

October / November 2014

My Hardy's

Celeb Chef Michael Van de Elzen

Shares his tips for the
perfect summer picnic

Simple care for Summer skin

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in no time!

Makaia Carr

Shaping up for summer!



Healthy and Happy!



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Contents

Makaia Carr is the founder and director of Motivate Me NZ, a membership community for like minded women who are looking for support, encouragement and advice during their journey towards a healthier, fitter, stronger and more positive lifestyle.



Turn to page 6 to read the full interview with Makaia!

Welcome!

Well, spring has officially sprung and we couldn't be happier! We've got the picnic hamper packed, with our best rug ready and we're already dreaming of the perfect picnic patch. In bringing you this issue, we caught up with celebrity chef and man behind the new cookbook 'Fast', Michael Van de Elzen for his top tips and favourite recipe to take picnicking!

Knowing that we were going to be shedding the winter layers, and needing some motivation to shape up for summer, we turned to Makaia Carr from Motivate Me NZ. She shared with us her top tips and an insight into her daily routine, which certainly inspired us to get going. We're sloughing off more than just the clothing layers, but dull skin as well, as we get ready to glow this summer and you can bet we're going the safe road of fake tan and loading our beach bag with our favourite SPF by Oasis.

As the weather warms up, we've been working on upping our water intake, so check out Healthful Hints for five ways to get more excited about drinking water. The infused waters are a hit around the office, with the cucumber and citrus currently leading as our fave flavour. We're now trying to best each other on daily water intake using an app, called Water Your Body, that tracks how much we're drinking!

Until next time, stay healthy and happy.



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HEALTHFUL *Hints*



October is commonly a blur of pink as the nation gets behind Breast Cancer Awareness Month, with ribbons, merchandise, events and fundraising activities. Each year 2600 New Zealand women are diagnosed and although many cases are treatable, we are still seeing more than 650 New Zealand women die annually from breast cancer.

Do the best *for your breasts*

We know that early detection is key to a better outcome so The New Zealand Breast Cancer Foundation's advice is to know your breasts and what is normal for you, in terms of look and feel. When it comes to checking your breasts, you can do this in front of the mirror or even in the shower. Simply put some soap on the fingertips of your three middle fingers and glide over, under and to the side of each breast, noting whether you feel anything different to usual. The way you check your breasts isn't so important, as long as you do, and you are mindful of your entire breast tissue, from just below your collarbone to under your breast, and from the middle of your chest to your ribs at each side.

Here we've compiled our favourite five ways with water.

As the weather heats up it's even more important than ever to be keeping up your water intake. Our body relies on water to survive, maintain its temperature, lubricate joints, remove waste and transport oxygen around our bodies. We need a minimum of eight glasses a day but, for some, plain old water can just seem so boring...

1 Give us a squeeze. If it's hard to get that much plain old water in each day, try a squeeze of lemon juice for flavour. It's a great way to boost your vitamin C intake and it

improves digestion, balancing the pH levels in your body.

2 Beautiful bubbles. If you like things fizzy, try carbonating your water. There are plenty of home carbonation machines available and many even have options around just how fizzy you like things to be. If you're adding a flavour concentrate to your water, just be mindful around the sugar content in these.

3 Chill out man! Herbal teas are a healthy way to hydrate, but so much more appealing during the colder months. Our solution for summer is simply to make and chill. Whether you like fruit teas, mint teas, lemon teas or green, make an extra strong batch in your favourite bottle or jug and then refrigerate and enjoy at leisure.

4 Enthused about infused. It's easy to make your own flavoured water, avoiding any weird ingredients, food colouring or added sugar that commercial brands have.

Experiment with your favourite fruits and flavours, in varying quantities depending on how strong you want the taste. Just add your ingredients to a pitcher, fill with water and leave it for 8 hours in the fridge, then enjoy. Some of our favourite combinations include citrus and cucumber; watermelon and mint; strawberry, lemon and basil or blueberry and lavender.

5 Change up your cubes. Drop a grape or couple of berries in your ice cube trays and freeze for a fun spin on plain old ice and a way to liven up all those glasses of water you'll be drinking.



Diabetes Awareness Week



This year from 11 to 17 November is Diabetes Awareness Week, a time to reexamine our food choices and spare a thought for the 225,000 New Zealanders for which diabetes dictates their diet, wellbeing, routine and daily lives. Diabetes is diagnosed when a person has extremely heightened levels of glucose (sugar) in the blood as a result of the body not creating enough insulin to keep blood glucose levels in the normal range. We all need some glucose in the blood, but too much can damage the body over time.

While Type 1 diabetes is a condition that a person is born with, the more common Type 2 can develop at any age or stage throughout someone's life. Diabetes New Zealand share the message that, for many people, it can be prevented by a healthy lifestyle that includes making good food choices and staying active.

What to do?

- **Ditch the spare tyre.** If you are carrying extra weight, your risk of diabetes may be higher than you think. A Harvard School of Public Health study asserted that being overweight increases your chances of developing type 2 diabetes seven fold. If your weight is above the healthy range (a BMI of 18.5 to 24.9), this study believes that losing 7% to 10% of your current weight could cut your chances of developing type 2 diabetes in half.
- **Get moving.** Working your muscles more often improves their ability to use insulin and absorb glucose, reducing the stress on your insulin making cells
- **Feasting fixes.** Opt for whole grains over highly processed carbohydrates, limit red meat in favour of poultry or fish and keep an eye on your sugar intake.

A natural lip

Ruby red, classy coral or pale pink? Whatever your colour choice, it is rumoured that many women swallow up to two kilograms of lipstick over their lifetime. If you're like us and feel naked stepping out without a splash of colour on your lips, this need not be cause to fret, just check what's in your tube first. Our advice is to opt for natural and organic lipstick, where possible. Mineral based options are petrochemical free, or opt for ones made with natural and biodegradable oils like avocado, olive or castor; they'll have the added bonus of moisturising properties too!

Bits best to avoid:

- **Parabens.** Commonly used as a preservative, parabens are usually synthetically created and can have many side effects.
- **Coal tar.** As if the name isn't gross enough, coal tar can cause a range of allergic symptoms as it is commonly used in the colouring process.
- **Lead.** Although most manufacturers don't directly add this poisonous metal as an ingredient, many colourants contain lead. A neurotoxin that affects the nerve system, upsets hormones and can damage the brain, lead is best kept far away from the skin and bloodstream.
- **Petroleum based products.** Otherwise known as petrochemicals, these are standard fare in the majority of lipstick. Petroleum jelly may seem benign, but as a by product of the oil industry, it's not the ideal thing to be tasting!

During the month of November, purchase any Antipodes or Living Nature lipstick, either in store or online, and receive another one free.



FREEDOM TO MOVE INTO SUMMER

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If symptoms persist see your healthcare professional.

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Shaping up for summer

WITH **Makaia** FROM MOTIVATE ME NZ

What are you most looking forward to this summer?

Being outdoors more, the sun, swimming and getting out and about and doing more active activities that the whole family can take part in. I also can't wait for the BBQs, salads and fresh seafood.

What are your top tips for getting and staying in shape?

Build a healthy baseline with food and eating and know what your "go to" approach is. Mine is clean eating; whenever I feel out of sorts or need to refocus, I revert back to basics with my Kiwi Clean Eating plan. I don't diet. Instead, this is my lifestyle and what I fall back on when the balance of healthy eating and living life gets out of whack.

Regular physical activity is also key. You don't have to kill yourself at the gym 5 or 6 days a week either. Just three days of varied exercises is more than enough to maintain a healthy body, along with sensible clean eating.

What would you say are your main 'must haves' for a healthy and happy life?

Surrounding yourself with good people is a must. Don't be afraid to move away from negativity; make a choice on what you let your mind absorb and choose to think and do great things. Believing in yourself is important, as is remembering that results aren't achieved overnight. It's about trusting the process and visualising yourself being happy and healthy, so much so that your body starts becoming that.

For me also, my other needed ingredients are good sleep and fresh fruit and veges. I get in lots of the superfoods and good amounts of protein and can't live without coconut water, almond milk, bananas, avocado, salmon, vogels toast and peanut butter,

What items will we find in your beach bag?

Sunglasses, lip balm, book, phone, water bottle, bluetooth speaker for music and snacks like fruit, nuts, Amazeballs, Pork Crack or Biltong.



What does your daily or weekly routine around health and wellness consist of? And how does this change in summer specifically?

My morning fix of inspiration and motivation from the MMNZ team of members gets me up and going to morning training twice a week at 6am. I always have a big yummy breakfast containing carbs, fats, protein and spend time with my daughter, getting her to school. I strive to think positively all day, looking for the best in people, smiling and laughing when I can and always aiming to be productive.

"Surrounding yourself with good people is a must. Don't be afraid to move away from negativity"

I plan, either on paper or in my head, what I will eat for the day and stick to that as much as I can. I find the satisfaction of that is very rewarding. After my evening routine of dinner and either playing sports myself or taking kids to activities, I wind down with daily posts on my MMNZ page and in my members group, catch up on emails and then head off to bed. I use night serum on my skin and relax with either lavender oil rubbed into the soles of my feet, or serenity oil rubbed on my neck. From there I sleep like a log.

"Also, don't just wait for summer build a lifestyle that you want to maintain all year round!"

What are your favourite summer indulgences?

Group BBQs with friends. Lots of them happen and everyone brings yummy food and I just want to try it all! Self control is necessary, but that goes out the window, especially when there is wine involved, so I always try and attend those sorts of things with something in my tummy

already (like a protein smoothie). I also drink plenty of water leading up to the dinner and I know during the week that it's coming, so I make sure my clean eating is sitting around 90% so I can relax and have a bit of fun on that evening. I make sure I don't write off the whole weekend either, starting on the good things again the next morning.



Any last words of wisdom?

Beauty comes from the inside and feeling confident comes from looking after yourself. Nourish your body with good foods and give it exercise to keep it strong. You will then start feeling and seeing the benefits of looking after yourself, your head will be held high, your shoulders will be back, and a sparkle will appear in your eye! This is beauty!

You are *Be You Tiful!*

Believe Belong Become

Makaia Carr is the founder and director of Motivate Me NZ, a membership community for like minded women who are looking for support, encouragement and advice during their journey towards a healthier, fitter, stronger and more positive lifestyle. Makaia is the embodiment of a gorgeous, healthy and dedicated Kiwi women. She is based in Auckland, where she lives with her husband and two children. Motivate Me NZ has just celebrated its second birthday in September.

<http://motivatemenz.co.nz/>

<https://www.facebook.com/MotivateMeNZ>

What are your favourite ways to stay active without hitting the gym specifically?

Walking, playing netball or basketball, or mucking around with the kids at family bootcamps or training sessions.

What's your best tip for getting bikini ready?

Know what foods make you bloat and stay away from them. For me, it's white rice, pasta and bread and too much dairy. I feel best in my bikini when I know I have done significant weight training. I love to push and lift weights and have found my body responds well to that.

Olive Leaf in action

SUPPORTING HEALTHY blood sugar levels

Your body is an amazing, complex system, beautifully designed to live in connection with nature, using the foods that we eat for fuel. The cells in our bodies all use glucose, a simple sugar, for the energy we need to live our daily lives. Your body produces insulin to help naturally regulate that balance.

Insulin is best described as the key to the gate through which glucose flows as it moves from our blood into tissues. Insulin unlocks cell walls to let glucose flow in, providing the energy we need.

But, if your body's balance is upset you may need some support to maintain healthy balanced blood glucose levels.

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Meet the *Experts*

Our Hardy's experts share their top tips for a healthy and happy summer

Diana Burgess



What are your top tips for caring for our skin as we head into summer?

To protect your skin over summer don't be afraid of eating plenty of good fats found in foods like nuts, seeds, linseeds, avocados etc. I also personally take a couple of skin supplements. One is a blend of EFA oils and the other is a collagen based product recommended for skin health.

My other tips:

Avoid tanning beds and excessive sunbathing. If you do spend lots of time out in the sun, take astaxanthin. Remember a little bit of sun is good for increasing vitamin D levels. Enjoy a green smoothie for breakfast, as this is a good place to add your good fats.

What is your best lifestyle advice for people wanting to shape up for summer?

Track your diet for approximately 3 to 5 days, then take to it with coloured pencils, circling all the different colours of the food. It's really important to see all the colours of the rainbow on your chart. Sorry, but blue jelly beans don't count as a blue food either! By doing this you can see quite simply and clearly any deficiencies you may have. If you hate greens or have no blue on your food tracker, I strongly recommend adding spirulina or a Good Green Stuff formulation to a daily smoothie.

Remember your stomach is only about the size of your fist. If you are only looking to shift a couple of kilos, then replacing one or two meals with a protein shake is a great way to get back in shape.

James Styler



What effect do the seasons have on our health and wellness?

It's definitely something that has an effect on people, some more than others. The temperatures during spring and summer obviously encourage people to get outside and make the most of the day. Also the warmer weather reduces the desire for calories, and appetite in general. Coming in to spring, this is the perfect time for people to think about getting into shape and becoming healthier because fruits, salads and vegetables are varied and plentiful.

Much has been said about protein for helping us to shape up, can you explain its benefits and how we should approach it?

Protein is made up of amino acids, which are the building blocks of muscle and body tissue in general. Simply by raising your protein intake, you can increase your Basal Metabolic Rate, which means that you'll burn more calories than you normally would.

Protein is the perfect choice and a protein powder such as the NuZest Clean Lean Protein contains all nine amino acids in a high quality and great tasting, non dairy protein powder.

What are your top tips for shaping up for summer?

- Eat naturally and reduce or eliminate sugars and processed foods.
- Check out where your local farmers markets are held each weekend. If there's one close by, make yourself walk to it and then stock up on fresh foods.

Tatiana Raevskaia



What do you believe to be the cornerstones of a healthy summer diet?

It's very important to eat lots of raw fruits and veggies in a variety of colours to get a great combination of nutrients and antioxidants. Blueberries, strawberries, tomatoes, and cucumber are all good. I also like to grow my own herbs in summer; it is easy and the herbs grow so fast that you can use plenty in your salads every day.

It's also very important to stay hydrated during summer. Good hydration supports healthy digestion, toxin elimination and is great as an anti ageing tool for keeping skin moist and plump.

What are your 'must have' products with a view to shaping up for summer?

Artemis Liver Detox tea, which is medicinal grade tea that helps cleanse the liver of toxins, environmental pollutants and hormonal build up. It's perfect for boosting energy levels, improving general wellbeing and supporting the results of any weight management programme.

I also get fantastic feedback from my customers about Good Health Garcinia Cambogia 4000 plus with green tea. They say how helpful it is in helping manage appetite, and how well it works on helping manage the waistline. In my opinion, it's a safe product for most people to take that encourages the body to use fat as an energy source and boosts the 'feel good' hormone serotonin. The addition of green tea is helpful to increase energy levels and boost metabolism.

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working up a SWEAT!

Lace up your running shoes, it's time to get back to the gym. Perhaps you've already got a fitness goal in mind this season, or maybe you simply want to get in shape for summer. Whatever your personal motivations are, the arrival of warmer weather makes for the perfect time to get up and get going.

Push yourself to try a new activity, or sign up for one of the many running events that are happening around the country. It doesn't matter if your level of fitness isn't there yet. In fact, if it's not, then all the better! A tough new exercise class or 5k run will give you a big challenge that you can work on (or perhaps 10k run if you're already feeling confident). It's time to dream big and train hard.

Increase your endurance

You may be wondering, what now? How do I actually achieve my goal, and get from where I am now, to where I want to be? Ultimately the key will be to increase your fitness endurance.

We've asked Gregg Walden, personal trainer at The Jungle Gym, for his tips to increase endurance and work out more efficiently.

1. Mix cardio with strength training. When you think of endurance, the first thing to pop into your head was probably long distance running. Cardio is fine and will, without doubt, help you to increase your endurance, but you'll see much better results sooner if you mix up a cardio workout with strength training.
2. Don't wear lots of layers. Starting out at the gym, many people feel self conscious about their weight, and as a result they'll tend to wear long layers of clothes. "Keeping a lot of clothing on isn't so good for you," says Gregg. "Sweat is the body's way of cooling itself

down, but if it's trapped under a lot of clothes, then that's very hard to do."

3. Start out slow. If you haven't worked out in a long while, then you can't expect to run a marathon! It's important to start out slowly, and work to your own fitness level. Gregg suggests that you "walk to begin with, and then jog. When you can walk a long way comfortably, then try jogging. After that you can alternate walking and jogging between landmarks, like lampposts."
4. When things get easy, switch them up. It's essential to change your workout routine frequently, so that you never feel like things are too easy. One month ago you might have felt like 20 minutes on the treadmill was horrendously difficult, and that currently it's fine. Once you get up to that point, you're ready to move onto the next step.

If you sweat you need more than just water

Nausea, fatigue, headaches and cramping are uncomfortable signs of dehydration. The common adage is that if you are dehydrated, you just need to increase your water intake. This may be true if you are sitting in an office downing cups of coffee to reach a deadline, but what about if you are working up a sweat in a Bikram yoga class or training for a half marathon? Cue electrolytes.

Electrolytes are minerals with charged ions that control water distribution within the body. They are also responsible for regulation of blood pH and are critical for cellular metabolism and muscle function. Sodium, magnesium and potassium are the most important electrolytes for rehydration, energy production and muscle repair.

When you exercise, you lose electrolytes in sweat, particularly sodium and potassium. Sodium and potassium work together to maintain fluid balance in cells, blood plasma and extracellular fluid and are also important in nerve signalling. When you sweat you lose these valuable electrolytes, especially sodium which is why it is important to rehydrate with more than just water when you sweat.

Magnesium is a key regulator of electrolytes and its function is vital in the prevention of muscle cramps and spasms. One of the reasons for this is that magnesium works with calcium in muscle cells, to control muscle relaxation and contraction respectively. Magnesium deficiency is very common and exercise increases magnesium loss. Research has shown that magnesium deficiency may reduce physical performance, exercise capacity and contribute to muscle cramps and weakness.

Whether you are training for a goal, or training to be healthy you still want to be able to push your body when required. After just one hour of exercise, endurance athletes commonly experience dehydration levels leading to reduced performance. A loss of 2% - 7% of body mass (through sweat) is common in longer events and consistently reduces exercise performance across all areas of endurance. Declines in performance are linked to higher core temperature, heart rate and ratings of perceived exertion. Even moderate dehydration due to heat exposure or exercise has been shown to decrease alertness, concentration and performance as well as increase fatigue, tiredness and headaches.

So whether you are a hard-core athlete or an everyday fitness enthusiast it is important to remain hydrated with not only water, but also sufficient levels of magnesium, sodium and potassium. Choosing a rehydration formula that features a comprehensive electrolyte profile, not just sodium and sugar, will assist you in achieving your goals and help your performance and recovery.



Endura Rehydration Low Carb Fuel replaces essential electrolytes lost during exercise and is a great choice for calorie conscious exercisers

¹Bohl, C. H., & Volpe, S. L. (2002). Magnesium and exercise. *Critical Reviews in Food Science and Nutrition*, 42(6), 533-63. Retrieved from <http://search.proquest.com.ezproxy.une.edu.au/docview/199128450?accountid=17227>

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⁴Ritz, P & Berrut, G. (2005). The Importance of Good Hydration for Day-to-Day Health. *Nutrition Reviews*, Jun 2005;63:6. Academic Research Library pg. S6.

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Feeling low on energy is a common complaint. Some people try to build themselves up by grabbing a morning coffee. Others simply go into work feeling drowsy, and chalk it up to being busy and not getting enough sleep.



Stress less and breathe deeply

Unsurprisingly, stress has an effect on our energy levels. You may think that when you're under pressure, you function well, however that's adrenaline and your sympathetic nervous system sending you into 'fight or flight' mode. If you're not spending enough time in the opposite 'rest and digest' mode, your energy levels can become sadly depleted.

Breathing has a significant impact on how your nervous system operates. When we are breathing quickly, as we do when stressed, the sympathetic nervous system comes into play. Productivity drops and your heart rate soars, leaving you feeling even more zapped at the end of what has felt like a very stressful day. Deep, calming breaths will inspire a calmer state that allows for sustained energy.

In fact, deep breathing can help you regulate the flow of oxygen to the blood, which can make you feel more alert and energised overall. Try this simple breathing exercise.

- Inhale to the count of two
- Exhale to the count of two
- Inhale to the count of two
- Exhale to the count of three
- Inhale to the count of two
- Exhale to the count of four
- Inhale to the count of two
- Exhale to the count of five

Repeat this exercise several times, and then return to normal breathing.

Springing into spring

The seasons can have a say in how we feel. It's possible that, as we enter spring, you may already start to feel a bit more sprightly, energetic and happy. The days are getting longer and the sun is reappearing, which helps because, when we get more sun, a change happens in our bodies. Our body clock is a very real thing, which has to do with circadian rhythms.

At the end of the day, when the light fades, our bodies produce melatonin, which helps us to ready ourselves for sleep. When the sun comes up in the morning, we get a surge of serotonin, which supports our moods and energy levels. Our modern lives and the advent of electricity mean that we are nowhere near as in tune with nature's timings as we once were.

Think about how great you feel when you go camping and sleep and wake with the light. Getting closer to this can help you increase your energy levels. If you don't want to embrace a caveman schedule, Lambert, Reid and Kaye, researchers looking at the effect of sunlight on serotonin turnover in the brain, suggest just 30 minutes of outside light each day can help with energy levels and mood.

Watch portion sizes

When you are feeling low in energy, your body responds by urging you to overeat. It makes sense that if we're lacking energy, we would feel like refueling by consuming more energy. A study published in the American Journal of Clinical Nutrition found that reduced sleep tricked the brain into responding more actively to food. Scans showed that when food was introduced, the parts of the brain responsible for rewards tended to light up more.

When your body is tired, the cells believe that they need more energy, and will eat and eat until they feel energised. Of course, in the modern world, where high calorie food is readily available, this can quickly lead to weight gain.

Avoid drinking your energy

Caffeine in the afternoon or evening may seem like a nice treat for a weary mind, but it's likely to disrupt your sleep cycle and make you feel less energetic the next day. You may not think that a 3pm coffee will hurt, but any amount of caffeine in the afternoon can affect your quality of sleep.

Supplement support: Hardy's Energy Support Pack

NEW!
In Store 17th
October



If you feel like your batteries are running low, supplements can help. The expert Hardy's team have carefully selected a trio of products, in optimum dosages, and combined them into the 'Energy Support Pack'.

Solgar VM2000: Solgar VM2000 is a potent multivitamin. Not only will it help to increase your energy levels with high doses of B vitamins, but your immune health and liver function may also be improved by the other nutrients.

Lifestream Spirulina Mini Blue: Spirulina has been described as the 'perfect food'. It contains natural proteins, plant pigments, vitamins, and minerals that can help to reduce stress, boost energy, and increase immune protection.

MICROgenics Siberian Ginseng 3000: Siberian ginseng is an adaptogen that helps support mental and physical capacities whilst maintaining energy levels. Adaptogens are compounds that increase the body's ability to adapt to environmental factors and stressors, reducing damage to the body that is caused from stress.

Hardy's Energy Support Pack also includes Hardy's Guide to Feeling Energised and a voucher off your next purchase of Solgar VM2000.

To find out more about our Energy Support Pack, see the experts in store at Hardy's.

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Promotion valid until November 30th 2014

BEST BITS FOR Mums & Bubs

Pregnancy and the first stages of parenthood are magical times, whether you're a first time mum or onto your fourth. You're playing a leading role in the miracle of life and nothing could be more precious than that. As a new or expectant Mum, you'll naturally want the best start for your baby, so we've put together some of our best advice for Mums and bubs.

Best for baby

With a new baby you will likely be inundated by well intentioned advice, but trust yourself and, remember all babies are different, so be sensitive to how your baby responds. If in doubt, talk to one of the Hardy's experts in store, but here are some of our favourites for happy, healthy babies (and sane Mums!)

Dose up on DHA

Your baby's brain will increase approximately 3.5 times in mass before the age of five, meaning their requirements for DHA are greater than ever. A lack of DHA has been linked to slower learning, aggressiveness, sleep problems and, in some cases, dyslexia. It's hard to get enough through diet alone, so Nordic Naturals have created Baby's DHA, with a measured dropper that make it easy to add to food or formula for the optimum development of baby's brain, eyes, nervous system and immunity.



60ml \$34.50

Prenatal nutrients

During pregnancy and while breastfeeding, a woman's nutritional requirements increase dramatically. You may feel as though you are eating the equivalent of a small house daily, but it can still be difficult to obtain everything you need. A specially formulated multivitamin, like Solgar Prenatal Nutrients, can help you ensure your body gets all the essential nutrients. Look for one with folic acid, zinc and iron, as well as calcium and magnesium to support healthy blood pressure. Spirulina can also be a good source of iron and can help if energy levels are low.

Essential nutrients for healthy foetal development

Solgar Prenatal Nutrients + Solgar Folic Acid (Free)

Ideal before, during and after pregnancy Supports health of both mother and baby

\$42.30 + FREE Folic Acid





Did you know?

According to Statistics New Zealand, the most babies are born in a 13 day window between the 22nd September and 4th October in New Zealand. 28 September is the most common birthday of all.

Avoiding allergies

With asthma affecting one in four children, New Zealand has one of the highest incidences in the world. Skin irritation and allergies are also becoming more common. Studies have found that Ethical Nutrients Eczema Shield can support skin health and respiratory health in children if taken during the last trimester of pregnancy.

Care for your skin

It's not only important to consider what's happening inside your body, but also what you're putting on it. Absolute Essentials' Maternity Stretchmark Oil is an organic blend of avocado, almond, lavender, evening primrose and other luxurious oils that can reduce stretch marks and support the skin's natural elasticity. It's a great choice for a pregnancy massage, or try some coconut oil, which is rich in lauric acid and vitamin E.

Tone down teething

There can be nothing more distressing than a baby that is teething. It's an important milestone for your child to get their first teeth but can be accompanied by grizzling and pain that can upset their usual sleeping or eating. Cold foods, like apple puree straight from the fridge, or chilled breast milk or formula, can help to numb the mouth and bring some relief, or a teething ring can help to ease the pain. Gently massaging your baby's gums can help, and a special gel or powder like Weleda Baby Teething Powder, can calm swollen red gums and lessen pain.



Coping with colic

Babies cry when they are hungry, wet or tired, but a baby with colic cries excessively. Although this uncontrollable crying, caused by abdominal pain, isn't a disease, nor will it cause your baby any long term harm, it can be a tough thing to go through, for both baby and Mum. Weleda Baby Colic Powder can help to relieve the discomfort of colic, as can Radiance Pro-B Baby Drops, which support digestive comfort, gut development and a healthy immune system. These can be particularly beneficial for caesarean born and formula feeding babies. You could also try filling a hot water bottle with warm water and lying baby on that, or try a gentle massage of baby's tummy.

SPRING FLING: it's time for a picnic!

As the days get longer (and warmer!) it's the perfect time to pack a picnic and enjoy New Zealand's great outdoors. Whether you head to a local park or for a day time bush walk to find the perfect picnic patch, or head to the beach in the dying light of the evening, gather your favourite people and your favourite foods and get out there.

Fancy a feast

A picnic is a moveable feast, which has its incredible features, but does require some planning and preparation. Away from your microwave, oven or stovetop, you want to opt for things that are pretty much ready to eat, travel well and can keep for some time outside of the fridge (although a chilly bin can help here.)

Consider pre making a vegetable quiche or bacon and egg pie that you can keep chilled until you're ready to eat. Just add a homemade coleslaw or quinoa salad and you've got a filling, healthy lunch or a light dinner. Alternatively, pick up some fresh wholegrain bread and pack assorted protein packed toppings, like pate, a nice cheese, homemade hummus or guacamole. If you want the dips as a simple snack, chop up some vegetable sticks or make your own pita crisps for dipping. Chopped fruit is always an easy picnic winner. Go for watermelon, handfuls of grapes and fresh berries as they come into season.

We caught up with celebrity chef and restaurateur, Michael Van de Elzen, for his top tips and fave recipe for picnicking.

- Make sure you take time to make a delicious, healthy picnic. If you can chop your veggies, marinate your meats and buy the cheeses on the days leading up to your outing, this will make your life easier. You'll enjoy it more and spend more time chatting and relaxing over the food.
- I always try to find a picnic spot where we can fish or go for a walk or a bike ride, or explore something interesting. Our girls (Hazel and Ivy) love an adventure.
- Always pack good chairs and a big rug; there's nothing worse than being uncomfortable or sitting on itching grass.
- If you are short on time, just find a spot locally, maybe your local park. Picnics are all about doing something different and spending time together. It doesn't matter if you are 18 months or 80, everyone loves a picnic!



Turn off from technology

There is something novel about eating in the open air. Stepping away from the television and many of life's other distractions is one of the things that makes al fresco dining so special. Use your picnic as an opportunity for some 'tech free' time. Turn off your cellphones and just enjoy the company of the people you are with. Be aware of, and enjoy, your surroundings and really listen to, and connect with, the people you are out with.

Other picnic packing essentials

- A chilly bin loaded with refreshments. That special bottle of wine, iced tea or some infused waters. Check out our Healthful Hints for some of our chosen combinations and instructions to make your own.
- Sunblock and insect repellent. Depending on what time of the day (or night) you are out, one or both of these items is bound to be an essential.
- Invest in one of the purpose made picnic mats with plastic sheeting on the underside, for all weather perching.

Onion jam

Makes 2 cups / Prep and cooking time 12 mins

- ✓ 3 red onions, finely sliced
- ✓ 1/2 cup balsamic vinegar
- ✓ 2 tbsp brown sugar
- ✓ pinch salt

Place all ingredients in a saucepan over a medium heat. Cook until thick and syrupy, stirring frequently.



Charred broccoli tart

Prep time 20 mins / Cooking time 25 minutes

- ✓ 1 head broccoli, long stalks intact, cut into florets
- ✓ 2 bunches asparagus, ends trimmed
- ✓ 2 tbsp olive oil
- ✓ pinch salt
- ✓ 2 sheets puff pastry
- ✓ 1 egg, lightly beaten
- ✓ 1/2 cup onion jam (see recipe to left)
- ✓ 100g 'washed rind' cheese
- ✓ freshly ground black pepper
- ✓ salt

1. Preheat oven to 190°C. Bring a large pot of salted water to the boil.
2. Blanch broccoli, then asparagus, and refresh in iced water to halt cooking. Drain well, then toss in olive oil and salt. Char-grill in a pan or on the barbecue until coloured.
3. Line a baking tray with baking paper. Lay 1 sheet of pastry on baking tray, brush with egg, then lay second sheet on top. Leaving a 3cm square border, score top pastry sheet without cutting into bottom sheet. Prick inside the square with a fork.
4. Spread onion jam inside the square, then layer char-grilled vegetables and dollops of washed-rind cheese over the top.
5. Brush the outside border with egg, sprinkle salt and pepper over and bake in oven for 25 minutes or until golden.



Michael Van de Elzen

Chef and restaurateur Michael Van de Elzen is perhaps best known for presenting the high rating television series *The Food Truck*, and is one of New Zealand's best-known chefs.

In 2003, Michael opened the award winning restaurant Molten, in Auckland's Mount Eden, which won both the Metro and the Cuisine Restaurant of the Year award. Similarly his Food Truck Garage restaurant opened in Auckland in May 2013 and was an instant success.

Michael's first book, *The Molten Cookbook*, won Gourmand's 2011 Best First Cookbook award. *Cuisine* magazine said: 'Chefs often don't manage to make the transition of writing for the domestic cook, so it's pleasing to see a cookbook where the recipes have been tweaked to make them as accessible as possible without losing any of their heart.'

The New Zealand Herald's *Viva* magazine called the first *Food Truck Cookbook* 'a must' which 'made us smile as much as it made our tastebuds tingle'. The Sunday Star-Times declared it 'a fun book, with quirky ideas and will provide inspiration in any Kiwi kitchen'.

Michael's next installment, *FAST* is available in all good bookstores or at www.vandeelzen.com RRP\$49.99



Need more *Oooomph* in your life?

Jenni Lane Naturopath BSc, BHSc, Adv Dip Nat, Adv Dip Med Herb

Ageing and poor lifestyle choices can lead men to feel tired, sluggish, have difficulty concentrating, gain weight and generally find life is a bit of a struggle, whether this is in the bedroom or the boardroom. The reason could be low testosterone.

Testosterone is the main male hormone produced in the testes in men. Levels rise around puberty and are responsible for the secondary male characteristics such as hair on the chin and chest; a deep voice; large, strong muscles and a mature, functioning reproductive system. The continuing function of testosterone is to maintain these features after puberty.

As men age testosterone levels decline and, if combined with poor lifestyle choices, this decline can happen sooner rather than later. Low testosterone is linked to decreased muscle mass and strength; reduced bone mass; reduced sex drive or libido; stress and worry; weight gain, especially around the abdomen, hips and breasts; low mood; poor sleep quality; mental foginess; joint stiffness and fatigue.

To maintain healthy testosterone levels, important lifestyle choices can be made. In fact, healthy ageing can be associated with a minimal loss of testosterone, and even healthy elderly men can have testosterone levels within the normal range. The biggest contributor to reduced testosterone is obesity. The main reason for this is the fact that fat cells can irreversibly convert testosterone to oestrogen. Men, like women, are a delicate balance of both oestrogen and testosterone, but excess oestrogen is not good for testosterone levels in men.

Another contributor is exposure to chemicals, especially endocrine disruptors. As the name suggests, they affect our hormones, especially hormones contributing to reproduction. The main culprits here promote oestrogen in the body, and they come in the form of pesticides, plastics, preservatives, organochlorides and PCB's. These chemicals can persist in our environment, reducing testosterone and fertility in men, as well as being linked to many other degenerative conditions.

Two other lifestyle factors linked to lower testosterone levels in men are stress and poor quality sleep. Stress hormones, especially cortisol, inhibit testosterone production, and contribute to excess weight gain and poor sleep. Importantly, it is during the REM sleep phases at night when testosterone is produced. Many prescription drugs (including those used for insomnia and depression) excess alcohol and sleep apnoea can reduce the quality of REM sleep. Poor quality REM sleep is not only linked to reduced testosterone levels but also low mood. Therefore, a healthy, well balanced lifestyle is essential to maintain healthy testosterone levels in men. So start eating healthy foods (preferably organic) especially protein and vegetables, avoid toxins and chemicals, exercise regularly and take time out to de-stress and sleep. Men....book your stay at the health retreat now!

Or try Men's Pro-Erex™ a natural way to support your testosterone levels and get you feeling good again.

Men's Pro-Erex™ is a key blend of synergistic herbs and nutrients to support men's overall health and wellbeing. Testofen® is a clinically researched extract from the fenugreek plant. Research has shown it can support healthy testosterone levels and libido in men, as well as maintain healthy muscle mass. Grapeseed extract offers antioxidant support to help protect the body from the effects of ageing and stress. Siberian ginseng targets stress, fatigue and debility to support the body's energy levels and offer antioxidant support. Selenium, zinc and vitamin D all support men's reproductive health, including support for healthy testosterone production, sperm health, fertility, prostate health and sexual function.

Need support in the bedroom, boardroom or gym? Are you feeling tired, overworked, play too hard or generally feeling out of balance or want to start a family? Try

Men's Pro-Erex™ to get more OOOOMPH into your life.

Men's Pro-Erex™ is naturopathically formulated and is backed by recent clinical research to offer you a natural solution to face the challenges of your day and night.



POWER PACKED SMOOTHIE RECIPES



Here are a few recipes to get you inspired.

Smoothies are a brilliant blend of all the healthy nutrients you need to get your body back into shape. Simply pulse together all the healthy things you love and perhaps sneak in a few things that you're not so keen on, but know are good for you. It's a great way to get these good things in without so much having to taste them... It's so true that "you are what you eat," so a power packed smoothie will help you on your way to eating well.

Why use protein powder?

Protein powder need not only be the domain of gym junkies. It's true that it works to help muscles rebuild after a tough workout, but there are other benefits to be had too. A good quality protein powder helps you keep your bones healthy and increases satiety, making your stomach feel full for longer, which can be good for those focused on weight management.

Vegetarians, in particular, can benefit from additional protein as it can be a challenge to get enough solely through diet. NuZest Clean Lean Protein is an alkaline protein powder that's not high in fat or carbohydrates. It's ethically sourced, and made from golden peas, so is loved by vegans and vegetarians.

Green Machine Smoothie



- 1 ½ cups almond milk
- 1 ½ cups packed baby spinach leaves
- 1 banana, frozen
- 1 kiwifruit, peeled and diced
- 2 tablespoons chia seeds

Directions: Combine all the ingredients in a blender, and blend until smooth.

Health benefits: Almond milk is high in vitamins and minerals, and the banana will give you an extra potassium kick. Chia seeds are an easy extra to sneak in, providing antioxidants and essential omega 3 fatty acids.

Coconut Protein Punch



- 1 cup coconut milk
- 1 cup almond milk
- 1 scoop of NuZest Clean Lean Protein Powder
- 2 teaspoons grated fresh ginger
- 1 teaspoon ground cinnamon
- 2 tablespoons coconut oil
- Honey, to taste (optional)

Directions: Combine all the ingredients in a blender, and blend until smooth.

Health benefits: Almond and coconut milk are both highly valued for their massive range of vitamins and minerals, while the protein powder helps support muscle and bone health and makes you feel fuller for longer.

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Feeling 'sharp as a tack'?



Did you know that from the age of 40 onwards, our brains start to show signs of ageing? You might notice that you are not quite as sharp as you used to be, or you're not so quick to pick up new information, especially things that come easily to those of the younger generation, like new technologies or processes.

compounded by the fact that, as we age, our bodies also need more of this essential ingredient to support brain health and nerve cell communication.

Cow's brains, soy lecithin and lamb's kidneys are the best food sources of PS. But if offal isn't really your thing, then don't fret because there are other products coming to the fore now that can help. Good Health have come to the rescue with Mind Sharp, a unique product designed to support mental sharpness, keeping focused, and remaining mentally alert. Combining PS with a high DHA fish

We may once, even recently, have believed that a decline in physical and mental capacities was normal and unavoidable as we age. However, advances in scientific research have occurred alongside an increasing demand for products and treatments

From the age of 40 onwards, our brains start to show signs of ageing

that slow the ageing process, both inside and out, as we also aim to preserve a youthful appearance.

It wasn't until the last couple of decades that the management of normal, age related changes have become a real object of medical research for the first time. Since then there have been numerous developments, including more knowledge about phosphatidylserine, or PS.

It is believed that PS, a key component of cell membranes, may be at least in part to blame for our minds not feeling as sharp as when we were younger. Most of the PS that our brains and bodies require should come from the food we eat, however, modern diets are generally lacking sufficient PS. The problem is also

oil, folic acid, vitamin B12 and iodine, Mind Sharp feeds your brain the nutrients it needs for optimal function. In this way, it is thought to help people think clearly and take on new information.

It is ideal for people who are in professions that require mental agility and quick thinking. It is also beneficial for people who need support for mental clarity, and foggy thinking.

Talk to a Hardy's expert in store about whether Mind Sharp could help you stay on top of your game.

Source: Katz, RM, Goldman, R (Eds.).
Anti-Aging Medical Therapeutics, Volume II



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A FREE
SAMPLE**

Trade up to **Natural**



Perhaps you remember, being told to 'slip, slop, slap, and wrap' in summer? It's a message that has been stressed for decades, with good reason. Rays from the New Zealand sun can be particularly harsh, and you don't want to spend your summer looking as red as a lobster!

Natural Sunscreen: Oasis SPF30

Closer to home, beauty companies like Oasis have created a more natural, alternative option to fill this gap in the market. Boasting 94% natural and organic ingredients, Oasis SPF 30's high SPF rating is thanks to organic soya lecithin, a natural UV blocker (and vegan friendly!) The light formulation also means your pores won't get blocked from Oasis sunscreen either, so you don't need to worry about lathering it on your face.

Formulated in New Zealand, Oasis Sun is one of the sunscreens of choice from the experts at Skin Institute. Dr

Mark Gray says: "Over the last ten years alone, Skin Institute has treated over 20,000 patients with skin cancer.

Using a sunscreen can help protect against UV damage - we recommend Oasis Sun."

If you're thinking of trying Oasis sunscreen, now is the best time to do it. During the month of November we'll give you \$10 off Oasis

SPF30 250ml, in exchange for your old bottle of sunscreen. If you have an old bottle that's been lurking around the bathroom since 2010, now is the time to trade up!

According to Stephanie Evans, Managing Director of Oasis Beauty, "Zinc based sunscreens deteriorate over time, so the older they are, the less effective they are. This is especially true if you spend your summers at the beach. Your poor sunscreen has been sweltering in a beach bag all last year, so you can't expect it to perform as well this year too, as the heat would have degraded the effectiveness of the zinc."

Some claim that sunblock loses the equivalent of 5SPF a year. The general advice is that if you have any leftover from last year, it's best to ditch it. The consequences just aren't worth it.

Boost your internal sun resistance

It may sound like something from mythbusters, but you can develop an internal sunscreen. Dose up on foods that are rich in antioxidants, especially astaxanthin (such as salmon, carrots, and any red vegetables). The fat soluble carotenoids in astaxanthin are sent straight to your skin cells, which in turn protects them from UV exposure. Although it doesn't preclude the use of a good sunblock, it's great news for those of you who are looking for some extra protection.

What's in your sunscreen?

This summer, that bottle of sunscreen will be your skin's best friend. It quite literally acts as a shield to deflect the UV rays. However, not all sunscreens are created equal. First, consider what is in your bottle of sunscreen. Some brands contain a slew of toxic chemicals, which isn't really what you want to be rubbing into your skin. If the ingredients contain long and impossible to pronounce tongue twisters, then watch out! They probably translate to parabens, harsh alcohols, and petroleum oils.

Supermodel mum Gisele Bundchen recently came under fire for refusing to use mainstream sunscreen, because she wouldn't rub unnatural chemicals into her skin. Surprisingly, many scientists actually agree with her stance.

Among those who are vocally concerned about the sorts of chemicals used in sunscreen are Philippe Autier, a scientist at the International Agency for Research on Cancer, and Zoe Diana Dralos, editor of Journal of Cosmetic Dermatology. Their concerns include that these chemicals might release free radicals, which, ironically, are bad for the skin.



During November bring in your old sunscreen to receive

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Sunscreen: A simple how to...

Wearing sunscreen seems simple, right? Yet many people aren't aware that they're applying sunscreen incorrectly. Here's the right way to do it:

- Apply a liberal amount. You should be able to see a white 'film' of coating on your skin.
- The skin takes 20-30 minutes to absorb sunscreen properly, so it should be applied at least half an hour before going out into the sun.
- Pat on sunscreen instead of rubbing it in. Some physical sunscreens rub off easily, so patting helps to give you uniform protection.

Did you know that rubbing your sunscreen in until it disappears just about halves the amount of SPF it provides? Zinc based sunscreens are physical blockers that bounce UV light off the skin and away. Make sure your invisible coat of zinc UV armour is nice and thick so it provides a full SPF30 protection.

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- Potent antioxidant



NATURALLY GLOWING

Like a butterfly emerging from its chrysalis, it's time for you to transform, shedding your winter coat and making sure your skin is beautiful. We'll tell you how to achieve that perfect, healthy summer glow.

As the weather heats up and we get some more outdoors time, the sun warms our skin and gives us that all important dose of Vitamin D. However, we also know now that the UV rays can do a lot of damage if we're not careful. With knowledge of the damage the sun can do to our bodies, we've now had years of being told to slip, slop, slap and wrap. That doesn't bode well though for the healthy tanned look that so many of us strive for, or even just a bit of colour to take the glare off our winter legs.

Tan from a bottle is the obvious and convenient solution. While safer than the sun's harmful UV rays, fake tan products can be full of all sorts of artificial chemicals and hidden nasties that have been known to cause allergic reactions in some people. You certainly don't want to spend all summer sporting a huge rash, so it's best to avoid certain ingredients where you can.

One to watch out for is dihydroxyacetone, which also goes by the name of glycerone. Derived from sugar beets and sugar cane, this may seem benign, but a study by the Gematria Test Lab in Berlin found that high levels of dihydroxyacetone made the skin susceptible to more than 180% additional free radicals, like those formed during sun exposure. dihydroxyacetone has also been found to possibly inhibit vitamin D production in the skin and has resulted in cases of contact dermatitis. A 2012 FDA report also stated that dihydroxyacetone was potentially hazardous when inhaled, as can happen when it is found in spray tan products.

Out with the old, in with the new

While easy to apply to get a DIY bronzed look, flawless fake tanning does have something of an art to it. For uniform coverage and a natural look, it's essential to prepare your legs by exfoliating them first. Exfoliation simply means that you're removing all those dead skin cells that build up, which can be done with a scrubbing glove or a specialty exfoliating cream. A good trick is to exfoliate, shave, and then exfoliate again. From there, you've got the canvas just right for applying your tan.

Eco Tan: a natural and skin friendly solution

After her sister developed melanoma, Sonya Driver became passionate about healthy skin. In particular, Sonya didn't like what she saw on the back of her fake tanning bottle, so she decided to create her own alternative. Called Eco Tan, Sonya's formula is organic and uses all natural ingredients. Instead of common chemicals like phenoxyethanol, artificial dyes, SD alcohol, parabens, and propylene glycol, Eco Tan uses chamomile flower extract, avocado oil, honeysuckle flower extract, aloe vera, macadamia seed oil, and lavender extract. In addition, Eco Tan is derived from cacao (chocolate), so it's very natural looking and is a great way to avoid the dreaded green or orange tones.

For that extra glow

Drinking plenty of water will help your body rid itself of toxins and keep your skin looking plump and fresh. It's easy to get dehydrated in the warmer weather, so try to carry a bottle of water with you wherever you go. Remember too that fizzy or sugary water doesn't count. If you feel the need to shake things up a bit, then try adding a slice of lemon, or some mint and cucumber.



NEWS & Events



A huge Hardy's congratulations to Suzie Rogers who won our competition for 7 days at Golden Door Health Retreat in Hunter Valley, New South Wales. Suzie will be taking her good friend, Nancy Capizzi, with her to enjoy 7 days of pampering and relaxation.

Vegetarian voices

World Vegetarian Day takes place on 1 October. First established in North America back in the 1970s, World Vegetarian Day kicks off Vegetarian Awareness Month, celebrated by vegetarians from all over the world and raising awareness of the benefits of a healthy vegetarian lifestyle.

Closer to home, the NZ Vegetarian Society are celebrating by announcing the four category winners of their nationwide High School Video Competition. Anyone can view the winning videos, which cover animal advocacy, nutrition and health, protecting the environment and vegetarian living, and vote for their favourite during October, before the overall winner is announced, with a prize gifted to that student's school. **Head to www.vegetarian.org.nz to vote during October.**



World COPD Day

COPD, or Chronic Obstructive Pulmonary Disease, remains on the rise, affecting an estimated 15% of adults over 45 in New Zealand and having a huge impact on the country's health budget. World COPD Day is happening on November 20th and the message this year is that **it's never too late to stop smoking.**

"Although we all now know, deep down, that smoking is bad for us, I don't think many people realise the even more hugely detrimental effect that smoking has on those with respiratory diseases like asthma, COPD, cystic fibrosis and the like," explains Linda Thompson, CEO of Asthma New Zealand, following recent studies that have found that more than 90% of COPD arises from smoking.

It's time to stop. For more assistance, you can call Quitline or talk to a Hardy's expert in store.

Everyone deserves a natural lip

No one need put nasty ingredients on their skin, especially not your mouth! With so many gorgeous colours available, across a range of natural brands, at Hardy's, we think it's time to make the switch to natural lipstick.

If you can't just pick one perfect hue, there's no need to fret. During the month of November, purchase any Antipodes or Living Nature lipstick, either in store or online, and receive another one free.



Trade up to natural sunscreen

We're recommended to wear it all day, everyday and praise it for its ability to absorb into our skin, so surely you don't want too many nasty, chemical based ingredients in your sunscreen... During November, **bring your old sunscreen in to your local Hardy's store and we'll give you \$10 off Oasis SPF 30 250ml.**

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Made of mineral salts and infused with all natural scents of Lavender and White Tea, Chamomile and Green Tea or Pomegranate. Aromas that please without over powering the senses! Crystal Essence deodorants prevent odour before it even starts and are available in convenient roll-ons or sprays.

- ✓ No aluminium chlorohydrate
- ✓ Hypoallergenic
- ✓ Paraben Free
- ✓ No white residue
- ✓ Alcohol Free

CRYSTAL
essence

www.thecrystal.com

Store Locations

NORTH ISLAND

NORTHLAND

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

AUCKLAND

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

HAMILTON

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

BAY OF PLENTY

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

TAUPO

Taupo	37 Horomatangi Street, (07) 378 9057
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TARANAKI

New Plymouth	Centre City Shopping Centre, 11 Gill St (06) 759 4342
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PALMERSTON NORTH

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

WELLINGTON

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

SOUTH ISLAND

NELSON

Richmond	Richmond Mall, 216 Queen St, (03) 544 5769
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CHRISTCHURCH

Northlands	Northlands Mall, Main North Road, Papanui, (03) 354 1630
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Weight loss programmes take time and effort to be successful. People should seek professional advice on diet, exercise and lifestyle changes. Individual results may vary.



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