

August/September 2014

# My Hardy's

## **BRAIN HEALTH:**

3 toxic chemicals to the brain and how to avoid them

## **GUYS, IT'S TIME FOR A FINE TUNE**

Find out how you can bring your health up to speed

**10 Steps**  
to being happier  
and healthier!

*Healthy and Happy!*







New Zealand

# Awaken the Beauty Within

**SPECIAL OFFER:**  
Buy one get one  
half price

(lowest price item half price)

Award  
Winning  
formula



Timeless, beautiful skin  
from within

NZ Marine Collagen,  
New Zealand Antioxidants  
& Essential Nutrients



Moisture rich, glowing,  
healthy skin

NZ Evening Primrose Oil,  
NZ Blackcurrant Seed Oil  
& Astaxanthin



Strong, glossy, healthy  
hair and nails

NZ Kelp, Silica, Gotu Kola &  
Essential Minerals

**Available at your local Hardy's store during August/September 2014**

[www.radiancesupplements.co.nz](http://www.radiancesupplements.co.nz)

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



# Contents



6



19



21

- 4** Healthful Hints
- 6** What's Happened To Our Food?
- 8** Tackling Men's Health: Time For A Pitstop?
- 10** Meet The Experts
- 11** Why Is A Balanced Immune System Important?
- 13** Breaking The Sugar Addiction
- 14** Brain Health: 3 Chemicals Toxic To The Brain
- 15** Trend Alert: Standing Desks

- 16** A Lot To Stomach: A Look At Good Digestion
- 19** Smile Your Way Through Exams
- 21** The New Generation In Fish Oil
- 23** 10 Steps To Being Happier And Healthier
- 24** Become A Sleeping Beauty
- 25** News & Events
- 27** Store Directory

## Welcome!

We're hoping the worst of the weather is behind us as we get ready to head into Spring. We've got ideas to balance your immune system and our top tips to help you embrace life happily and healthily.

In this issue, we take an honest look at the modern diet, with some practical ways to get the best out of our food and a scientific look at how we can support good digestion and a balanced system. We were horrified to learn that the average Kiwi adult consumes 27 teaspoons of sugar a day, when we should be aiming for closer to six, so we just had to investigate how to dull our sweet tooth. We've compiled some steps to help you break your sugar addiction too, so finish your bikkie and turn to page 13.

As we celebrate Father's Day on September 7, we're also sparing a thought for Dad (or any of the blokes in our lives) with our feature that directly tackles men's health, in a language that he will most definitely understand. Bring your man in store during August and September for a consultation with a Hardy's expert and he will receive a free Men's Multi 10 Pack.

If there is anything that you would like to see us feature or explore in an upcoming issue of My Hardy's, do let us know. You can write to us via [info@hardys.co.nz](mailto:info@hardys.co.nz).

Until next time, stay healthy and happy.

**Editor:** Christina Wedgwood  
**Design and Production:** Tori Herries  
 Produced on behalf of Hardy's by Pumppt Advertising.  
 (09) 476 0830  
[getpumpt@pumpt.co.nz](mailto:getpumpt@pumpt.co.nz)  
[www.pumpt.co.nz](http://www.pumpt.co.nz)

For more information or feedback email:  
[info@hardys.co.nz](mailto:info@hardys.co.nz) or  
 visit [www.hardys.co.nz](http://www.hardys.co.nz)

[facebook.com/hardyshealthstores](https://facebook.com/hardyshealthstores)



# HEALTHFUL Hints



## Amazing AVOCADOS

A recent study published in the Nutrition Journal suggests that half of a fresh avocado with lunch may satisfy hunger in overweight individuals, reducing the need for afternoon snacking. 40% of the study's participants reported a decreased desire to eat during the three hours after their lunch, and 28% reported a decreased desire to eat five hours after lunch.

The same study also found that the avocado, a native to Mexico and Central America, is thought to help regulate blood sugar levels, which could have important implications for those with diabetes.

Although avocados are high in fat, they are generally considered to be mainly "good fats", the monounsaturated kind that support lowering cholesterol levels. That said, it is still recommended people stick to just half an avocado at a time, which has, on average, 125 calories and 12g of fat.



## Banish Bad Breath

Many of us know that icky taste (and scent) of 'morning breath' when we wake up, but it is estimated between 14% and 25% of us suffer from chronic bad breath (or halitosis) that lasts throughout the day. Some believe halitosis to be a symptom of a toxic colon, which makes the case for a healthy detox. Stress, constipation and other factors that wreak havoc on the digestive system are also common culprits, so probiotics have been found to help here.

### Other natural remedies to freshen your breath...

- Parsley, which is rich in chlorophyll (a green plant compound that is both anti-inflammatory and kills bacteria that cause odour), has been hailed as the "king of natural breath fresheners"
- Try a drop of tea tree oil on your toothbrush
- Cardamom or fenugreek seeds can be chewed or consumed as teas to sweeten the breath
- Dose up on mineral zinc, which is antimicrobial and helps to maintain a clean, bacteria free mouth
- Combat dehydration, which can also be a cause of bad breath, by drinking plenty of water throughout the day
- Crunchy, high fibre fruit and vegetables, like carrots, celery and apples can trigger increased production of bacteria fighting saliva in the mouth



# Thursday Plantation

## PERFECT YOUR SKIN

WITH THE POWER OF NATURE'S OIL

100%  
NATURALLY  
DERIVED



Thursday Plantation introduces...

### ULTRA HYDRATING MACADAMIA OIL

Improves the appearance of:

- Ageing skin
- Dry skin
- Sun-damaged skin



**NEW!**

### BIO-PERFECTING NURTURE OIL

Improve the appearance of:

- Scars
- Stretch marks
- Pigmented skin



100% NATURAL  
NO NASTIES

## Get out your 'Green Fingers'

The home orchard is an important part of New Zealand's gardening history and there's not much better (or healthier!) than growing something you can pick and eat! Although not many of us have room for vast orchards out the back, edible gardening need not be solely the domain of rural land dwellers with acres of space.

Now is the ideal time to plant beetroot, lettuce, beans, broccoli, cabbage, leeks, peas, radish, capsicum, cucumber, eggplant, rhubarb, spinach, tomatoes and sweetcorn. If you want to plant fruit trees, opt for dwarf varieties or try a crop with a difference by planting some pomegranates.

## Funny Memories

Our memories can be funny things, but now there's a reason for them to be a laughing matter. Researchers at California's Loma Linda University looked at stress levels and short term memory. Those who watched funny videos before a short memory test were found to perform significantly better when it came to memory recall.

The reason could be linked to the significantly lower levels of cortisol, the stress hormone, in those who watched the videos. It would follow that when we are less stressed, our memories function better, so find things that make you laugh or help you wind down each day.

**Did you know... Just 10 to 15 minutes of laughter a day can burn up to 40 calories.\***

*\*According to a Vanderbilt University study.*







# What's happened to our food?

Tips to get the best from what you consume.

The modern diet has changed dramatically from what our grandparents ate. Back in the old days there was a lot of locally grown produce, and fresh vegetables were a staple of every dinner plate. Nowadays we're lucky to have so much variety and convenience when it comes to food. Fresh produce is stocked in the supermarket all year round, so it doesn't matter too much what's in season here.

## Visit the farmers' market

Exported produce is frequently picked, and packed into containers, weeks or even months before landing on your local supermarket shelves. Because they have such a long way to travel, a lot of produce isn't given a chance to ripen first. This is a shame because fruit and vegetables have more nutrients when they are ripe.

You can still get vitamin rich, mineral packed produce like what your grandparents ate; just consider getting closer to the source. Local farmers' markets stock organic, fresh, ripe produce that can taste even better than regular supermarket produce. The food varies across seasons, of course, but eating with the seasons is the best way to get maximum nutrients (and flavour!)

## Avoid the centre aisles

A good tip when you're pushing your shopping trolley through the supermarket is to stick to the outer edges. Fruit and vegetables are always stocked near the entrance, and usually dairy products, specialist organic foods, and meat are kept around the outer edges.

The centre aisles contain pasta, sauces, biscuits, sweets, and all the other sorts of highly processed foods that are best to avoid, or at least keep to a minimum. Processed foods are crammed with sugar and known to include colourants, flavourants, texturants or preservatives, which all work, in theory, to make our food more appealing or tasty, not to mention able to withstand a lengthy shelf life.

A good rule of thumb can be, if you can't spell it, or don't have it as a standalone ingredient in your pantry, you should think twice about consuming too much. According to leading health commentators, processed foods can slowly destroy your organs and bones and cause health problems like poor digestion, inflammation and kidney deterioration.

## Put away the sugar

A slice of your favourite cake is fine once in a while, but be careful about how much sugar you consume. Sugar is present in most processed foods so it's easy to lose track. There are empty calories and no essential nutrients in sugar, and those sparkly white grains have also been linked to insulin resistance, high cholesterol, obesity, diabetes, heart disease, and even cancer.

The best way to know how much you're eating is to cook your meals from scratch. Home cooked meals are a great way to ensure that the rest of the family is eating well. Cutting out sugar can boost your energy levels almost immediately, and you may notice your skin becoming clearer too. For more information on the role of sugar, and tips on how to avoid it, check out page 13.

## Make vegetables like they used to

Previous generations used to wander down to a local stream and collect watercress, or pick mushrooms from a shady spot. Although that may not be practical now, you can still tend to your own vegetable patch. There's nothing that tastes quite as good as herbs, fruit and vegetables that you've watched grow from seed.



The best way to know how much you're eating is to cook your meals from scratch. Home cooked meals are also a great way to ensure that the rest of the family is eating well.

Homegrown produce tends to be healthier as well. If you can grow your favourite foods organically then they might grow slightly slower, but they devote more energy to making nutrients, and you'll find the flavours are more intense.

Another bonus is that you'll know exactly what's on the food that you've grown. In one study of breakfast cereal, scientists found that up to 70 types of different pesticides were present. Even after washing fruit and vegetables there will usually still be traces of countless pesticides left lingering. These pesticides then get stored in your colon, where they can cause problems.

### Super supplements

The lower levels of nutrients in our food, combined in many cases with degraded soil quality, both reinforce the call for supplements. A high quality supplement can help you balance your diet and ensure that you are getting all the essential vitamins and minerals that you need. A good quality supplement will contain nutrients in the most bioavailable form, meaning that you are best able to absorb and utilise them in the body. Talk to a Hardy's expert about the most appropriate supplement regime for you and your family.

## 3 Tips To Improve Your Diet

1. Raw is extrarawdinary. Try incorporating more raw vegetables and fruit into your diet. A lot of nutrients and enzymes are lost during the cooking process, even with traditionally healthy methods like steaming. Some of the best foods to try are broccoli, nuts, and raw salt (such as Himalayan or Fleur de sel). Raw food cleanses the colon and you'll look healthier on the outside too. There is a lot of anecdotal evidence suggesting that people feel full of energy within a day or so of eating raw foods.
2. Chew your food slowly and thoroughly. If you eat slowly then you'll feel full sooner, and it will also help with digestion. Ideally, your food should be chewed until it's pretty well liquefied. Well chewed food makes it easier for your digestive system to absorb all of the nutrients that pass through, so slow down and give your system the best chance.
3. Fibre keeps bad diseases at bay, and will keep you regular. It can be tricky to get enough in our modern diet though; most of us aren't meeting the daily recommended intake. If you think you might be missing out, try adding some beans to your diet. Think black beans, lentils, kidney beans and split peas for a tasty way to fill up on fibre. Another simple option to up your intake is to sprinkle LSA (Linseed, Sunflower, Almond) on your morning cereal. You'll barely taste the difference, but you'll feel the benefits!

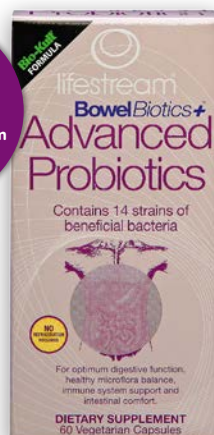
[http://www.naturalnews.com/039743\\_processed\\_foods\\_eating\\_reasons.html#ixzz35ViHJVQU](http://www.naturalnews.com/039743_processed_foods_eating_reasons.html#ixzz35ViHJVQU)

IT'S THE  
PERFECT  
DIGESTIVE  
BALANCE

**lifestream**  
nature's richest superfoods



**33%**  
extra free!  
Available only from  
Hardy's stores.



**Lifestream Advanced Probiotics**  
unique multi-strain formula re-populates the gut with good bacteria for optimum digestive function and intestinal comfort.

- ✓ Supports the immune system
- ✓ Promotes healthy microflora balance
- ✓ Helps suppress the growth of harmful bacteria
- ✓ Supports healthy digestion
- ✓ Suitable for all ages
- ✓ No need to refrigerate

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



# TACKLING MEN'S HEALTH: Time for a Pit Stop?

For some blokes, regular health checks are one of their annual 'to dos' but it's not high on all men's agendas, as the latest figures released by Statistics New Zealand show that one man in New Zealand dies every three hours from a potentially avoidable illness. Organisations like those behind Men's Health Week have been working to raise awareness among our male counterparts of the need for regular checkups and taking care of themselves.

If you aren't ticking all the right boxes, the Hardy's experts have put together a crash course in the basics that you need to know.

## Body work

Just like your car's body, our own has both its outward appearance (which is hopefully free of scratches and dings), as well as the internal, structural make up. If your car's body work starts to rust, or is no longer structurally sound, you're left to "cut it out and bog it up", or just write the whole thing off. Luckily it need not be so extreme when it comes to your body. There are a range of things that you can do to help proactively protect your muscles, ligaments, tendons and bones. Go Healthy Vitamin K2, with ActivK can support calcium binding into the bones, which helps to ensure that your bones stay strong and healthy and are less likely to fracture and deteriorate.

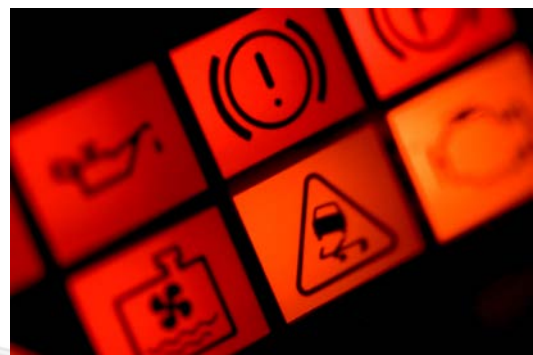
## A wee problem

Your car's water pump is there to make sure that coolant doesn't just sit in the system. Your prostate performs a similar function. If your water works aren't functioning how they should,

it could be the sign of an enlarged prostate, which can be bad news. MICROgenics Protech Advanced provides a combination of key ingredients to support your prostate in doing everything it needs to.

## Controlling fume emissions

When the internals of your car are clogged and dirty, your engine can't burn fuel properly and it sends the excess out via the exhaust. No need for too much explanation here, as the comparison is clear. Keeping your internals healthy is vital for optimum absorption of nutrients from your food. Digestive enzymes can help, as can probiotics to keep the balance of good and bad bacteria in your gut at the right levels. Another suggestion could be a detox or cleanse. The Lifestream Cleanse uses natural superfoods to gently encourage the body's own detoxification process, supporting you to achieve a healthy bowel. Talk to a Hardy's expert for the best support for your bowel. Don't worry, we can handle sensitive subjects!



## Nurture your nerves

Men have a tendency to keep going and going, working hard and juggling a range of other demands. As well as relaxation techniques that can help to put you back on an even keel, there are a range of specific nutrients to nurture the nervous system. We've kept it simple by creating the Hardy's Stress Pack, a combination of specially formulated products to support you in times of stress, or else talk to one of our Hardy's experts instore. With our help you can avoid burnout!





### The heart under the hood

Any motorhead will tell you that the power behind any car comes down to what's under the hood. In other words, the motor it's got. That's the heart of the matter for your body too and the moment your motor cuts out, you stop. Just as you need to keep your engine clean, it's important to keep your cardiovascular system working well. Exercise is key here, to keep the blood pumping. Join a gym, hit the pavement for a walk or run regularly, or find a social sports team to join. Monitoring your cholesterol intake is also important to care for your cardiovascular health. As well as some simple dietary changes, Ethical Nutrients' Cholestrienol can help you to support a healthy LDL:HDL cholesterol ratio.

**Hardy's Stress Support Pack**

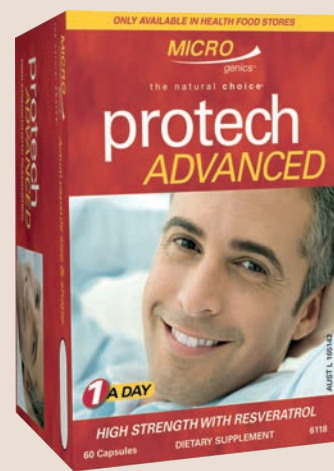
**\$59.90**  
**Save \$18.30**

# MICROgenics® Protech Advanced

**HIGH STRENGTH  
FORMULATION  
TO SUPPORT  
PROSTATE HEALTH  
AND FUNCTION**

Protech Advanced is a convenient high-strength one-a-day formula

- ✓ Saw Palmetto to support male hormonal balance and bladder function
- ✓ Selenium to support immunity and sperm health
- ✓ Zinc supports prostate function and male reproductive function
- ✓ Lycopene an important antioxidant to support the prostate gland
- ✓ Supporting nutrients for healthy urinary frequency, and normal urinary flow



**ONLY AVAILABLE IN  
HEALTH FOOD STORES**

**MICRO**  
genics™



**Head into Hardy's during August or September for a free consultation with a Hardy's Expert and you will also get a free Men's Multi 10 Pack.**

Always read the label. Use only as directed. If symptoms persist, please see your healthcare professional. Vitamin supplements should not replace a balanced diet. Sanofi Consumer Healthcare, Auckland, 0800 88 22 66. TAPS PP5397



# MEET THE Experts



**Digestion issues are becoming more and more common and can, quite literally, be a real pain. Michele Kelcher**

**Manager of Hardy's Coastlands shares her top tips.**

**How does stress affect our digestion and what is your best advice to combat that?**

Our digestive system comes under fire when we encounter stress, because our body releases the stress hormone, adrenalin. When this chemical process occurs, the muscles in our stomach begin to tighten, creating that all too familiar "knot in the stomach" feeling. At this point, the stomach doesn't have enough available energy to produce an adequate amount of enzymes for digestion and we can begin to experience indigestion,

heartburn, bloating and gas when we eat.

To combat the effects that stress has on your digestion:

- Breathe deeply to oxygenate your body
- Slow down and chew your food
- Use a high quality digestive enzyme
- Try vitamin B complex to boost energy levels within your digestive tract and help you cope with stress
- Drink peppermint tea, which is calming and can help to ease tightness in the stomach

**Probiotics are talked about positively when it comes to digestion.... Why are they such a good solution?**

Probiotics are healthy bacteria that are naturally present in our digestive tract. They are a great solution as they help to keep the body healthy by combating the effects of a poor diet, antibiotics and stress. In addition, probiotics can enhance nutrient absorption, help break down lactose,

strengthen your immune system and possibly even help treat irritable bowel syndrome.

**What are the flow on effects of poor digestion and some other things people could do to support their digestion?**

When digestive issues are left untreated more serious conditions such as irritable bowel syndrome, allergies, food sensitivities, autoimmune disorders, candida, inflammation and weight gain can occur. We can support our digestion by making healthy food choices, staying hydrated and making sure we address our stress. If stress is a problem for you, the Hardy's Stress Support Pack, (Microgenics Stress and Stamina Formula, Go Healthy 1-A-Day Magnesium and Hardy's Relaxation Spray) will help ease your stress levels, which will also have a positive effect on your digestion. I would also suggest Lifestream Aloe Vera and Bowel Biotics for additional support.



**Sometimes you just feel lousy and your body needs a 'spring clean'. We talked to James Styler of Hardy's Northlands in Christchurch**

**about the keys to a healthy detox.**

**Tell us about the importance of a good detox, and its benefits...**

The body is great at naturally being able to detox itself. We wouldn't have too many problems if we all ate perfectly, had no stress in our lives and slept well every night. Unfortunately that is rarely the case. By following a detox plan, even just once a year, you can really clean up your system and ultimately feel a whole lot better. A good quality detox will

help to clean the bloodstream by removing toxins and impurities from the liver, therefore offering support to the other major organs such as the kidneys and intestines. Benefits often include a digestive system that functions better, clearer skin and improvements to metabolism.

**Are there times, or triggers, when people should specifically consider some form of detox?**

Definitely anybody that has been under a considerable amount of stress (especially prolonged stress), as stress tends to overwork the body and cause troubles for the digestive system. People who are suffering from fatigue or tiredness, allergies or common stomach issues would also be likely to benefit.

**What are your 'must haves' for a healthy detox?**

- Make sure your diet is spot on

with no alcohol, soft drinks, caffeine, tobacco, limited or no sugar and ideally no red meat. Increase your fruit and vegetable intake and make sure you drink plenty of water and herbal teas. Try some freshly squeezed vegetable and fruit juices; carrot, beetroot, ginger, kale, apple, celery and berries are all fantastic. These are all a great source of nutrients, antioxidants and fibre.

- Get plenty of sleep and aim to reduce your stress levels throughout the day
- Look into taking a probiotic supplement either during or straight after the detox to ensure that you have optimal levels of good gut bacteria and intestinal microflora
- Aim to get at least 30 minutes of light to moderate exercise every day





**Karin Spicer, Naturopath and Manager of Hardy's St Lukes sheds some light on the wheezing and sneezing that affects**

**many of us as we come into spring.**

**How does the season and environmental factors affect hayfever sufferers?**

Environmental factors such as pollen or leaf matter in the air can set off allergies, especially on windy days. Eating seasonal foods that individuals are intolerant or allergic to can also set off allergic reactions, causing inflammation internally. Then when pollen/dust/plant matter gets breathed in, it hits inflamed tissues and results in the body producing mucous to protect the tissues. The body of an allergy sufferer will overreact, and the response can go on for days.

**What are your favourite 'tried & true' products to support hayfever?**

Daily doses of Ester C help to dry up mucous. MSM is an anti inflammatory for mucous membranes, so helps to calm down the inflamed tissues. Quercitin (with Bromelain) calms down the body's overreaction to allergens. A daily probiotic with L-Rhamnosus strain in it has been clinically proven to reduce allergies. There are also homeopathic formulas available that can help in acute situations. I find they work better if you use them at the first sign of hayfever.

**Are there any lifestyle things that people can do to combat hayfever?**

Reduce mucous forming foods including dairy, bananas, oranges and eggs. Vacuum your living areas two to three times a week (with a dust mask on). Use plant based cleaning and laundry products and get an allergy test done. Many Hardy's stores have this service available, so ask us instore.

**Why is a balanced immune system important?**

**Every hour of every day, our immune system is under assault. Whether it be from environmental toxins, poor quality food choices, viruses, bacteria, fungi, parasites or allergens. To stay healthy our immune system needs to produce a balanced response depending on what type of immune challenge we are faced with.**

When faced with an immune challenge, our cells send out chemical signals known as PRPs (proline rich polypeptides). As key messengers, these PRPs then signal the right type of immune cells that are most effectively able to deal with, and protect against, the intruding organism in our body. PRPs are also the key messengers supporting the body to switch off an immune response once the job has been done. This is really important for a healthy immune system.

Without the right messages the immune system can quickly become unbalanced and chronic health or autoimmune conditions may arise. When this happens, our immune system reacts to normal body tissues that it would normally ignore. The body becomes overly enthusiastic and actually attacks itself. Multiple sclerosis, rheumatoid arthritis, thyroiditis and inflammatory bowel diseases, like ulcerative colitis and Crohn's disease, are all recognised as autoimmune conditions, occurring when the body fails to recognise the difference between a foreign substance and itself.

The same can happen with allergies. With an allergic response, the body reacts to an external substance that should normally be ignored by the immune system like asthma and eczema. You may feel sick and tired of feeling sick and tired, but the reality is that people with autoimmune conditions and allergies do not typically benefit from having their immune system stimulated. In fact, in this case, immune boosting ingredients can often make symptoms worse. It all comes down to balance!



'T helper' cells, a type of white blood cell, are an important part of our immune system. Two types of 'T helper' cells, Th1 and Th2 cells, are responsible for maintaining immune balance and work together to achieve this in our bodies. It's very much like a seesaw, as the two types of cells have opposing effects, switching between stimulating an immune response and calling an immune attack off. Problems arise when the immune system gets "stuck" in one type of reaction and the other gets suppressed. Think of it as a really heavy person on the other side of the seesaw; you're not going anywhere fast! In our body's terms, this can lead to Th1 dominant or Th2 dominant conditions.

**Common Th1 dominant conditions include:**

- Viral, bacteria and fungal infections
- Multiple sclerosis
- Rheumatoid arthritis
- Crohn's disease
- Hashimoto's disease
- Psoriasis.

**Common Th2 dominant conditions:**

- Allergies/ Chronic sinusitis
- Eczema/ Asthma
- Parasites
- Systemic Lupus Erythematosus (SLE)
- Certain cases of autism
- Irritable bowel syndrome
- Ulcerative colitis
- Hepatitis C
- Fibromyalgia
- Chronic fatigue syndrome
- Graves disease
- Scleroderma.

Ideally we need to balance the immune system. Proline rich polypeptides (PRPs) work by either supporting a weakened immune system or helping to tone down an overactive one. Talk to a Hardy's expert about our immune balancing products.





**BUY ANY BALANCE PRODUCT  
& GO INTO THE DRAW TO**

# Win

**LUNCH FOR YOU  
& A FRIEND WITH  
LISA CARRINGTON\*  
3 TO BE WON**

**ALSO TO BE WON**

**3 UNDER ARMOUR  
PRIZE PACKS**

**750g 100% WHEY  
\$56<sup>40</sup>  
SAVE \$10**



*Each prize pack  
includes an  
Under Armour  
backpack & cap,  
both signed by  
Lisa Carrington.*



Available through Hardy's Health Stores

[www.balancesportsnutrition.com](http://www.balancesportsnutrition.com)

\*Terms & Conditions: Lunch date, time and location TBC. Promotion runs Aug - Sep 2014



# BREAKING the Sugar Addiction!

It's hard to imagine a world without sugar; it's in everything from cereal to pasta sauces. Sugar was discovered thousands of years ago, but remained too expensive to consume in large quantities until the early 19th century, when manufacturing methods became more economical. That development was devastating for our diets and our bodies; a staple diet of bread, potatoes, cheese, butter and lots of fresh produce was swiftly replaced with the novelty of jams, cakes, margarine, and sugary bread.



The world's sugar consumption has continued to skyrocket since then. It is estimated that the average New Zealand adult consumes around 27 teaspoons of sugar a day and our quantities of fructose range from 400% to 800% higher than we were consuming 100 years ago.

There is much being said about the perils of sugar. Sugar itself is not inherently evil, however it's far too easy to consume much more than we need. When that happens, the liver's storage capacity quickly gets used up and the body responds by converting excess sugar into fat, which is returned to the bloodstream and stored in places we don't really want it.

A recent study commissioned by the World Health Organisation (WHO) found evidence that cutting down sugar intake has an effect on body weight. They suggest that daily "free sugar" (that which is added to food, or that is naturally present) be cut down to just 5% of our total energy intake, the equivalent of 25 grams or six teaspoons, on average.

For many of us, that's far less than we are consuming now. And herein lies one of the other problems with sugar; it tends to be addictive. In

2007, scientists published a paper about how rats (who metabolise sugar a lot like us), were more addicted to sweetened water than cocaine. It's been part of our diets since infancy, so most of us are seasoned 'sweet teeth'. The good news is there are things you can do to kick the habit.



**SOLGAR**  
**Chromium Picolinate**  
**200ug**  
Supports sugar cravings  
Supports blood sugar  
balance  
**90 Veg Capsules**  
**\$33.50**

## A sweet trick:

Substitute sugar with raw honey or maple syrup, as these are natural sweeteners. Add them to baking, or drizzle over a sweet treat. Just remember, everything in moderation!

## Break your sugar addiction

- 1 Remove sweets from your home.** Throw out all of your sweet, sugary junk food. It's not about strictly going 'cold turkey', but until you can build alternate habits, it will be tempting when you're feeling low to reach for something sweet.
- 2 Detox by eating raw, organic fruits and vegetables.** These are made up of natural sugars (complex carbohydrates) which break down at a slower rate than others. You will feel fuller for longer, and organic produce tastes more intense, which is great news for your sugary palate.
- 3 Consider some chromium.** A trace mineral that is essential to our bodies, chromium is known to support the action of insulin, which is critical to the metabolism and storage of fat, carbohydrates and protein. Researchers have also found chromium to support normal levels of sugar (or glucose) in the blood. Chromium can be found in broccoli, grape juice, garlic and potatoes, or is available in supplement form.

# SICK & TIRED of always feeling SICK & TIRED?

Immulox® Natural Immune Support is made up of concentrated **Proline-Rich Polypeptides (PRPs)**, a unique ingredient extracted from pure Colostrum.



PRPs will:

- Support healthy immune function
- Support a weakened immune system
- Help balance an overactive immune system

Immulox® 30s now **\$19.90!** (Save \$5.50)  
Immulox® 60s now **\$35.40!** (Save \$10.00)

**IN HARDY'S STORES NOW**

Always read the label and only use as directed.  
If symptoms persist consult your healthcare professional.  
Naturopathic advice line 0800 44 66 34

**goodhealth**  
NATURALLY NEW ZEALAND  
www.goodhealth.co.nz



# BRAIN HEALTH: 3 CHEMICALS TOXIC TO THE BRAIN



Our brains are often somewhat taken for granted... Many of us think that they will always be there, storing all our memories and helping us make sense of the world, learn and communicate. It's often only when things start deteriorating as we get older that we give much thought to the source of all thought: our brains.

## What to watch

Concerns about the health of our brain shouldn't be only the domain of the elderly. According to an article by holistic health coach, Derek Henry, there are three common, everyday substances that are dangerous to our brains:

1. Artificial sweeteners
2. Heavy metals
3. Monosodium glutamate

The good news is, however, that all of these are possible to avoid.

## Go real when you go sweet

In more recent years there has been a move towards 'diet' versions of soft drinks or low calorie, zero sugar alternatives of common foods. These may seem like a healthier option, however, studies are now showing that artificial sweeteners are much more sinister. Aspartame is a combination of chemicals (namely aspartic acid, which has excitatory effects on the brain, methanol and phenylalanine) and Henry states that "scientists are placing it at the higher end of the range of what is considered toxic." It is thought that when aspartame breaks down, it produces a compound that can contribute to brain tumours. Furthermore, Henry asserts that ninety different symptoms have been documented as a result of aspartame consumption, including anxiety attacks, depression and migraines. Based on this, it's probably best to steer clear, so read ingredient labels carefully.

## Heavy metals need a 'heave ho'

Heavy metals also make Henry's list as sinister toxins for the brain. We're

exposed to these constantly, through dental procedures, chemicals used in agriculture, industrial pollution and even often in commercially sold fish and chickens. Robert Nash, M.D., believes an over



**Nordic Naturals  
Ultimate Omega  
1000mg**

**60 Capsules  
\$57.40**

**+ FREE TIN!**



accumulation of mercury can contribute to a range of brain related diseases, including autism, Alzheimers, Parkinsons, multiple sclerosis and neurodevelopmental

diseases. To avoid further accumulation of heavy metals in your body, switch to organic foods, especially when it comes to animal products and switch from sea salt to celtic salt. A diet high in fibre can help to bind the heavy metals for exiting the body and try a vitamin C supplement to replace heavy metals your body gets rid of with nutrients.

## Worth forgetting MSG

MSG is a concentrated salt that's added to food to enhance its flavour. First used to make military rations more palatable, it has now insidiously made its way into a large part of our food industry. While tasty, Dr Blaylock, a noted neurosurgeon discovered MSG's role as an excitotoxin, and asserted that over time it could destroy major portions of the brain and cause Alzheimer's disease, Parkinson's and other brain ailments. <sup>(1)</sup> The best way to avoid MSG is to stop eating processed food. You can spot MSG on ingredient labels as 'monosodium glutamate' or 'yeast extract'.

## Other things you can do for a healthy head

- **Come to fancy fish oil.** Numerous research studies continue to sing the praises of omega 3 fatty acids DHA and EPA in preserving and maintaining optimal metabolic and brain health. An independent study in the journal Neurology has found that women with the highest levels of omega 3 had better preservation of their brain as they aged. <sup>(2)</sup>
- **Get some ginkgo biloba.** Also known as maidenhair tree, ginkgo biloba has been used for thousands of years, particularly in Asia, to improve mental function. The herb increases blood flow and oxygen to the brain, enhancing memory and concentration.
- **Boost your brahmi intake.** An ancient, Ayurvedic herb, brahmi (also called bacopa) has long been used as a tonic for the brain. A recent, collaborative, US study run by The National College of Natural Medicine, Science University and Oregon Health found brahmi to improve memory recall and learning ability as well as reduce anxiety and relieve tension. <sup>(3)</sup>

\*Derek Henry, B. Kin., Four most dangerous toxins to the brain. [http://www.naturalnews.com/045510\\_brain\\_toxins\\_fluoride\\_heavy\\_metals.html](http://www.naturalnews.com/045510_brain_toxins_fluoride_heavy_metals.html)

(1) Dr Blaylock, as referenced in article: Four most dangerous toxins to the brain. [http://www.naturalnews.com/045510\\_brain\\_toxins\\_fluoride\\_heavy\\_metals.html](http://www.naturalnews.com/045510_brain_toxins_fluoride_heavy_metals.html)

(2) Dr Mercola, Fish Oil Cited in Dramatic Healing after severe brain trauma. <http://articles.mercola.com/sites/articles/archive/2014/02/09/fish-oil-brain-health.aspx>

(3) Fassa, P. Discover the miraculous mental benefits of Brahmi. [http://www.naturalnews.com/031771\\_Brahmi\\_benefits.html](http://www.naturalnews.com/031771_Brahmi_benefits.html)



# TREND ALERT!



A Japanese ergonomist summed it up when he said, "In a person's life, you know you are born and you know that you die. The role of ergonomics is to increase the time between these two events." Standing desks may just help us to do that.

When you add in higher incidences of obesity, inflammation and type 2 diabetes, it's not great news. It's easy to feel that our lifestyles and jobs leave us little choice in terms of the amount of time that we spend sitting. However, alternatives to sitting in one place at a desk all day are emerging as a significant trend.

The field of ergonomics is making significant, research led headway into improvements for our health and wellbeing. Where once 'workplace safety' may have consisted of a special helmet or gloves, as we become a more office based workforce, it is beginning to encompass so much more than that.

wellbeing and productivity, standing desks are also thought to improve our posture. With more and more of our mobile workforce using laptops, which, from an ergonomic point of view, are essentially designed for people the size of Smurfs, standing desks naturally encourage us to defy the dreaded 'laptop hunch'.

James Levine, an endocrinologist at the Mayo Clinic believes that incorporating standing, pacing and other forms of activity into our daily lives is vital. "The default has become to sit. We need the default to be standing," James says.

Some easy ways to get more movement in your daily life, include:

- Taking the stairs instead of the elevator
- Next time you have a query, walk to a colleague's office instead of just emailing them
- Conducting your meeting outside, with a quick jaunt around the block as you brainstorm (Just make sure you take some sensible shoes!)

Researchers gleaning data from the National Health and Nutrition Examination Survey in the US have found that restricting your amount of time spent sitting to fewer than three hours per day may boost your life expectancy by an extra two years. Now that's worth standing up for!

The average adult will spend more than 50% of their day sitting. We sit in the car while we're driving, we sit in cafes, bars, restaurants or movie cinemas to unwind and socialise, and many of us spend a large proportion of our workday sitting.

Evidence over the last few years has suggested the significant health risks that can accompany sedentary desk jobs. Researchers from the University of Regensburg, Germany have found that spending most of our time sitting may boost our risk of certain cancers by an astonishing 66%. Similarly, Deborah Rom Young, a senior scientist at Kaiser Permanente in California asserts that her recent study shows a link between heart failure and sedentary time.



At the last Ergo Expo, the largest ergonomics event in the USA, height adjustable desks and desks that encourage movement were a clear trend, ranging from electric 'sit to stand' desks to workstations that also incorporate exercise machines.

Where once the idea of 'standing desks' were a strange anomaly, they are now becoming more commonplace in office spaces. Believed to have a significant impact on weight loss,

## MICROgenics® Glucosamine 1500 Complex

**Great one-a-day joint care formula now with added Curcumin for antioxidants.**

- ✓ MICROgenics Glucosamine 1500 Complex supports joint mobility, flexibility and comfort.
- ✓ Glucosamine is a naturally occurring substance and major building block found in the cartilage, tendons and synovial fluid.
- ✓ Glucosamine supplementation supports the management of wear and tear on joints due to aging or physical.
- ✓ NOW with the added benefit of Curcumin, the active component in turmeric, which is known for its antioxidant properties.



**ONLY AVAILABLE IN HEALTH FOOD STORES**

Always read the label. Use only as directed. If symptoms persist, please see your healthcare professional. Vitamin supplements should not replace a balanced diet. Sanofi Consumer Healthcare, Auckland, 0800 88 22 66. TAPS PP5397

**MICRO**  
genics®



# A LOT TO STOMACH:

## A look at good digestion

**D**igestion can be, quite literally, a pain. However, it's often an uncomfortable topic to talk about; a silent but common problem in western societies, as more and more people are experiencing cases of irritable bowel syndrome, ulcerative colitis, coeliac disease, diarrhea, and constipation.

Really, it's little wonder that we're now seeing a rise of products that proudly proclaim to be "easy to digest", or are labeled as dairy or gluten free. But is going without gluten or dairy actually the best way to go?

In a lot of instances, these digestive problems have been caused by an unhealthy diet. The food that many of us eat can be high in toxins and low in vitamins and minerals. What this does mean though is that often poor digestion can be remedied with some dietary changes, supplement support and a little knowledge.

### A GUT FEELING

Digesting food properly relies on having a good bacterial balance in your intestines. Good bacteria flourish when they outnumber the bad bacteria at 85% to 15%. When the gut flora balance is just right, you will be able to efficiently absorb starches, fibre and sugar. All going to plan, your digestive system will break down these small food bits into much smaller compounds, which are then absorbed into the bloodstream.

Your gut will love you if you help to give it a dose of healthy bacteria. These can be found in fruit, vegetables, and organic meats, such as wild game, wild salmon, organic eggs and poultry. You may find that fermented dairy foods like aged cheese and probiotic yoghurt work wonders too.

Probiotics are another worthwhile source of good bacteria to balance the flora in your gastrointestinal system. With a range of different options available, ask your Hardy's expert for the best probiotic for you.

## THE WONDERS OF WATER

Water is absolutely vital for aiding digestion, helping to neutralise acidity in the blood and organs. Filtered or natural spring water is thought to have a higher alkaline score. If you want to bulk up the vitamin content of your water, add some squeezed lemon to give it greater alkalinity, extra antioxidants and enzymes.

### TRY TO STAY NEUTRAL

You may remember the old pH scale from chemistry many years ago, where everything can be measured between 0 and 14 to determine whether it is acidic or alkaline. Our bodies are supposed to be either neutral (a '7' on the scale) or slightly alkaline (around '7.45') to digest what they need to, and promote overall health and wellbeing.

The human body is naturally geared towards being slightly alkaline, however the metabolic process produces acidity, doing whatever is needed to maintain the blood pH balance, including robbing acid neutralising minerals from other parts of the body that need it, like the teeth and bones. Once used, the blood will then dump the acid into other body organs to detoxify itself. An endless cycle is created, with the blood and organs each trying to rid themselves of acidity.

Sometimes the body needs a helping hand. One way to balance things is to eat more alkaline foods and less acidic foods. You might be surprised, however, to learn just which foods are which. Although something might be acidic in its natural state, that doesn't mean it will stay acidic during the digestion process. One of the most surprising examples of this is lemon. We all know that lemon is acidic, but once it begins the digestion process, it actually turns into one of the most alkaline friendly foods of all!

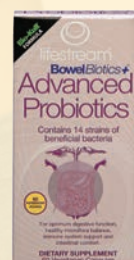
Fruit and vegetables, as a general rule, will always be alkaline. If you want to reach a healthy pH balance quickly, juice some dark leafy greens with your favourite fruit and vegetables. Stay away from devouring too much meat, bread, dairy products, sugar, grains and processed foods, which are all acidic in the body as they are digested.

### DON'T PRESSURE YOUR PANCREAS

Enzymes break down the food we eat and utilise all the nutrients that food contains, however, if we don't have enough, the pancreas is put under pressure. Maximise the number of enzymes in your body with raw, organic foods and bee pollen. In particular, look for magnesium rich foods, like dark leafy greens. Enzyme support supplements are also available. Ask a Hardy's expert in store to help you find the best kind for your body.

### THE STRESS/ DIGESTION LINK

Stress doesn't just prey on your mind, it can also prey on your body, depleting you of vitamins and minerals (including that all important magnesium), tightening your muscles, slowing down bowel movements, and inhibiting the absorption of nutrients, enzymes, and good bacteria. Be good to yourself and check your stress levels. There are a range of easy ways to ease stress, including meditation, nature walks or deep breathing techniques. A Hardy's expert can also recommend supplement support to boost a body that is battered by stress.



**Lifestream  
Advanced  
Probiotic**

**80 Capsules  
\$56.50**

**33% Extra FREE!**



**Enzymedica Digest  
Gold + Probiotic**

**45 Capsules  
\$50.40  
+ FREE Acid  
Soothe!**

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



# Ionic Colloidal Silver

*Your immune system's best friend*

*'We Test to be The Best'  
every batch is laboratory tested*



## *Skybright Premium Ionic Colloidal Silver*

Manufactured with pure laboratory grade, de-ionised water in the latest computer controlled colloidal silver generator producing the finest quality, positively charged ionic Colloidal Silver available.

### *Effectiveness*

The attributes necessary for the best quality colloidal silver:

1. **Ionic:** means colloidal silver with a positive charge. This charge holds the silver particles evenly dispersed in suspension without the need for chemical stabilisers or other additives. The positive charge in Ionic Colloidal Silver is vital, making it many times more effective than non ionic.
2. **Small particle size:** the smaller the particle size the more effective and safer it will be and maximum efficacy can be achieved at a lower level of 6-8ppm (parts per million).
3. **Ingredients:** must contain nothing but pure H<sub>2</sub>O (not tap water) and pure silver (99.9%) and must not contain any other ingredients. It should not require refrigeration.

*Skybright Premium Colloidal Silver is suitable for all the family*

*The safest, most effective colloidal silver is 'Ionic', has a small particle size, a lower ppm(6-8ppm) and contains 'No other additives'.*

Skybright Ionic Colloidal Silver is available in a range of liquids and other products for your convenience.

#### Liquids:

100ml, 125ml, 250ml and 500ml bottles with a convenient plastic measuring cup (do not use a metal spoon as it will affect the positive charge).

#### Spray:

For topical use, spray on to the affected area and keep damp for 15 minutes then apply Skybright Colloidal Silver Cream or Gel. For oral use simply spray into mouth.

#### Dropper:

For eyes and ears.

#### Nasal Spray:

To treat each nostril separately.

### *Other Skybright Products*

containing Ionic Colloidal Silver:

#### Lip Balms:

For dry chafed lips.

#### Colloidal Silver Cream and Gel:

For dry, chafed skin, insect bites and to assist the body's natural healing ability.

#### Colloidal Silver Herbal Creams:

A carefully selected range of 9 different Herbal Creams to optimize and promote the natural healing of many different conditions.

#### Colloidal Silver Shampoo and Conditioner:

For people with sensitive scalps. Contains no sodium laurel sulphate or parabens. Safe for use on baby's hair, helps support healthy hair and scalp.

#### Colloidal Silver Soaps:

Hand made with natural ingredients, gentle and mild, suitable for babies, the elderly or those with sensitive skin.



# JUST PUT RHINO ON IT



## RHINO REPAIR®

powerful natural skin healing  
for eye area, face & body

**ASK FOR  
A FREE  
SAMPLE**



[rhinorepair.co.nz](http://rhinorepair.co.nz)



# Smile

## YOUR WAY THROUGH EXAMS ✓

What terrifies teenagers more than anything else? What causes knees to knock, palms to sweat, and stomachs to turn? It's not going without Facebook, and it's not having to tidy a filthy room. No, it's exams. When it comes to exams, stress levels tend to go through the roof.

Exam time is coming up soon so hopefully, students everywhere will be hunched diligently over their books, memorising physics equations and Shakespearean quotes.

While a bit of stress is natural and normal, it's nevertheless important that they don't get too worked up. When stress really takes over, the brain goes a bit haywire and it's unlikely they'll be able to do their best. Prolonged feelings of stress can also lead to panic attacks, broken sleep, stomach upsets, and a drop in immunity, leaving them at a greater risk of catching winter ills and chills.

Watching your kids get stressed over exams can be a very helpless feeling. You don't want to see them upset, and it's not as though you can take the exams for them either. But don't worry, because there are other ways that you can help!



### Hardy's Stress Support Pack

The experts at Hardy's have put together a special pack, especially for helping in times of high stress. This pack combines three wonderful products to help your favourite student feel serene and stress free. One of the products inside this pack is Hardy's Relaxation Spray, which contains a carefully selected combination of homeopathic ingredients designed to help relieve feelings of stress and worry. Results are experienced within minutes so it's fantastic for exam time.



### Solgar L-Theanine

These amazing capsules may help your tireless student achieve a sort of inner peace which is similar to that found through meditation. Solgar L-Theanine capsules contain extracts of green tea and mushrooms that cross the blood brain barrier to support alpha brain waves. For those of you not studying biology right now, alpha brain waves are an indication of mental relaxation and alertness; the sort of clarity and calm that can be found with meditation. It's perfect for those who want to relieve symptoms of worry and stress without feeling drowsy. Pass this information along to your student, and with these stress busting tips they will be ready to stroll into the exam confidently and show off all that they know.

1, Get plenty of rest. This is a well worn piece of advice given to students, and not always welcome when there's still heaps of study to do. However, did you know that sleep can actually help them learn? If you sleep after learning something new, then the brain automatically strengthens connections between brain cells and enhances memory. How fantastically easy!

2, Get some exercise. While it's probably not a good idea for them to completely exhaust themselves, getting a bit of exercise is always good. Get them to go for a quick run, bike ride, or play their favourite sport. Exercise helps the brain feel more relaxed, and can also help if they're struggling to sleep properly.

3, Avoid coffee and energy drinks. They may find it's very tempting to down a few caffeine laden drinks if they've been up all night studying. However, they make people jittery and can disrupt the body's natural sleep patterns.

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



# THE PROBLEM *of* DRY SKIN

## Why is it dry?

Dry skin affects people of all ages, although it is more common in elderly people or those with eczema or medical conditions such as diabetes and hypothyroidism. Cooler weather also aggravates dry skin as low humidity causes more water to evaporate.

Dry skin occurs when there is a lack of moisture in the top layer of skin. Healthy skin has plentiful oils that envelop the cells; keeping the skin soft and flexible, sealing in water. When skin lacks sufficient oils, large amounts of water can escape. The surface becomes rough, inflexible and dry.

## Why treat dry skin?

Far from being a minor cosmetic nuisance, dry skin can have a profound impact on our health and should not be ignored. Dry skin is often itchy, increasing the likelihood of skin damage from scratching. It also harbours more bacteria than healthy skin, can develop deep cracks or splits and is more prone to tearing when it is knocked or stretched.

## Do moisturisers help?

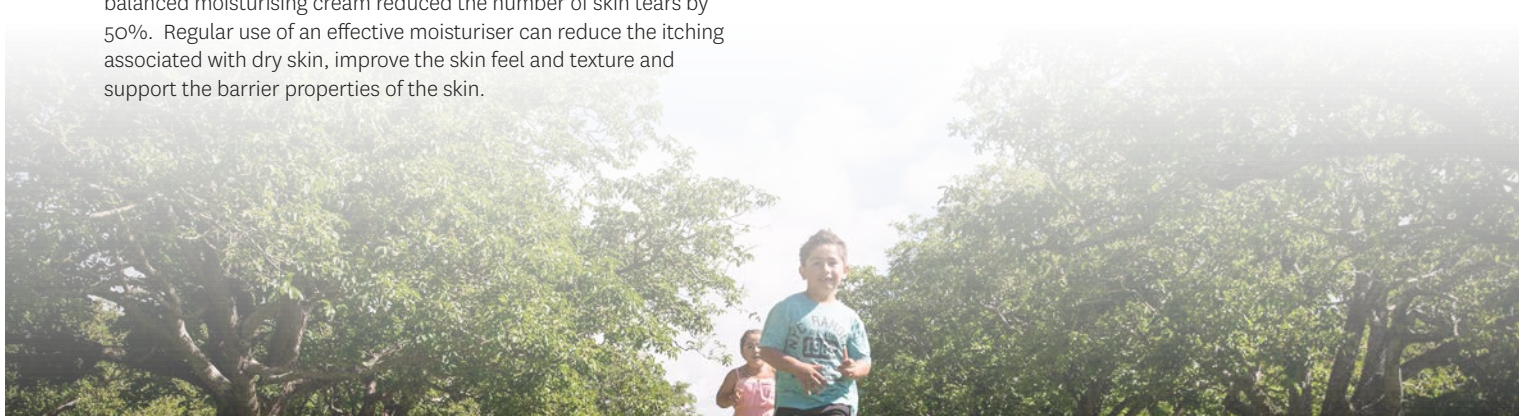
For those who are sceptical about the benefits of applying an effective moisturiser, the results of a recent trial help to convince us of their worth. A large trial conducted in Australian aged care facilities, found that twice daily application of a fragrance free, pH balanced moisturising cream reduced the number of skin tears by 50%. Regular use of an effective moisturiser can reduce the itching associated with dry skin, improve the skin feel and texture and support the barrier properties of the skin.

## Tips to combat dry skin

- Here are some simple steps to help you combat dry skin.
- Take warm not hot showers to minimise the loss of skin oils.
- Use a soap free, fragrance free wash to gently cleanse the skin. Conventional soap is very alkaline and the added fragrance and surfactants may disrupt the surface of the skin.
- Apply moisturiser straight after washing, to help retain water in the skin.
- Apply moisturiser at least twice daily, especially to the arms and legs.
- When applying your moisturiser, stroke it down your skin in the direction of the hair growth, rather than rubbing it up and down. This prevents the hair follicles from becoming clogged. Clogged hair follicles can lead to skin infection.
- Ensure you drink plenty of fluids and get your recommended intake of Omega-3s to ensure skin stays hydrated from the inside.

## Products to help

Comvita's latest Medihoney® range has been specially formulated to help nourish dry skin. The formulations are fragrance free, soap free and dermatologically tested. Enriched with medical grade honey, oat extract and nourishing plant butters, these products help to replenish dry skin for a healthier you.



## COMVITA MEDIHONEY® DRY SKIN RELIEF

- INTENSIVE SKIN HYDRATION
- FRAGRANCE FREE
- DERMATOLOGICALLY TESTED

To view the range of Medihoney® Dry Skin Relief Products visit: [comvita.com](http://comvita.com)





# The New Generation In Fish Oil

Unfortunately, the modern day diet is lacking in both fish and their beneficial omega 3 fatty acids.



It is true what they say: you are what you eat and, unfortunately, the modern day diet is lacking in both fish and their beneficial omega 3 fatty acids. Studies have shown that this has huge implications on our health and wellbeing, so supplementing the diet with quality omega 3 is essential.

The correlation between fish consumption and significant health benefits has been known for many years. Fish are an important part of a balanced diet, providing a rich source of high quality protein, vitamins and minerals, as well as being the main dietary source of omega 3 fatty acids. Decades of research have proven that a diet enriched with fatty fish can support cardiovascular function, joint health and a balanced mood, as well as contributing to general health and wellbeing.

Leading on from this evidence, the experts recommend that we eat 300grams of cold water fatty fish per week. Unfortunately, fish consumption in the average western diet tends to only be around 100grams per week.

Fish oil supplements help, however some varieties contain only part of the fish fat, mostly the omega 3 triglyceride fatty acids. Recent research has found that we also need the other form, the phospholipids, for optimum absorption. In fact, studies show that the absorption of fatty acids attached to phospholipids is better than fatty acids attached to triglycerides, meaning the utilisation into target tissues such as the heart, brain and liver, is greater. It's simple really, better absorption leads to better efficacy and, in this way, means the product can help with the maintenance of normal brain function, normal vision and healthy cardiac function.

Krill Oil has recently become a popular supplement due to its phospholipid content. Supplements are harvested under strict regulations to ensure preservation of the eco environment, so we can enjoy the health benefits, without the worries.

Another option is the new generation, Omega-PC®, a wild fish fat extract, containing omega 3 bound to both triglycerides and phospholipids. Omega-PC® is supplied with its natural

nutrient profile, meaning the fish oil is as close as possible to the natural form of omega 3 fatty acids found in wild cold water fish. Made from 100% fish, Omega-PC® has no krill oil present, while still allowing consumers to reap the benefits of phospholipids.

## Omega-PC® benefits:

1. High absorption - omega 3 fatty acids bound to phospholipids are better absorbed into the brain and heart.
2. Efficacy - phospholipid based oils have been proven to increase levels of omega 3 in the membranes of RBC more efficiently.
3. Omega PC is manufactured by a cold extraction process, preserving the natural nutrient profile found in fish and meaning the finished product is closer to nature.



## KEEP YOUR ENGINES REVVING

**GO FISH OIL 1,550mg ADVANCED OMEGA-PC™**

80 SoftGel Capsules

**\$18.40**

Just like our car engines require a good dose of oil to keep things running smoothly so do our body's - GO Fish Oil 1550mg Advanced Omega-PC™ – offers better absorption rates which leads to higher levels of Omega 3 levels in the body, which benefits heart, brain, joint function as well as overall health and wellbeing.

Always read the label. Take only as directed. If symptoms persist see your healthcare professional.



**GO COLLAGEN FOR JOINTS**

60 VegeCapsules

**\$30.40** Save \$10 Normally \$40.40

If your engine is revving then make sure your joints are charging - GO Collagen for Joints – contains the key ingredients that assist in the repair and regeneration of ligaments, tendons, joints and cartilage which helps support strong healthy joints, mobility and the freedom to stay active.



[www.gohealthy.co.nz](http://www.gohealthy.co.nz)

**GO**  
healthy  
new zealand



# TIRED MUSCLES OR STRESSED?



Ethical Nutrients Mega Magnesium contains the exclusive, highly absorbable Meta Mag® magnesium diglycinate to support healthy muscles, energy production and provide assistance during times of stress.

**ETHICAL NUTRIENTS**  
PROFESSIONAL NATURAL SUPPLEMENTS

*We can help you* [www.ethicalnutrients.co.nz](http://www.ethicalnutrients.co.nz)

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.



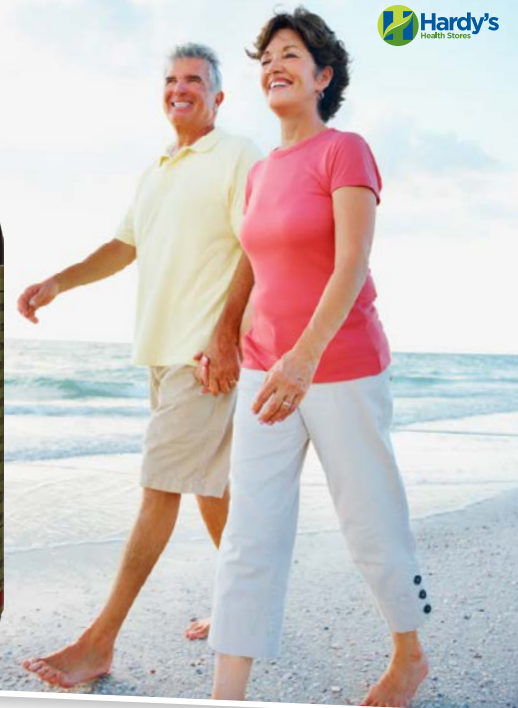
# 10 STEPS

to being happier and healthier

There are always things that need to get done, whether it's buying the groceries, picking up the kids, catching up with friends, getting up for an early meeting, clearing out your email inbox, or general household chores. It's very easy to forget about yourself and your own wellbeing when your surroundings and day to day feel chaotic.

There are lots of little things that you can do to nourish yourself, that will make a big difference to your body and spirits along the way.

See below for some of our top tips for health and happiness.



**Struggling to get your daily dose of sunshine this time of year?**

**Solgar Vitamin D - The Sunshine Vitamin**

100 Capsules

**\$22.10**

Save \$4.00

**1 Don't drown your sorrows in chocolate.** It's so very tempting to soothe away troubles and stresses with sweet treats. But the truth is that any relief or pleasant feelings you get are short lived. The cortisol released when we're stressed can lead us to comfort eat however, if you're concerned with weight management, this can undermine your efforts.

**4 Keep track of meals with a food journal.** A food journal can help you to keep track of how much you're eating. It's not meant to be a source of shame, but you may be surprised by the results! Even if you think you know approximately how much you've eaten, it's very easy to forget about that slice of birthday cake or that coffee a coworker bought you. If you record symptoms too, your diary can provide clues as to how different food makes you feel, unearthing possible intolerances, or at least arming you with some concrete data for when you next chat to a health professional.

**7 Know what's in your food.** Avoid unhealthy, processed meals wherever possible. It's easy to throw a 'ready meal' plastic container of odd looking pasta into the microwave, but there can be all sorts of chemicals in there that may not leave your body feeling any good. Cheap, healthy and quick DIY meal ideas abound, and you'll be surprised by how much better you'll feel after spending a little extra time cooking.

**2 If it's worth doing, it's worth doing differently.** This is a corruption of the old adage about doing things well, because if you do the same things over and over again your brain becomes bored and you get stuck in a routine. Do something different and new that will stimulate you, and don't worry if you're terrible at it. It's all about learning. Start those Italian classes that you've always dreamed about, even if you have no ear for languages. Or take a ballet class, even if you feel like a clumsy hippo pirouetting across the room.

**5 Be the early bird that catches the worm.** A study performed at the University of Toronto showed that 'early birds' are, on the whole, much healthier and even happier than night owls. This makes sense if you consider that many scientists believe that you get a much better quality sleep if you're in bed before midnight. So put on your pyjamas and call it a night, setting your alarm clock for a bit earlier tomorrow.

**8 Get some sunshine during lunchtime.** Sunshine is important; it's a natural mood elevator and also allows our bodies to make Vitamin D, which is vital for strong bones. If your job sees you spending about as much time in the sun as a vampire does, then consider going for a stroll outside during your lunch break.

**3 Schedule a workout routine into your diary.** Treat it seriously, like you would with any other type of appointment. Plan your day around keeping your workout 'appointment,' and don't feel guilty about taking that hour or so out for yourself. If you take the workout time seriously, then you're much more likely to follow through with it. People often fail with their exercise routines because they only have a vague sense that they'll go to the gym "tomorrow, when I'm free."

**6 Turn your office into a garden.** Well, it doesn't need to be a garden exactly, but studies published in the journal HortScience have shown that people who work in environments with plants are more productive and happy. If your office is lacking in greenery, consider adding a pot plant to your desk.

**9 Cleanliness is next to happiness.** Having a clean environment can help you to feel like life is less chaotic and cluttered. There are few things more frustrating than scouring the house for a lost item. So pretend that you're having a friend around for a visit, and do a really good spring clean.

**10 Write down a gratitude list.** One of the really neat things about the American Thanksgiving holiday is that people voice things that they are grateful for. When you appreciate all of the great things in your life, you will naturally feel more positive. Write down your own gratitude list to keep your eye on the big picture.



# PROCOL COLLAGEN

Essential Cellular-Structural Protein



Collagen is the main structural component of your skin and as we age, our bodies naturally produce less. This results in visible aging of the skin.

Procol Collagen brings you a pure hydrolysed collagen supplement to:

- ⦿ Rejuvenate and revitalise skin cells
- ⦿ Help smooth wrinkles
- ⦿ Help repair lost elasticity and provide firmness of the skin

**Hardy's Special**  
**\$59.90**  
**procollagen.co.nz**

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

## Become a Sleeping Beauty

Sleeping Beauty was clearly onto something with her years and years of beauty sleep. Sleep is one of the best things that we can do for our skin. We have all seen how botox injections can freeze the face unnaturally, and chemical peels can make the skin appear waxy. Sleep works wonders for your complexion, without the cost, needles or unfortunate side effects.

It may seem like we're not doing much during slumber, but sleep is the vital time that our skin cells undergo renewal and rejuvenation; a process which peaks in the early hours of the morning.



### Hardy's Sleep Support Pack

For a super slumber, Hardy's have carefully selected what we believe to be the very best combination of products to support sleep. We've put these together to form the fantastic new Sleep Support Pack, which not only provides great savings, but also includes a guide to a great night's sleep.

### Sweet dreams of collagen

Research has found that sleep seems to increase collagen, a protein that's vital to the health of your skin. Collagen is sometimes referred to as the 'scaffolding' of skin because it maintains the skin's firmness, and helps to seal in moisture. While abundant during youth, our collagen declines from your mid twenties (at a rate of 1.5% per year from age 25). While we used to be able to be bright eyed and bushy tailed after not much sleep, sleepless nights are likely to show on our faces more as we age.

Put simply, the word collagen derives from the Greek word for glue. It's a protein and the binding fibre that weaves throughout our body to, quite literally, hold the body together. It follows then that when there's less collagen in the skin, the skin begins that process of sagging and wrinkling we all dread.

A good night sleep is one of your best lines of defence against premature ageing, so give your skin the best chance to shine and hit the hay at a good time, with some of these beauties.



### NEW Antipodes Anti Ageing Minis

This fabulous new pack contains mini sizes of two of Antipodes' best selling products. The Avocado Pear Nourishing Night Cream has been scientifically shown to stimulate synthesis of collagen production in human cells by up to 92% and the Joyous Protein-Rich Night Replenish Serum helps rescue dry, damaged skin while you sleep. Ensure a beautiful slumber with this perfect pack. The little sizes are great for travel or make a lovely gift too.



Simply email your name and contact details with 'Beauty Sleep' in the subject line to [info@hardys.co.nz](mailto:info@hardys.co.nz) by 30 September 2014.



# NEWS & EVENTS

## Daffodil Day

One of the hallmarks of spring is the appearance of daffodils, however these ones carry a more important message for us too. The Cancer Society's flagship event, Daffodil Day, is happening this year on August 29th and remains the organisation's most important fundraising and awareness event. Show your support and bring hope to the one in three New Zealanders affected by cancer.



## Special spirulina

Lifestream Spirulina Blue packs a powerful antioxidant punch with bioavailable phycocyanin, vitamin B3, GLA and zeaxanthin, that's beneficial for anyone who is under stress, has a weakened immune system or needs some extra energy.

New in store now is Spirulina Mini Blue, smaller sized tablets that are even easier to swallow, which makes them great for kids too.

The special coating also means a more mild taste and aroma, so even the fussiest littlies won't turn their noses up!



## Froozeball Fridays

Make sure you flick to our Facebook page (<https://www.facebook.com/hardyshealthstores>) each Friday during August and September for your chance to win some fantastic Frooze Balls. These are the perfect healthy sweet treat and we've got packs to give away each week, so keep an eye out. Your tastebuds will thank you for it!



## Breathe Easy

New Zealand has one of the highest rates of asthma in the world. Asthma affects approximately 20% of the population, and is the leading cause of hospitalisation for children.

While there is no real cure for asthma, it can be kept under control. Asthma New Zealand has developed an innovative way for those with asthma to manage their symptoms. They've developed Breathe Easy, the first iPhone health app available in New Zealand that allows users to monitor asthma symptoms.

Breathe Easy is available free of charge and is a simple and convenient way to manage symptoms, monitor peak flow levels, and link you to important information and support from Asthma New Zealand. The experts at Hardy's can also help, so come and talk to us for support on how you can 'breathe easy'.



## Save our Sight

According to the New Zealand Association of Optometrists, more than 70,000 New Zealanders aged 40 years and older have glaucoma, and the World Health Organisation believes that 75% of the blindness in the world could have been prevented. Save our Sight month, happening during September, is a reminder not to take our eyes for granted. Talk to a Hardy's expert about supplements that can help to support eye health and make sure you book a regular eye examination with an optometrist (every 2 years is recommended).

Keep an eye out in our next issue for the winner of 7 days of luxury at the Golden Door Health Retreat.



Now \$39.40 Save \$10!



## Red Super Krill™ + Glucosamine

### TRIPLE BENEFIT

- 1 Supports joint comfort & mobility
- 2 Helps repair damaged cartilage
- 3 Protects against wear & tear



Always read the label and only use as directed. If symptoms persist consult your healthcare professional.

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

**goodhealth**  
NATURALLY NEW ZEALAND

## HONEYBLIS™

PROBIOTIC FOR ORAL HEALTH

new



### THROAT & ORAL HEALTH

CONTAINS BLIS K12™ PROBIOTIC AND MANUKA HONEY

Supports Ear, Nose and Throat Health  
Promotes your Immune Defenses  
Soothing Natural Lozenges with over 90% honey

WITH PROBIOTIC **BLIS K12™**  
MIN. 1 BILLION ACTIVE C.F.U WHEN PACKED

## PRO-EREX™

...FOR WOMEN

- Helps improve arousal
- Helps heighten sensation
- Helps enhance relaxation

**Hardy's Special \$37.90**  
Save \$7.00

PRO-EREX Arousal Drops use natural ingredients that are specifically formulated for Women to help revitalise the female libido.

www.proerex.co.nz

Always read the label and use as directed. People on heart medication should check with their Doctor first.




**WLEDA**  
Since 1921

FREE

Trust your intuition and mother nature  
Weleda pregnancy and breastfeeding

www.weleda.co.nz

**OFFER:** Purchase any two full size Weleda Mother Care products and receive a FREE Perineum Oil, 50ml

Buy 2 x 60s for \$59.90. Save \$14.90!

**goodhealth**  
NATURALLY NEW ZEALAND

## Garcinia Cambogia 4000 PLUS™

Weight management

Helps manage Cravings & appetite  
Healthy metabolism  
Excess fat

with **Green Tea**

Naturopathic advice line 0800 44 66 34 • www.goodhealth.co.nz

The World's best from the World's best

**waihi bush organic farm**

## Waihi Bush Organic Flax Seed Oil

"Great health from Real Food"

- ✓ Vital Omega 3
- ✓ Vegan/Vegetarian
- ✓ Gluten Free
- ✓ Organic
- ✓ Extra Virgin
- ✓ RAW

www.waibush.co.nz



## 2 FREE Meal Replacement Bars

10 Day Variety Pack **\$79.90**

+ RECEIVE x2 Meal Replacement Bars FREE

Contains:

- Burns fat
- Supports appetite
- Great tasting
- Convenient

Offer valid until 31 August 2014 or while stocks last. Not valid with any other offer.



## Value Pack

Contains:

- 7 Day Variety Pack
- 2 Breakfast Bars
- 2 Meal Replacement Bars
- 5 Snack Bars

**SAVE \$26.70**  
**\$79.90**

Offer valid until 30 September 2014 or while stocks last. Not valid with any other offer.



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



# Store Locations

## NORTH ISLAND

### NORTHLAND

<b>Kerikeri</b>	69 Kerikeri Rd, (09) 401 7126
<b>Whangarei</b>	The Strand Arcade, 23-25 Vine Street (09) 438 3188

### AUCKLAND

<b>Whangaparaoa</b>	The Plaza, Whangaparaoa Rd, (09) 424 3882
<b>Glenfield</b>	Westfield, cnr Glenfield & Downing Sts, (09) 443 1896
<b>Downtown</b>	Shopping Centre, Customs St West, (09) 377 3756
<b>Newmarket</b>	Westfield, 277 Shopping Centre, Broadway, (09) 529 1364
<b>LynnMall</b>	Great North Road, New Lynn, (09) 827 6700
<b>St Lukes</b>	St Lukes Westfield Mall, 80 St Lukes Rd, Mt Albert (09) 846 4477
<b>Sylvia Park</b>	Sylvia Park Mall, 286 Mt Wellington Highway, (09) 573 0310
<b>Manukau</b>	Westfield, Cnr Gt South & Wiri Station Rds, Manukau (09) 262 1827
<b>Pakuranga</b>	Plaza, Aylesbury St, Pakuranga (09) 576 5843

### HAMILTON

<b>The Base</b>	The Base, Maahanga Drive, (07) 847 0340
<b>Chartwell</b>	Westfield, Cnr Comries & Hukanui Rds, (07) 854 8342
<b>Centre Place</b>	Centre Place, 501 Victoria St, (07) 839 2522

### BAY OF PLENTY

<b>Bayfair</b>	Shopping Centre, Cnr Maunganui & Girven Roads, (07) 574 3430
<b>Papamoa</b>	Fashion Island, 42 Gravatt Rd, Papamoa, (07) 574 2160

### TAUPO

<b>Taupo</b>	37 Horomatangi Street, (07) 378 9057
--------------	--------------------------------------

### TARANAKI

<b>New Plymouth</b>	Centre City Shopping Centre, 11 Gill St (06) 759 4342
---------------------	---

### PALMERSTON NORTH

<b>Palmerston North</b>	The Plaza, Church St, (06) 356 7860
<b>Feilding</b>	102 Ferguson St, (06) 323 8301

### WELLINGTON

<b>Lambton Square</b>	180 Lambton Quay, (04) 472 6969
<b>Coastlands</b>	Coastlands Shopping Town, Paraparaumu, (04) 296 1227
<b>Queensgate</b>	Westfield, Queens Dr, Lower Hutt, (04) 586 2098

## SOUTH ISLAND

### NELSON

<b>Richmond</b>	Richmond Mall, 216 Queen St, (03) 544 5769
-----------------	--

### CHRISTCHURCH

<b>Northlands</b>	Northlands Mall, Main North Road, Papanui, (03) 354 1630
-------------------	--



FIND US ON FACEBOOK!  
[facebook.com/hardyshealthstores](https://www.facebook.com/hardyshealthstores)



Talk to the experts - Call us today on 0800 HARDYS (427 397)

[www.hardys.co.nz](http://www.hardys.co.nz)



# BOOST YOUR FRUIT & VEG!



## COMPLETE NUTRITIONAL SUPPORT IN ONE EASY DAILY SERVE



Environmental toxins, reduced nutrients in the soil, a less-than-perfect diet, a high-stress lifestyle, or illness, may mean your body needs more help to function at its best.

Good Green Stuff helps fill the nutritional gaps in your diet – to keep the spring in your step!

- ✓ 75 carefully balanced, nutrient-rich ingredients
- ✓ Greens, fruits, veggies and berries
- ✓ Fortified with 24 vitamins and minerals
- ✓ Prebiotics, probiotics and enzymes for digestive health
- ✓ Traditional herbs to sharpen the mind and help with stress
- ✓ Antioxidants and immune support
- ✓ A delicious blend of natural flavours – it tastes great!

**THE FEEL GOOD SUPERFOOD**  
**GLUTEN FREE • DAIRY FREE • SOY FREE • GMO • VEGAN**  
In powder form for easy mixing and digestibility