ10
- Doubles CoQ10 levels in just 3 weeks
- 24 hour time release
- Universally enhanced absorption in all users
- Validated through human clinical trials
- Supports heart health, energy and vitality
- No artificial additives - vegan friendly
- Watersoluble MicroActive® CoQ10

Always read the label and use as directed. Supplementary to a balanced diet. Natural Health Trading, Auckland



NORDIC  NATURALS®

# Classic. Sustainable. Arctic Cod Liver Oil.

Arctic cod liver oil is the classic omega-3 supplement, used to keep you healthy throughout the year. Cod are a vital source of the omega-3 fats that play a major part in the normal, healthy function of our cells.

Omega-3's benefit multiple aspects of overall health, including immune system function, cognition, joint mobility and cardiovascular health. They also nourish skin, hair and nails by ensuring proper hydration and resilience.

Nordic Naturals award-winning Arctic Cod Liver Oil™ is made exclusively from wild Arctic cod from Norway, delivered in the natural triglyceride structure for optimal absorption.

Natural  
Vitamins  
A & D



Always read the label and use as directed.  
NaturalMeds, Napier



## Supplements that may support the cardiovascular system include, but are not limited to:

### ESSENTIAL FATTY ACIDS

Omega 3,6,9. It is often Omega 3 that is lacking in the diet, and a good quality high strength fish oil is the best way to supplement to increase your Omega 3 levels. Fish oils contain a good amount of Eicosapentaenoic Acid (EPA), which may help to lower blood pressure, triglyceride levels and the risk of blood clots. For vegans and vegetarians, a good quality Algae oil is the next best thing.

### BERRY

Capsules or powders – certain berries such as Hawthorne berries may help to prevent damage to blood vessels and help to promote good blood flow around the body.

### OLIVE LEAF EXTRACT

Olive leaf extract has properties which may help to lower LDL (bad) cholesterol build-up in the arteries, thereby helping to maintain a healthy blood pressure.

### MAGNESIUM

Deficiency of this mineral has been associated with atrial fibrillation (heart rate irregularities). Magnesium is involved in transporting other electrolytes into cells, and these are all important for muscle contraction, including the heart.

### COENZYME Q10 (COQ10)

This acts as an antioxidant, and helps our cells generate ATP (energy). It is often prescribed for those with cardiovascular issues, as well as for those taking certain medications such as statins because the medication itself can lower CoQ10 levels in the body. It may also be co-prescribed with other medications to enhance the effect of the medication, such as blood pressure medications, thereby allowing the dose to be reduced.

### CURCUMIN/TURMERIC

This bright yellow spice is renowned for its benefits in supporting the body during inflammation and acting as a digestive aid and antioxidant. Its other cardiovascular benefits extend to helping protect the endothelium (blood vessel lining). Endothelial dysfunction is a major driver of heart disease. This is when your endothelium is unable to regulate blood pressure, blood clotting, and various other factors

### PRO OR SPORE-BIOTIC

Not only can probiotics support digestive health and the microbiome of your whole body (which improves heart health!) but they have been shown in studies to be able to assist the body in terms of cholesterol ratios, blood pressure, triglyceride levels, and inflammation.



# Steps to a healthy heart



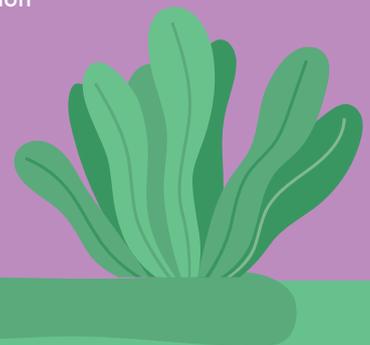
HELP YOUR HEART DO ITS JOB BY STAYING HYDRATED AND DRINKING MORE WATER THAN YOU ARE LOSE EACH DAY THROUGH SWEAT, BREATHING AND URINATION.

EXERCISE FOR 30 MINUTES DAILY



There are things you can do to reduce your risk of developing heart disease. Here's some easy steps to help get you started.

- ♥ Enjoy a rainbow diet, with plenty of green leafy veggies
- ♥ Add a variety of herbs and spices - garlic and turmeric are great for your heart health
- ♥ Healthy, daily bowel motions without the need for laxatives are essential
- ♥ Avoid processed foods, refined sugars, white flour
- ♥ If you enjoy a glass of wine, choose red over white and a square or two of quality dark chocolate
- ♥ Hydration is essential, so drink plenty of water
- ♥ Practice mindfulness and forgiveness
- ♥ Exercise your heart for 30mins daily - walk, swim, dance
- ♥ Spend time in green spaces
- ♥ Follow the 8% extra rule
- ♥ Find ways to relax - massages, spas, meditation
- ♥ Take a good quality Omega 3 and probiotic daily
- ♥ For optimal health take Sulforaphane
- ♥ Review your meds with your doctor - what was prescribed years ago may no longer be your best option
- ♥ Laugh often and enjoy life
- ♥ Quality sleep is important too





### NATURE'S SUNSHINE CINNAMON BALANCE

Nature's Sunshine Cinnamon Balance contains a unique blend of specifically selected herbs to support healthy blood sugar and cholesterol levels, liver function, healthy gut microbiome, and is rich in fibre for optimal satiety and weight management – ideal for those who need help to manage sugar cravings or are holding onto a few extra (covid) lockdown kilos.

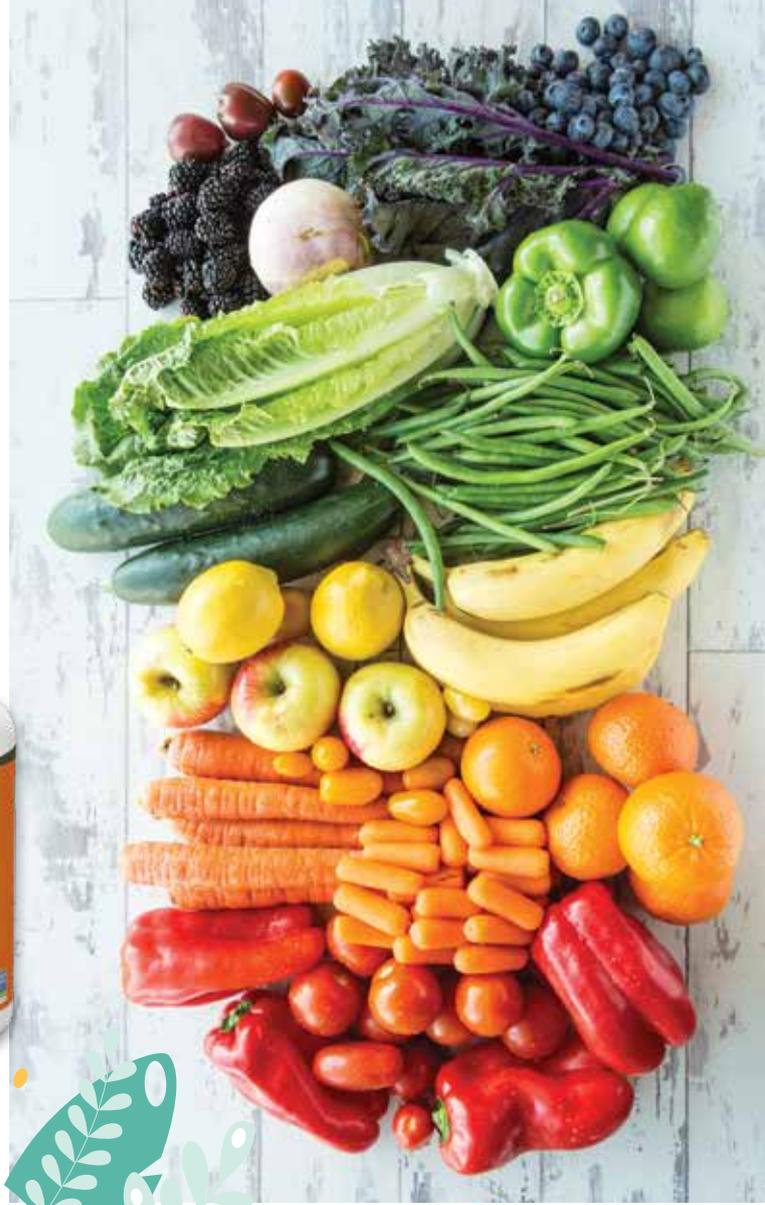
Nutricom Australasia, Auckland

### CERTIFIED ORGANIC INULIN 227G FOR GUT HEALTH

Inulin helps to maintain intestinal health and function. Inulin adds a mild sweetness to foods and drinks but has a very low glycemic index and will not negatively impact serum glucose levels.

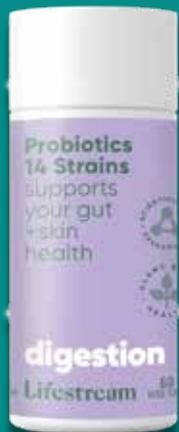
- Nourishes friendly bacteria
- Very low glycemic index
- Prebiotic intestinal support

Natural Health Trading, Auckland



Eating a range of fruits and vegetables in all the colours of the rainbow provides us with the widest variety of vitamins and minerals to help keep us healthy. Plants contain different pigments, or phytonutrients, which give them colour. Different coloured plants are linked to higher levels of specific nutrients and health benefits.

ENJOY A SQUARE OR TWO OF QUALITY DARK CHOCOLATE



### PROBIOTIC 14 STRAINS 60 VEGE CAPS

A unique multi-strain probiotic that supports growth of "good" bacteria for optimal digestive health, healthy skin and wellbeing. Micro-encapsulated for enhanced absorption and efficacy.

Lifestream International Ltd, Auckland



### BIOGENIC ALOE VERA TONIC 500ML

A digestive tonic that supports your gastrointestinal health for smooth and natural digestion, helping to soothe bloating and discomfort. Plus, prebiotics to support growth of beneficial bacteria.

Lifestream International Ltd, Auckland



A little progress each day adds up to big results

## THE POWER OF

# 8%

I'm often asked how it is I am feeling more vibrant in my 50's than I ever did in my 30's and 40's. It's a question that really gets me thinking about my own personal health and lifestyle plan, and how it has evolved over the years into what I now consider everyday living.

My journey never began with a particularly inspiring health plan or amazing new fad. Rather, it started with a change in my thinking, followed by small, regular improvements and adjustments.

Looking back, I remembered a book I had read when I first opened my wellness clinic as a fresh-faced, newly graduated Naturopath. The book, *Get Real Well Soon*, is a fabulous, very simple read by Michael Brosnan and after having just finished years of intense study, I remember loving its simplicity and to-the-point information.

One of the chapters that impacted me the most was called *The Power of 8% Extra*. As I play and follow sport, it was easy for me to imagine what Brosnan was talking about. It goes something like this; imagine if top tennis players were to hit the lines 8% more often, just 8%. Federer or Sharapova would never have lost a match. Imagine if our world champion netball team (which happens to be our Silver Ferns), shot 8% more goals, or got 8% more intercepts in every match - we'd stay world champions forever! Imagine just 8% extra speed on opponents in a

sprint, running, swimming or cycling race. At top level elite sport where milliseconds matter 8% would be absolutely HUGE and would probably mean a world record time!

Now imagine applying the 8% rule to your busy lifestyle. It's only 8%, everyone can do that! You only need to drink 8% more water in a day. Easy! Consume 8% more health benefiting foods like fruits and vegetables in all the colours of the rainbow. Done!

Reduce the not-so-good food choices by 8%. Can do! Have 8% extra discipline with regards to taking supplements and/or daily juicing. Totally achievable. Move 8% more each day/week - which hardly feels worth the effort but it makes such a difference. Set an alarm to wake up 8% earlier to fit exercise into your 'I've got no time to exercise' week. Reduce those habitual vices like coffee, alcohol, chocolate by only 8%.

Taking time to de-stress is also important, so slow down and breathe. Enjoy yoga, or stretching, or a therapeutic walk on the beach for just 8% more each week. Now that's something we can all achieve!

With *The Power of 8%* you will start to feel the benefits of any health changes you make in your life pretty quickly. Just remember to keep it super simple and trust your gut to know what's good for you. Make at least 8% extra effort and have 8% extra discipline.



# Meet your Immune Health Superheroes

*Contrary to popular belief, the more we nurture and nourish our immune system year-round, the better prepared we are for ills and chills when germs are around no matter the season.*

## BePure Immune Action™

Your fast acting best friend, providing full-spectrum support for a strong immune system, fast-recovery, a clear throat, and a calm tummy to protect you from ills and chills.



## BePure Vit D Restore™

Your liquid sunshine in a bottle, this high strength, 100% NZ made natural vitamin D support has added vitamin K2 for optimal absorption and effect.

## BePure Super Boost C™

Easily absorbed, delicious tasting powder, formulated with bioflavonoids to provide your body with a high quality, high strength dose of vitamin C.

## BePure Zinc Restore™

Zinc picolinate; a highly bioavailable form, supports immune health, mental wellbeing, digestion, energy & vitality and hormone health.

Always read the label and use as directed. Supplementary to a balanced diet. BePure Health Limited Auckland. TAPS PP8334

BePURE™



KIWIHERB

LEARN MORE AT  
[KIWIHERB.CO.NZ](http://KIWIHERB.CO.NZ)

## Your Family's First-line Defence Against Winter Bugs

Support your family  
this winter with  
Kiwiherb essentials



Formulated with herbs traditionally used in Western herbal medicine.

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

'OH, MY ACHY, BREAKY HEART'

# Stress and heart health

We know that we are complex creatures, with emotions and stress impacting our wellbeing, even our heart. In fact, according to numerous song lyrics many die of a 'broken heart' due to stress and emotions. Unfortunately these are factors that are often overlooked when reviewing our heart health risks.



#### SOLGAR MAGNESIUM CITRATE 60 TABLETS

Highly absorbable citrate form of magnesium Supports muscle and nervous system function, energy release and reduces tiredness, mental balance.



#### SOLGAR TAURINE 500 MG 50 VEGECAPS

Premium-quality amino acid. Supports cardiovascular function.

It is undisputed that prolonged stress is problematic to our health. Dietary supplements are one adjunctive way to support body when the daily grind means the body demands more or the diet may be lacking in key nutrients.

Solgar suggestions for heart health and stress management include:

**Adaptogenic herbs** are renowned in many traditional herbal practices to support a balanced mind-body connection. They are a popular type of supplement with people who have busy and stress packed lives who feel overwhelmed and fatigued.

Three Solgar offerings in this category include; *Ashwagandha root extract*, *Ultimate Calm* (a combination Ashwagandha and Saffron); helping to support a positive mood and balancing a worried mind. Lastly *Ultimate Calm Daily* a unique formula that contains two specific stress and energy ingredients; naturally sourced B-complex and a standardised Rhodiola extract.

**Magnesium** supports cardiovascular health, normal blood pressure and heart function. Vital for numerous body processes including; energy production, muscle relaxation, sleep and nervous system support. Magnesium is central to a healthy heart rhythm, supporting electrolyte balance that is important for nerve signals and muscle function vital for a normal heartbeat. It is also needed to bind to neurotransmitters that support the restful receptors for stress and feeling of worry.

Solgar provides 100% magnesium citrate.

**Taurine** is amino acid that is associated with energy and as an adjunctive supplement with heart health, it also supports healthy potassium and magnesium levels. Its main purpose is to mix cholesterol with bile salts and eliminate them from the body, hence often used to support healthy cholesterol balance.

Taurine supports neurotransmitters that support restfulness for stress management, as well as cortisol balance and restful sleep.

Solgar provides Taurine 500 mg and is available as free form amino acid to increased absorption and utilization.

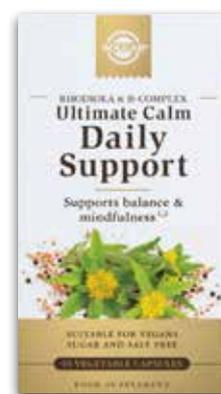
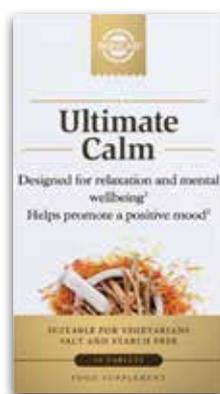
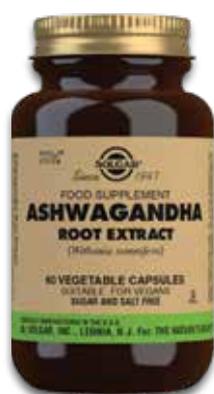
**Co-Enzyme Q10** is a fat soluble compound that functions as an antioxidant and supports energy to the cells. It is commonly used to support healthy aging, heart health, fluid balance, healthy cholesterol balance as well as recommended adjunct to support the use of statin medications.

Solgar has Co-enzyme Q10 available in two strengths; 120 mg and 200 mg

We know that the connection of stress and heart health are more than words in songs and it is a complex topic. There are other Solgar supplements to support heart and stress management, hence if you need to discuss your individual options talk to the trained staff at your local Hardy's Health store.



ALSO AVAILABLE IN 200MG



**SOLGAR COQ-10 120 MG 30 VEGECAPS**

Helps to support energy, ageing and heart health. Solgar® provides 120 mg/200 mg of the patented KanekaQH® which is considered the purest form of Co-Q10 on the market.

**SOLGAR® ASHWAGANDHA ROOT EXTRACT VEGETABLE CAPSULES**

Helps the body manage and adapt to stress. Vegan, vegetarian, Kosher and Halal.

**SOLGAR® ULTIMATE CALM**

Ultimate Calm is a uniquely formulated natural botanical complex, for those occasions when you are feeling under pressure or overwhelmed.

**SOLGAR® ULTIMATE CALM DAILY SUPPORT**

Designed to build your resilience to the stresses of modern life and supports your state of mind.

# SUPPORT YOUR BODY'S IMMUNE DEFENCES

30 DAY

MONEY BACK GUARANTEE



ETHICAL NUTRIENTS

Always read the label. Follow the directions for use. If symptoms persist consult your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. 01/01/2022 – 31/12/2022 buy any Ethical Nutrients product (excl. Ethical Nutrients Clinical range) if dissatisfied after 30 days of use, visit [ethicalnutrientspromotion.com.au](http://ethicalnutrientspromotion.com.au) & fill out claim form. See website for full terms and conditions. Promoter: Metagenics (Aust) Pty Ltd (ACN 010 636 165/NZCN 715309). Auth. under: NSW TP/01503. Metagenics (NZ) Ltd. Auckland. ETH10199 - 03/22. BG2059

## Gutsi® SporeBiotic™ Probiotic + Antioxidant

Do you believe that a happy microbiome is the key to good health? We do! Formulated by a Microbiologist, Gutsi® SporeBiotic™ is a blend of 4 *Bacillus* spores to maintain a healthy gut barrier, supporting microbial diversity and overall great health.

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

Trust your gut. Be Gutsi®.



Immune



Sleep



Mood



Energy



Digestion



Skin



Hormones



Metabolism



DNA verified



GMO free



Vegan friendly



Allergen free

# Switched on genes for enhanced immunity



Have you ever wondered why some people get every cold, virus or flu bug that's going around, while others simply don't?

**Or why a big percentage of the population hardly know they've had Covid, while others can suffer with several symptoms for weeks, and in some cases even need hospital care? Is this the luck of the draw? A gift from your genes? Or is a stronger immune system within your control, and something that may be achieved through a healthier lifestyle?**

As a Naturopathic Fitgenes practitioner I find these questions, epigenetics and nutrigenomics, fascinating. Nutrigenomics: Nutri = nutrition, Genomics = genes, and how nutrition and lifestyle 'talk' to our genes. Put simply, what we eat and expose our genes to, determines whether they express themselves in a favourable or non-favourable way. For example, someone may have a genetic variant that may predispose them towards a certain condition. If that person eats junk foods, doesn't exercise, smokes cigarettes and drinks too much beer, then those genes may express in a non-favourable way and the condition may develop. If however, that person eats whole foods, exercises, drinks only on occasion and doesn't touch cigarettes, then the condition may never develop. So no, that doesn't mean we can change the genes we were blessed with, but we can absolutely change the way our genes express themselves by what we choose to eat and put in our body.

So... the answer to my questions! Yes, a gift from your genes can be the reason why you don't get colds and viruses. For example, with regards to Covid, research is emerging showing common variants in genes that can determine whether a person is likely to get seriously ill or not. But remember, you can also work on changing the expression of your genes if you have

any gene variants, and the great news is these positive changes can start as soon as your very next meal! Wow!! That means everything you chose to eat or take as a supplement or medication, is communicating something to your genes.

What I find fascinating is that there are certain phytonutrients that can switch on hundreds of our protective genes. The most researched is Sulforaphane from Broccoli Sprouts, plus there are many others when we eat a variety of plant foods from all the colours of the rainbow. So whether you want to improve your immunity, cardiovascular health, detoxification processes, hormonal health, metabolism or cellular defences, start with a healthy diet and lifestyle to send your genes favourable messages so they express themselves in a healthy way.

**If you'd like to find out more about your own health and wellbeing genes, chat to one of our Hardy's Health Experts.**

## CELL-LOGIC DEFENCELL®

An advanced Nutrigenomic supplement. An ideal daily supplement that speaks favourably to your genes improving overall health and well-being. Think of DefenCELL® as a 'Nutrigenomic Multivitamin-Mineral'.

DefenCELL® may:

- Protect cells against DNA damage
- Maintain and support cardiovascular health
- Maintain and support natural liver detoxification processes

Nutrisearch, Havelock North



nuzest®

# YOUR DAILY IMMUNITY BOOSTER

All-in-one nutritional support to help  
your family thrive, grow and flourish.



© @nuzest\_nz

VEGAN • GLUTEN FREE • DAIRY FREE • NUT FREE • NON-GMO

nuzest.co.nz

What a way to start the day! This vegan porridge is a hit with kids (and adults too)! Not only does it taste delicious, it's packed with goodness. There is ample protein, good fats, complex carbohydrates and all the extra goodies Kids Good Stuff brings to the table. Once you've tried this recipe, I'm pretty sure it will become a regular in your household too.

PS. Who said Kids Good Stuff is just for the kids!

– Kerry Locatelli, BNat



## LITTLE JUMPING MONKEY Porridge

Preparation time: 15 mins. Serves 2 children or 1 Adult.

### INGREDIENTS:

- 25g Oats
- 1x Serve Vanilla Caramel Kids Good Stuff (2 scoops)
- 1x Banana
- 2x tsp Flaxseeds
- 200ml Oat Milk (or milk of choice)
- 1x Tbsp Peanut Butter (or other nut butter) \*

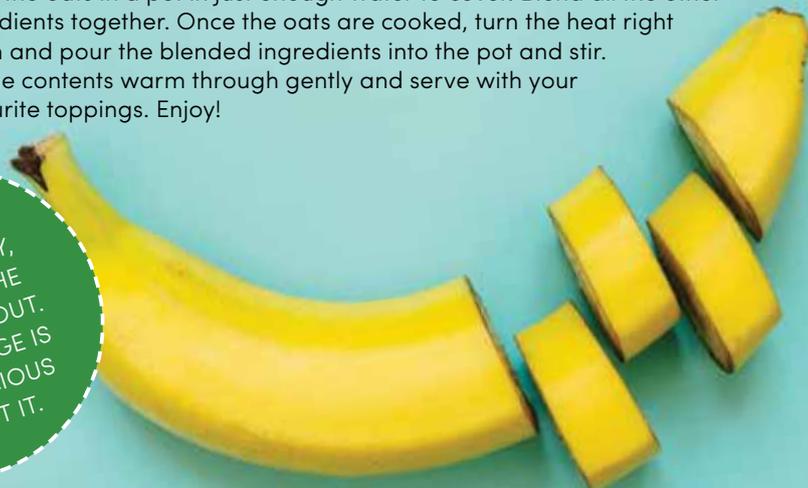
### OPTIONAL TOPPINGS:

- Sliced bananas
- Melted chocolate
- Peanut Butter
- Muesli or cereal for crunch

### METHOD:

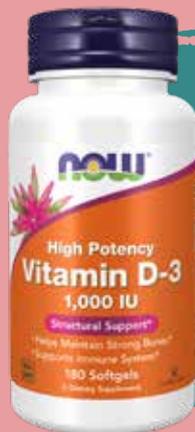
Cook the oats in a pot in just enough water to cover. Blend all the other ingredients together. Once the oats are cooked, turn the heat right down and pour the blended ingredients into the pot and stir. Let the contents warm through gently and serve with your favourite toppings. Enjoy!

\* IF YOU HAVE A NUT ALLERGY, JUST LEAVE THE NUT BUTTER OUT. THE PORRIDGE IS STILL DELICIOUS WITHOUT IT.



# Hot Picks

## WINTER, IMMUNITY & RECOVERY



### HIGH POTENCY VITAMIN D3 1,000 IU

Vitamin D-3 softgels for highly absorbable liquid softgel. Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply if you avoiding sun.

Structural Support – Support Strong Bones – Supports Immune System

Natural Health Trading, Auckland



30 capsules also available

### ETHICAL NUTRIENTS IMMUNE DEFENCE 60 CAPSULES

Immune Defence capsules combine high strength andrographis with vitamin D, zinc echinacea and Siberian ginseng in a potent specialised immune formula to support your immune system and support your immune defences.

Metagenics, Auckland



### ARTEMIS BRONCHICLEAR

Fast-acting, potent & 100% natural. Support your immunity and resilience this winter with Artemis ThymeMed.

BronchiClear for powerful natural support to soothe and relax the chest for easy breathing.

Artemis Ltd, Dunedin



### ARTEMIS THROAT REPAIR SPRAY

Fast-acting, potent & 100% natural. Support your immunity and resilience this winter with Artemis ThymeMed.

ThroatRepair Spray for rapid rescue to soothe a scratchy throat.

Artemis Ltd, Dunedin





## SUKU THE COMPLETE KIDS MULTI

Naturopathically formulated, these multi-vitamin gummies offer a nutritionally complete and delicious treat for kids of ALL ages. Made clean, science-backed, triple laboratory tested, and designed for optimal absorption, they provide core daily nutrition to keep little ones healthy all year round!

NaturalMeds, Napier



## NATUROPHARM IMMUNO-MED SPRAY

A little something when we need it most, Immuno-Med supports a healthy immune response and restores natural vitality. Suitable for all ages and can be used during pregnancy and breastfeeding.

NaturoPharm Ltd, Rotorua



## NATUROPHARM RESTORE-MED SPRAY

Are you in need of a natural pick up? Restore-Med is formulated to support your body to cope with emotional and physical exhaustion. Kick tiredness to the ground this winter and enjoy the season.

NaturoPharm Ltd, Rotorua



## KIWIHERB DE-STUFF RUB

Specially formulated to support clear airways, helping to ease congestion. Gentle, yet effective with a pleasing aroma, complemented by the relaxing and calming effects of Lavender oil.

Phytomed, Auckland



## KIWIHERB CHILDRENS ORGANIC THROAT SYRUP

Tackle your children's ills, chills and irritable throats with Kiwiherb Children's Organic Throat Syrup. Specially formulated for respiratory health.

Phytomed, Auckland



## KIWIHERB ORGANIC IMMUNEGUARD

Support a vulnerable immune and respiratory system with Kiwiherb Organic ImmuneGuard during seasonal changes and winter.

Phytomed, Auckland

## GAIA HERBS MIGHTY LUNGS

Our lungs work hard every day! Allow the Respiratory Vitality Extract Blend to gently nourish with a unique synergy of respiratory, heart and stress support herbs. Supports multiple body systems with a focus towards clear and easy breathing. Can be taken short or long-term, to support the feeling of strong and mighty lungs!

NaturalMeds, Napier



## GAIA HERBS SINUS & LUNG SUPREME

A powerful herbal blend, to invoke a quick yet harmonious response to immune system threats. Formulated with Respiratory Aid Extract Blend, a specialised formula of wellness herbs designed to combat unwelcome invaders. Offers support to calm and normalise delicate sinus, throat and lung tissues and mucous glands. For ongoing support switch to Gaia Herbs Mighty Lungs.

NaturalMeds, Napier

# CALM IS A SUPERPOWER



Since

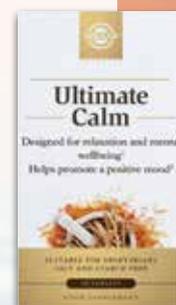
1947

## SOLGAR® ULTIMATE CALM

Ultimate Calm is a uniquely formulated natural botanical complex, for those occasions when you are feeling under pressure or overwhelmed.

Modern life is filled with moments of feeling under pressure or overwhelmed. Researchers are now looking back to the ancient wisdom of botanical extracts to balance a worried mind and support relaxation and mental wellbeing.

Designed to balance a worried mind, Solgar® Ultimate Calm combines two plant-based ingredients KSM-66® Ashwagandha and affron® Saffron. Rooted in the tradition of Ayurveda, Ashwagandha is celebrated for its adaptogen properties, supporting mindfulness and calm. Saffron is a potent spice that has a history of use to support emotional wellbeing and a positive mood. One tablet is all that's needed on those occasional days when you are feeling under pressure or need a little extra support.



## SOLGAR® ULTIMATE CALM DAILY SUPPORT

Ultimate Calm Daily Support has been developed by our team of experts. It is designed to build your resilience to the stresses of modern life and supports your state of mind. This unique formula contains two scientifically studied ingredients – a naturally sourced B-complex (Panmol™ B-Complex) and a standardised rhodiola extract (Rhodiolife™).

Ultimate Calm Daily Support is particularly useful for those occasions when you are feeling under pressure or overwhelmed. Rhodiola is valued for its adaptogenic properties and has been used for centuries to help balance mind and body against emotional pressure. Rhodiolife™ rhodiola has been sustainably sourced from the mountainous Altai region of Siberia. Panmol™ B-Complex provides all eight B-complex vitamins and is naturally sourced from quinoa sprouts via a unique and patented process.



## SOLGAR® ASHWAGANDHA ROOT EXTRACT VEGETABLE CAPSULES

Ashwagandha is a natural product used in Ayurvedic herbalism.

It helps the body maintain and adapt to stress, assists in supporting a positive mood and helps balance a worried mind.

Vegan, vegetarian, Kosher and Halal.



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

# Win

## a Harker Herbals Wellness Pack!



Purchase any Harker Herbal immune product from your local Hardys or Hardys Health Hub and go in the draw to win a Harker Herbals wellness hamper.

# Free

## ADVANCED RENEWAL NIGHT SERUM

WITH \$50 SPEND

SAVE \$49



  
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Uniquely New Zealand



Offer available while stocks last. Cannot be used in conjunction with any other promotion.



## OMEGA 3

# beats cholesterol for predicting heart disease



Results from a study found that people with higher blood levels of omega 3 had a 34% lower risk for death from any cause, and that blood omega 3 was a stronger predictor of future risk of cardiovascular disease than cholesterol.

A study recently published in the Journal of Clinical Lipidology measured the "Omega-3 Index" (the EPA+DHA content of red blood cell membranes) in 2500 participants in the Offspring cohort of the Framingham Heart Study and examined associations with risk for incident cardiovascular disease and death from any cause.

Their results revealed that the risk for death from any cause was reduced by about 34% comparing the lowest Omega-3 Index participants to the highest.

Interestingly, the research team also compared heart disease risk prediction between serum cholesterol and the Omega-3 Index. In head-to-head comparisons a higher Omega-3 Index was significantly associated with reduced risk, but cholesterol was not.

Overall, this study suggests that higher intake of omega 3 fatty acids, especially EPA and DHA, reduce risk of cardiovascular disease and increase longevity.

To achieve an Omega 3 Index in the highest quintile (>6.8%), the authors suggest an adult would require 1300 mg of EPA/DHA daily, equivalent to a single serving of 100 g of farmed salmon or the equivalent in fish oil capsules..

Further research is needed to understand whether the Omega 3 Index is a more important biomarker than blood cholesterol.

*Reference: Harris WS, Tittle NL, Etherton MR, Vasan RS. Erythrocyte long-chain omega-3 fatty acid levels are inversely associated with mortality and with incident cardiovascular disease: The Framingham Heart Study. J Clin Lipidol. 2018 Mar 2. pii: S1933-2874(18)30061-8.*

### OMEGA-3 INDEX TEST

A validated at home test (sent to a lab) from a small drop of blood that measures red-blood cell (RBC) EPA and DHA status to personalise your supplemental and dietary programme, as well as identifying health risks for any conditions associated with omega-3 deficiency.

**OMEGA-3 INDEX TEST AVAILABLE AT HARDY'S**

This test measures the amount of omega-3 fatty acids from a droplet of blood.

Ask about it today at your local Hardy's store!



Metagenics (NZ), Auckland

### SOLGAR® WILD ALASKAN SALMON OIL



Providing the full spectrum of omega fatty acids, helping you to increase your intake of good fats to support a healthy heart. It also includes Vitamin D3 to support your immune system and Astaxanthin. A complex carefully prepared for optimum purity and potency and nourishing the whole body.

Solgar NZ Ltd, Auckland

### COYNE BIO-BERBERINE™ COMPLEX



A potent therapeutic Berberine complex, which provides 500mg of Berberine HCl (Hydrochloride). This is an enhanced form which has been thoroughly researched and is found to be absorbed into the bloodstream more efficiently.

Berberine is an alkaloid and natural constituent of many herbs such as Golden Seal and Barberry. It has a long history of use in both traditional Chinese medicine & Ayurvedic medicine, and recent studies have shown that berberine helps support healthy blood sugar and cholesterol levels, as well as supporting overall general health and wellbeing.

Natural Health Trading, Auckland



### MEGA MAGNESIUM NIGHT

Mega Magnesium Night has been formulated to support healthy sleeping patterns. Combining Meta Mag®, a proprietary, easily absorbed form of magnesium with passionflower, it provides a multi-action effect that helps support the mind & body in preparation for sleep. Take it before bed to support healthy sleeping patterns for a better night's sleep. In convenient tablets, it can be taken as part of your bedtime routine.

- Support a deep and restful sleep
- Support a calm mind and relaxed body in preparation for sleep
- Support healthy sleeping patterns

Passionflower has been used in traditional Western herbal practice to help support sleep during times of stress. Stress can make it difficult to fall asleep, stay asleep and can affect the quality of sleep.

*Metagenics, Auckland. TAPS BG1748*



# Stress or lack of sleep getting the better of you?

## QUICK CALM

If you need help with **mental focus, concentration, and balanced adrenal activity**, all of which are challenged when you feel stressed and worried, **Lifestream Quick Calm** is ideal. Quick Calm is a unique formula that calms quickly. It contains two well-known nervous system supporting herbs - **ashwagandha and lemon balm**.

## MAGNESIUM SLEEP SWITCH

If you have trouble switching off for sleep and staying asleep, **Lifestream Magnesium Sleep Switch** is the formula for you! This sleep formula contains **magnesium, lemon balm, and magnolia**. This synergistic combination of ingredients is for anyone needing help to **get a good night's sleep** and will leave you feeling refreshed without any drowsiness.

# Lifestream



# Long Covid

*Kerry Locatelli, BNat*

Long COVID is a term we have started to hear more and more as the COVID-19 pandemic continues, but what exactly is long COVID and what can we do about it?

Most people who get COVID-19 have mild symptoms and bounce back within 2-6 weeks and make a full recovery within 12 weeks. For some people, symptoms continue and may even evolve. The symptoms experienced may include fatigue, shortness of breath, cough, low mood, headaches, brain fog (difficulty concentrating), chest pain, joint pain, muscle aches and pains, muscle weakness, ongoing changes to smell or taste, rapid heartbeat and difficulties with sleep.

People who are at risk of developing long COVID include those who have a severe case of COVID infection to begin with, and those who have underlying, chronic health conditions -including obesity.

What we need to understand is that ongoing symptoms can occur after any type of infection, whether viral or bacterial- this is not unique to COVID-19. We may find ourselves feeling frightened, worried, or preoccupied by the COVID-19 virus specifically, when perhaps we could be focusing on building our health and wellbeing.

If you think you may be suffering from long COVID, pop into your local Hardy's store and chat to one of our experts

# Be calm, relax, energise



## GAIA HERBS CALM ASAP

Stressed, anxious or feeling frazzled? Tense, worried or overthinking? Embrace feelings of serenity and tranquility ASAP with this award-winning formula designed to soothe the emotional triggers. Support nervousness, restlessness, irritability and sensitivity while restoring daytime balance and nighttime calm.

*NaturalMeds, Napier*

## GAIA HERBS STRESS RESPONSE

Stress affects us daily, from memory, mood and emotional upsets to energy and sleep disturbances! To live a more centered life, it is vital to balance the stress response. This synergistic blend offers support to build natural resistance to stressful influences and to combat fatigue. It is a popular formula for those struggling to keep up with the demands of life, and who feel overwhelmed and rundown.

*NaturalMeds, Napier*



## GAIA HERBS SLEEP & RELAX TEA

This premium quality, 100% organic herbal tea blend, is perfect for those who struggle to get a good night's rest. It offers a light tasting and enjoyable way to relax the mind and body in preparation for a peaceful and restorative sleep. Who doesn't love a warm brew before bed? Look forward to your nightly send-off to the land of slumber, with anticipation!

*NaturalMeds, Napier*



## NATURE'S SUNSHINE KAVA KAVA

Helps soothe frayed nerves, supports emotional balance, a restful sleep, and may help those with extra stress, tension and worries.

Studies shows Kava supports mental awareness and helps to maintain a sense of calm and peace of mind without causing sedation or other uncomfortable side effects.

*Nutricom Australasia, Auckland*



## BIOACTIVE SPIRULINA BLUE EXTRA 200 TABLETS

Contains up to 50% more phycocyanin than our other spirulina supplements to provide your body with energy and antioxidants. Supports stamina, muscle recovery and vitality levels.

*Lifestream International Ltd, Auckland*

## HARDY'S SLEEP SPRAY AND RELAXATION SPRAY

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

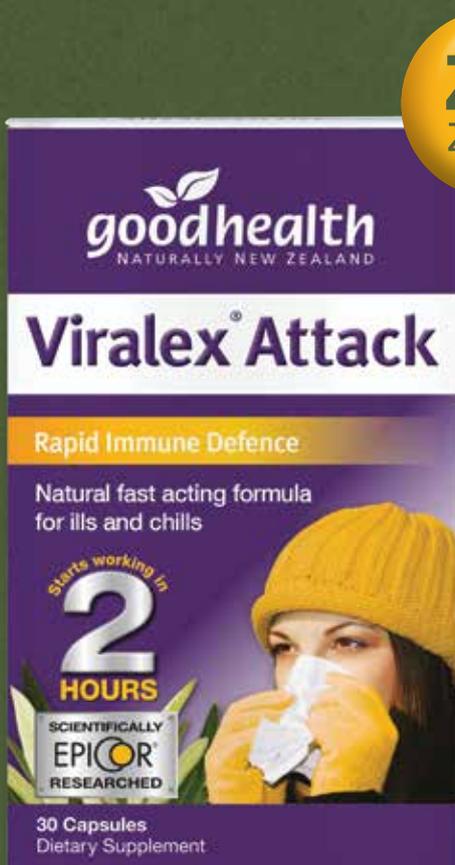
Hardy's Sleep Spray provides support for a fabulous sleep and hormonal issues, whilst our Relaxation Spray is an aid to help with times of stress, such as sitting exams, worry and many other day to day stresses we experience.



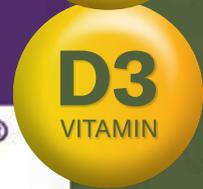
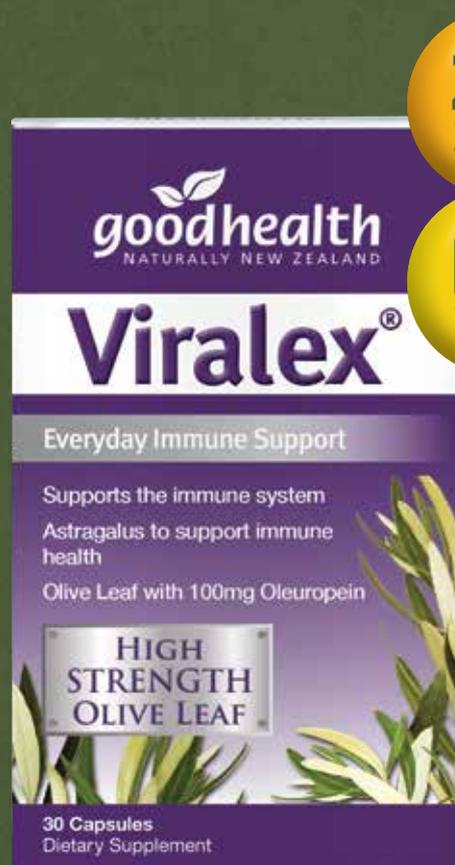
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## HS HARDY'S STORES

### Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

### Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

### Hardy's Whangarei

41 Cameron St (09) 438 3188

### Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

### Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

### Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

### Hardy's Taupo

37 Horomatangi Street (07) 378 9057

## HH HARDY'S HEALTH HUBS

### Devonport 7 Day Pharmacy

31A Bartley Terrace, Devonport (09) 445 4000

### The Capsule Pharmacy

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

### Anglesea Pharmacy

9 Thackeray St, Hamilton (07) 839 3999

### My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd (07) 572 0355

### Pharmacy 53

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

### Balmoral Pharmacy

25 Munroe Street, Napier South (06) 835 4540

### Vautier Pharmacy - Summer Hill Village

198 Ruapehu Drive, Palmerston North (06) 355 8173

### Clive's Chemist

20-21 Queen Street, Wainuiomata Ph 04 5648618

### Pharmacy @ Ferrymead

1005 Ferry Road, Christchurch (03) 943 9635

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