

December 2014/January 2015

My Hardy's

'Live More Awesome'
This Holiday Season

**Little Bird
Organics**

Raw Christmas
Cake Recipe

- ✓ **Weight Management:
Your Holiday Game Plan**
- ✓ **Healthy Homemade
Gifts**
- ✓ **Your Summer Survival
Guide**
- ✓ **Save Your Peepers
From The Sun**



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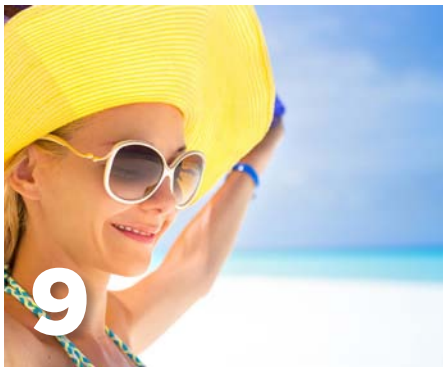


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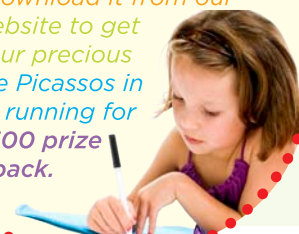
Welcome!

Summer is here and with it, the holiday season. We've got all the best tips and advice for a happy and healthy holiday, whether you're wanting to avoid a festive feasting blowout, or need a pick me up to avoid being a Christmas grinch. To help with your Christmas shopping, the Hardy's team have put together their pick of must have products and what they will be wrapping up for under the tree, and we caught up with the team at Little Bird Organics who showed us how to make a raw Christmas cake, the Little Bird Organics way.

Another highlight of preparing this issue was catching up with Jimi Hunt, one of the founders of not for profit organisation, Live More Awesome. Having battled and overcome depression, Jimi was an inspiration and we learnt heaps from his refreshingly positive approach to life. Turn to page six for our Live More Awesome feature and enjoy planning your own adventures and finding your passions in 2015.

Before we hit the beach this summer, we're getting crafty and creating homemade beauty products to nurture our skin and give as great gifts this Christmas. We hope you will join us and give the DIY projects on page 22 a go.

Pick up a copy of our colouring competition in store or download it from our website to get your precious little Picassos in the running for a \$500 prize pack.



We'll see you next in the new year but until that time, stay healthy and happy.

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Healthful Hints

Christmas IS IN THE AIR!

It's true that there is more to smells than just what meets the nose! The part of the brain that processes smell, our olfactory bulb, interacts closely with the part that stores our emotional memories, so certain smells, no matter how fleeting, have the ability to transport us back to a different time or feeling.

Aromatherapists have long been aware of the power of scent to improve health and wellbeing and this year, we'll be burning the gorgeous **Absolute Essential Christmas Season Oil** in store to get us feeling festive. A mix of organic sweet orange and cinnamon leaf, wild frankincense and myrrh, this essential oil conjures up memories of holiday seasons past.



As the three wise men knew, both frankincense and myrrh uplift the spirit and calm the mind, easing subconscious stress. In the often frenetic lead up to Christmas, try a few drops of this musky oil in your home or office and enjoy the scents of the season.



CAN'T BEAT BEETS!

Packed with potassium, magnesium, iron, folic acid and vitamins A, B6 and C, it's little wonder that beetroot is considered a summer superfood! Available all year round, beetroot are at their freshest and therefore most nutritious this season. Full of powerful antioxidants and soluble fibre, as well as both carbohydrates and protein, beets have been shown to support healthy blood pressure, promote bowel regularity, support normal cholesterol and healthy blood sugar levels. Just three small baby beetroot equal one of your recommended servings of fruit and vegetables, so throw them in salads or stirfries, grate one into coleslaw or slice it into a burger as a way to add more colour, and hence nutritional benefit, to your meals.



HELP IF YOU'VE OVER INDULGED

The silly season is the time for celebrating and sometimes those celebrations mean that we can have one too many and wake up feeling less than well. For help with the morning after fogginess, make sure that you've got some charcoal. Useful for digestive gassiness, as well as stomach upsets, charcoal can also help to rid your system of the excessive Christmas celebration that can upset your insides. Because it is not absorbed into the bloodstream when taken internally, charcoal draws gases, chemicals and toxins that are present in the gastrointestinal tract together, to be effectively excreted.



Beach babe

It can be hard to find the motivation to hit the gym and work up a sweat when it's gorgeous outside! Don't pull yourself away from the beach to work out this summer, simply work it in to your beach trip. Water walking is excellent aerobic exercise as the water provides more resistance than air, helping you to build and strengthen muscle. It's thought to burn up to 550 calories in an hour, which is comparable to an hour of rollerblading or tennis! So slip on some sunscreen, get waist deep and go for it!

Other fun ideas to work in a workout at the beach:

- Pack a frisbee or beach cricket set and join in with the family. Running and then stopping on the spot, as we do in both of these sports, is a form of explosive workout that improves power and tones the legs.
- Taking a long stroll through the soft sand. The unstable surface forces your body to work hard to balance and it provides resistance to strengthen your calves, ankles and quads. Plus, the sand itself gives a great exfoliating foot massage!
- Swimming tones most of your muscles and gives your cardio system a workout.

To sleep, perchance to dream

Nobody really knows why we dream, but we all do it. Whether you remember your dreams vividly, or have no knowledge of them at all once you're awake, our minds constantly produce dreams while our bodies and brains are at rest. Dreams are most abundant during the deepest (REM or rapid eye movement) stage of sleep, but that's not all our bodies and brains are doing at that time...

Our REM sleep provides energy to the brain and body and supports our daytime performance. It's also the time that our body becomes fully immobile and relaxed, as our muscles turn off. When it comes to sleep, both quality and quantity count. It can seem hard to believe if you've been vividly sunning yourself on a desert island in your mind, or being visited by Brad Pitt in your dreams, but we only spend about 20 to 25% of our sleep cycle in that really restful phase.

There are things you can do to get more restful, REM sleep, and potentially better dreams, including:

- **Cut down the alcohol:** More than two glasses of wine, within four hours of the onset of sleep decrease deep wave sleep by 20 to 50%
- **Keep your blood sugar high:** A tablespoon of almond butter (or peanut butter) on a stick of celery before bedtime can help to stabilise blood sugar levels and allow your body to really relax. Adding a tablespoon of flaxseed oil too can further increase cell repair and decrease fatigue.
- **Protein power:** Meals with a lean protein source as the dominant component, within three hours of going to bed, can help with falling to sleep and ensure your sleep is then deeper.

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Live More Awesome!

This holiday season and throughout 2015 - By Jimi Hunt

I'm currently counting down to Christmas. Well, not just Christmas, but the awesome adventures I plan to go on over the holidays. Typically for me this means jumping off things into the water. That's what I love to do. But the key to living more awesome in 2015 is in finding awesome things that you love to do. Let me explain...

Psychologically, it pays to always have a goal, something to work towards and something really cool to look forward to. That's why we count down to our birthdays, or Christmas, or a holiday; there's the sweet thrill of anticipation and we have fun tasks to do along the way to prepare, which helps too.

Like I said, for me it's about adventures: jumping into waterfalls, building massive waterslides or trail running in the Waitakere Ranges. Last summer holidays I did a waterfall tour of Northland, which not only gave me something to amp up to towards the end of the year, but also got me outside and got me moving.

Get goals and get out there

Personally, I don't think we need to get so caught up in the standard 'get a personal trainer and go to the gym thing' if that doesn't work for us. For me, I'm inspired by ridiculous ideas, then I get caught up in training hard for them. When I set out to travel the Waikato River on a Lilo, I had a goal and wanted to get fit, but it was very different from mindlessly just getting on a treadmill. Even with waterslides, it takes a fair bit of work and digging holes (which is actually pretty cool when you have a purpose) and you walk back up hill each time just to whizz down.

It's not always easy to find what inspires you, but get out and try a bunch of things, no matter how ridiculous they seem, and then see what sticks. You want to find

something active that you love and that you would quite happily do forever. Hire a kayak and paddle the Puhoi stream, or take to the mountains and explore. Find what motivates you. I love running in the Waitakere Ranges because I go off course and find awesome waterfalls to jump off. Whatever it is for you, in New Zealand we're spoilt with so many incredible adventures only a short drive away, so go find some!

It's a horrendous fact that in first world countries, the average person spends approximately 90% of their time indoors. Think about that for a second... We sleep inside, for eight or so hours. We get up and drive, which also counts as 'inside' and then we come to a building where we work all day, also inside. This can have some pretty dire consequences for our bodies in terms of vitamin D production, which is key for battling depression.

Don't get me wrong, the sun smart idea and messages about not frying ourselves are valid, but we need to be careful not to take that to such an extreme that we miss out on some of the good stuff. It's simple really, being outside is vital for our health, both

physically and mentally. It's my belief that depression is primarily a modern, first world problem that is caused very much by our lifestyles. We're not moving as much as we used to and are stuck inside. It's a human and natural thing to reevaluate life on a yearly cycle and summer is a great time to get better habits started, to get moving, set some goals and feel the physical and mental benefits that come with that little (or big) sense of achievement.

Connect through community

It's a sad fact that we're now more isolated than ever, making it even more important to find a community that you feel like you belong to. It doesn't matter what it is, whether it's a knitting or chess club, or a base jumping crew so long as you go out and join something. It's common as we get older to have quite insular groups of friends, but I think one of the worst things that we can think is that "I have enough friends". Saying that just limits you from experiencing the joy of meeting new people, making new friends and doing cool new stuff.





[LIVE MORE AWESOME]

One of my goals for this year has been trying to have lunch with 100 awesome people who are doing genuinely cool, interesting stuff. One of the highlights so far was flying to Nelson for lunch, where I dined with this guy who had just sold his company for \$18 million and donated it all to charity. He was just chilling out in Nelson and writing books, but I asked him, knowing what the lunch was about and what I was trying to achieve, who was the most awesome person he knows and who could he hook me up with next?

I was asked recently how many people I have ticked off the list towards my goal of getting to 100, but the answer was, I honestly don't know. My guess would be that my total is currently about 25, but I also realise that it's the process of achieving the goal that's important here. It's a cliché, but they say that it's about the journey, not the destination and I truly do feel that it's the journey that shapes us.

Less holiday headaches

Leading up to the holidays can seem stressful and one of the best things that I've learnt to do this year was meditate. I do it for 45 minutes a day and have found such a sense of calm and reduced stress levels, even when things are crazy around me. It is such a foreign thing to our culture here, but if you do it, creativity and innovation, as well as a quieter and calmer mind will follow.

If you won't take my advice about meditating, the next best thing would be to learn how to say "no". We seem to feel this obligation to say "yes" all the time, but we don't have to go to every party, or be everything to everyone all the time. For the sake of your mental health, you've got to put yourself first more often and you can do that by saying no occasionally (especially at this time of the year!)

Healthy and happy: Live More Awesome

The key to a happy and healthy holiday and a more awesome 2015 comes down to a different approach to simple lifestyle choices, that takes us back to the way we were... connecting with nature more often, moving more, and feeding our bodies with whole foods, at least most of the time!

For more information and advice, visit www.livemoreawesome.com

About Live More Awesome

Live More Awesome is a registered charity dedicated to finding better ways to help New Zealanders deal with depression. They also believe in yelling quite loudly that it's OK to talk about depression and completely OK to ask for help. They're pretty committed to just keeping on yelling until we all get the message!

Started by Jimi Hunt and Dan Drupsteen, Live More Awesome is a place to inspire others to better themselves. Having both suffered at the hands of depression, Jimi and Dan have based Live More Awesome around the idea that if they continue to strive for better things and to live more awesome, then there was no way that depression could ever get them again.

Live More Awesome celebrates its second birthday on December 3, and is already achieving awesome things through a positive and simple, but hugely effective approach! Some of Jimi's personal highlights include traversing the Waikato River, over 11 days, on a lilo and building the world's largest waterslide.



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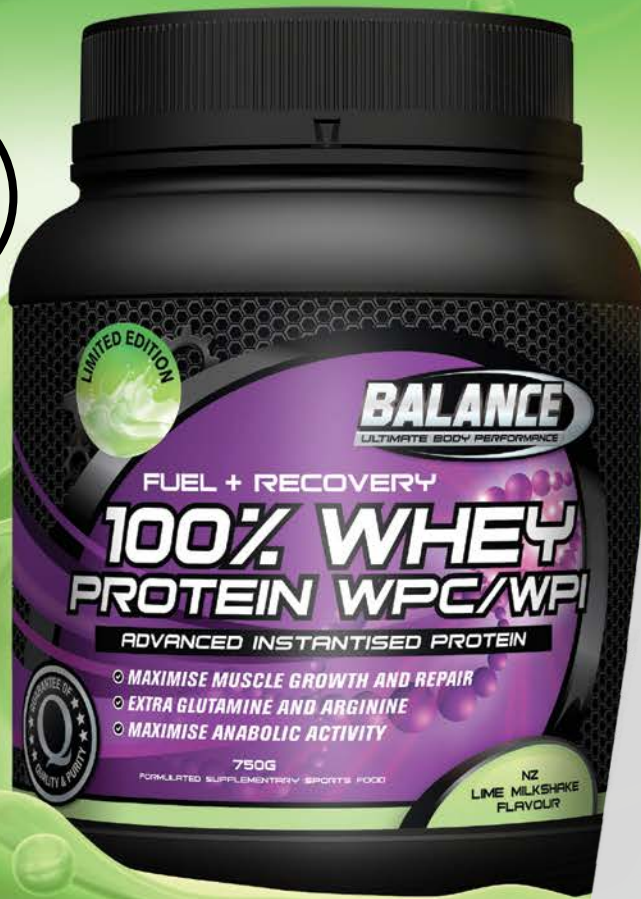
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Save your peepers from the sun:

And a look at polarised vs non polarised protection

Instinctively, we all know that sunlight can have a damaging effect on our eyes. Just think of how often you hold your palm up over your face when you're looking into direct sunlight. Unfortunately, one of the prices we pay for living in this great country is that the sunlight is particularly harsh. New Zealand experiences high levels of ultraviolet rays that damage the eyes with prolonged exposure, leading to an increased risk of pinguecula, pterygium, cataracts, macular degeneration, and cancerous growths. What that means, as Kiwis, is that we must be particularly vigilant about looking after our eyes.

According to Michelle O'Hanlon, Optometrist and Professional Teaching Fellow in the Faculty of Medical and Health Sciences at the University of Auckland, "Ultraviolet rays that are invisible to the naked eye peak during summer and have been shown by a study in Japan to more easily reach our eyes in the early morning and evening when the angle of the sun is smaller."

In other words, even in the dawn and twilight hours, when you might not expect much sun exposure, our eyes are still susceptible to damage. It's therefore important that you invest in a good pair of sunglasses. Your sunglasses aren't just a trendy summer accessory; they'll keep your vision safe

too. Just make sure that they don't spend the day perched on top of your head or in your trouser pocket!

Michelle recommends sunglasses that can block 100% of ultraviolet rays. "They're so important for protecting our eyes that they should be worn by everyone, including children, throughout the whole day during the summer months."

When it comes to purchasing a pair of shades, there are several things you should consider and it's not just about how good they look on your face shape. Shape does come into it to some extent though, as ideally your sunglasses should wrap around and fit close to the eyebrows. The wide temple or 'arm' of the sunglasses helps to prevent sunlight reaching the eyes from all angles.

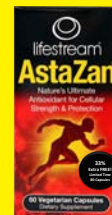
In addition, polarised sunglasses are generally better than nonpolarised. "This is especially true for people sensitive to glare as they reduce the extra glare from reflective horizontal surfaces. For example, polarised sunglasses will reduce the glare coming off the sea and enable you to see past the reflections on the surface of the stream to view the stones and fishes below," explains Michelle.

GIVE YOUR EYES A HELPING HAND

At a certain age, people begin to accept that their eyes will fail and they'll have to resort to wearing glasses. All those ultraviolet rays suddenly start catching up with you. While degenerative eye diseases do come with age, there are things you can do to give your eyes some extra life and prolong your time staying out of the optometrist's office.

ASTAXANTHIN

You know that vivid pink colour salmon have? That's caused by a nutrient called astaxanthin, which is found in the microalgae they eat. Astaxanthin is amazing stuff and is believed to help salmon with their incredible endurance while swimming upstream. It is also believed to reduce some of the harm that ultraviolet rays cause. Think of astaxanthin as a sort of internal sunscreen that can cross the blood/brain and blood/retinal barriers to benefit your eyes and skin.



LUTEIN

Carrots, corn, kale, spinach, mustard greens, red capsicum, dill, parsley, tomatoes and potatoes all have one very important thing in common (other than their delicious taste), they're all high in lutein. What is lutein, you ask? Essentially, lutein is a carotenoid that is believed to support healthy vision. High concentrations of lutein can be found in the macula, which is the part of the eye that absorbs ultraviolet rays and acts as a sunscreen. Multiple scientific studies have found that lutein may support macular health and other vision issues.

OMEGA 3

Did you know that eating oily fish rich in omega 3 can benefit your eyesight? Omega 3 has been shown to support macular health and other age related eye diseases. One study performed by researchers at the Wilmer Eye Institute at John Hopkins School of Medicine evaluated the diets of over 2,500 randomly selected people who were between 65 and 84 years old. Those who regularly ate the least omega 3 foods were most likely to have eyesight problems. The perfect excuse to tuck into a hearty salmon dish!



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Sluggish Bowels

It's not the most glamorous health issue to have, and it surely won't make you feel gorgeous when you're trying to fit into your summer bikini with a distended belly. That 'stuck' feeling when you're on the loo is generally caused by stool moving through the colon (large intestine) too slowly.

Another useful thing to watch out for is how long it takes your meals to pass through the body. Diets composed primarily of unrefined cereals, and lots of raw fruit and vegetables usually exit the body within only about 12 hours. Heavily processed foods often take much longer to make their way through the bowels, sometimes 72 hours or longer. Just imagine the food just sitting in your body, slowly decomposing for all that time. How unpleasant!

According to the US Department of Health and Human Services, between 60 and 70 million people are affected by digestive diseases. Sluggish bowels alone occur in more than 60 million people, and lead to 5.3 million prescriptions each year, but there are other things that you can do to help. Wherever you fall on the scale, chances are at some point you may have felt its discomfort.

Don't let a bloated belly stop you from showing off your beautiful bikini body this summer. Read through these common causes and see our top tips for what can help. If you're still concerned, come in and talk to a Hardy's expert. (Don't worry, we can handle the sticky topics!)

1. Pregnancy: One of the main culprits that causes sluggish bowels during pregnancy is a hormone called progesterone. Progesterone relaxes the muscles, which might sound like it would help regularity, but in fact the muscle lining in the bowels needs to contract and relax to cause a rippling, wavelike motion that pushes out the stool. Boosting the fibre in your diet with more fruit and vegetables is a good way to tackle this, or try aloe vera juice. **Lifestream Aloe Vera** juice is made from the inner gel of the organic Aloe Barbadensis plant, and produces a gentle effect. The aloeBerry variety by Lifestream can be a more palatable option if you've also got sensitive tastebuds.

GET THINGS MOVING!

2. High stress and no exercise:

Stress is known to compound bowel problems because it interferes with the relaxation of the body (which includes the bowels). Plus, when you're stressed, exercise is often one of the first things that is cut out of a hectic schedule. The problem with that is, a lethargic lifestyle can contribute to your bowel slowing down the movement of stool.

Take your stress levels down from a nightmare 10/10 to a manageable level, by looking at what needs to stay and what could possibly go from your 'to do' list, or try the special combination of products in the **Hardy's Stress Support Pack**. Whatever you do, make sure you keep exercising. Physical activity not only works out your muscles, your internal organs benefit too!

3. Not enough fibre: If you're suddenly feeling bloated then think about whether your diet has changed. Eating disorders, lots of heavily processed foods, and high protein diets without any fat can all cause bloating because it means you're not getting enough fibre.

You've probably heard all the jokes about eating prunes or drinking prune juice. Well, there's a reason for it. Prunes have a lot of natural fibre that can produce a laxative effect.

However, if you're not a fan of prunes, try nibbling on some dried figs. Dried figs contain soluble and insoluble fibre, both of which can do a marvellous job of flushing out your intestines. Dried fruit aside, **Lifestream Bowel Biotics** are a 100% natural source of fibre, prebiotics and probiotics that deliver the benefits of dietary fibre, with added support to help you maintain healthy intestinal bacteria.

4. Inadequate water consumption:

Dehydration is probably one of the most common causes of sluggishness, especially at this time of the year. They say if you feel thirsty, you're already on your way to being dehydrated, so keep a water bottle handy on your desk or while you're out running errands through the day.

Water is what helps keep stools moving through your colon, so without enough things tend to get stuck. If you find it hard to get enough water into your daily routine, consider upping your intake of other fluids, such as clear soups, fruit and vegetable juices. **Good Health Mg Lax capsules** can also help by attracting water within your body to the bowel, which in turn softens the stool and makes it easier to pass. Encouraging regularity, the fennel and aloe vera extracts provide a soothing quality for your colon.

WEIGHT MANAGEMENT

Your Holiday Game Plan

Christmas is a time for celebration, for letting your hair down and enjoying the good things in life with the people you care about the most. However, it can also mean a divergence from the healthy habits that you've worked so hard on throughout the year.

Just as the All Blacks wouldn't hit the field, or the Silver Ferns wouldn't take to the court, without a game plan, you will improve your chances of winning the weight game this holiday season if you have some sort of plan.

Here, our Hardy's experts have compiled their top tips, so you don't fear getting back on the scales in the New Year.

SET PLAY:

"I can't resist all the yummy nibbles at parties and snack incessantly."

DEFENSIVE STRATEGY, OR YOUR GAME MOVE:

Drink a smoothie before you head out.

As Kiwis, we love our hospitality, but that can mean a revolving dish of irresistible snacks at parties. If you're heading to an event that you know will be packed full of temptations, preempt it with the power of protein.

A shake or smoothie, with a serving of protein, will help you to feel fuller and make it easier to resist at least most of the chips and dips that go past. It's likely that you'll be able to sample a couple of the delicacies, but feel less inclined to gorge yourself.

SET PLAY:

"I stress eat and the holidays are the worst, with too many treats around!"

DEFENSIVE STRATEGY, OR YOUR GAME MOVE:

Support yourself to stress less.

It's not hard to imagine what stress does to our bodies when it comes to eating. There's the surge of adrenaline that puts us into 'fight or flight' mode and hinders our digestion, not to mention the sustained cortisol that can have dire effects on our energy levels. The holiday season can be packed with all sorts of stressors and it's common to want to keep eating when we're busy and stressed, as our bodies can convince us they need more energy than ever to perform at their best.

A stress support supplement, like **vitamin B, L-Theanine** or the special combination in the **Hardy's Stress Support Pack** can help.

SET PLAY:

"I don't make it to the gym over the summer holidays!"

DEFENSIVE STRATEGY, OR YOUR GAME MOVE:

Find ways to work exercise into your holiday.

If you're heading out of town or are forced to take a break from the gym over the holidays, don't fret! There are heaps of fun things that you can do that still count as exercise! Backyard cricket is virtually a Kiwi rite of passage, so make sure you've got a set to bring out on Christmas Day, or take along on picnics.

If you're heading away, set out on foot to explore your surroundings, or why not offer to play caddy around the golf course? You won't even notice how far you've wandered if you're spending time with friends and taking in pretty or new surroundings, but every step counts. Pack tennis racquets or a Frisbee to play with, or hit the beach for a range of options to get you moving. *Check out our beach babe ideas on our Healthful Hints page for more.*

SET PLAY:

"I crave sugar and can't resist all the sweet things around at Christmas time!"

DEFENSIVE STRATEGY, OR YOUR GAME MOVE:

Healthy sweet treats and chromium can help.

In summer time in New Zealand, we are spoilt with almost every fruit we can imagine... Fresh, sweet, fruit is packed full of natural sugars and is an ideal way to trick your body into thinking it's getting a sugary treat. If you really can't be trusted with oodles of chocolate about, find ways to rid it from your house. Encourage the kids to make creative advent calendars that are chocolate free and "regift" boxes of sweet things you are given. Preempt the dessert overload by preparing healthy treats that still pack a sweet punch and you'll be able to enjoy indulging without the guilt. *Turn to page 16 for one of our favourite recipes.*

Another way of quelling the sugar cravings is with chromium, an essential element that interacts with the cellular receptors that enhance our response to insulin. Similarly, cinnamon is thought to trigger cellular signaling of proteins inside the pancreas to assist the secretion and regulation of insulin. Almonds can have a neutralising effect on sugar spikes, regulating blood glucose levels and satisfying cravings, so try pancakes made with cinnamon and almond meal to set you up well for the day.

SET PLAY:

"The game went downhill and I still overindulged!"

DEFENSIVE STRATEGY, OR YOUR GAME MOVE:

Start the New Year with a detox.

If, despite all your best intentions, you still overindulged, stop kicking yourself! A healthy detox can be just the way to start the New Year with a clean slate and get your health and wellbeing goals back on track. Lemon squeezed into a glass of water each morning is thought to be a good way to get the digestion going and help rid your system of nasties, or try a **Lifestream Cleanse** to get your insides functioning as well as they can again. Lifestream Cleanse gently supports and encourages the body's own detoxification process through the use of natural superfoods, like aloe vera, chlorella and a blend of fibre and probiotics.

Lifestream's FucoCai capsules are another powerful antioxidant blend to protect you against free radical damage from too much alcohol, and get you back on track in terms of weight management. Kombu (or laminara japonica) is a native Japanese seaweed rich in minerals and its active ingredient, fucoxanthin, has been shown to support a healthy metabolism, as well as blood sugar levels if your cravings have gone awry. The unique properties of kombu also mean it acts much like a good dose of fibre in the body, forming a bulking agent that helps to support the removal of toxins through the bowel.

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Excess fat**

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Weight management products should be used in conjunction with a balanced diet and regular exercise regime. Always read the label and only use as directed. If symptoms persist consult your healthcare professional. *Garcinia cambogia has been clinically researched as an effective ingredient for a desirable weight management programme.



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

Mental Fatigue or Low Mood?

Feel merry again these holidays



Solgar Neuro Nutrients is a great option for anyone with stress related exhaustion, mental fatigue, or just general low mood. It combines a special formula of key nervous system amino acids like L-Tyrosine, L-Phenylalanine and L-Glutamine, with other important vitamins and herbs to give you the needed boost.

L-Tyrosine, L-Phenylalanine and L-Glutamine may sound like a line up of strange chemicals, but they're actually essential amino acids that your body needs to feel perky and jolly again. Amino acids are the basic building blocks of the human body, each with a different role to play. Our bodies very cleverly take these amino acids and turn them into the materials that are essential for the neurotransmitters in your brain like serotonin, dopamine, and oxytocin.

Referred to as the brain's 'happy chemicals', these compounds are often talked about in the treatment of low mood.

It's interesting to acknowledge that these neurotransmitters don't work in isolation. For the positive changes to take place, our neurotransmitters benefit from coenzymes like folate or vitamin C, which also feature in Solgar Neuro Nutrients.

Researchers from Montreal's Jewish General Hospital recently carried out a clinical study that found patients moods significantly and rapidly improved after taking vitamin C. As well as helping to relieve feelings of stress, the study, which was published in the journal *Nutrition*, adds to the growing body of evidence about vitamin C's vital role in supporting hormone levels; particularly those like serotonin, that are necessary for mental and emotional wellbeing.

B vitamins can be very helpful too, as multiple studies have proven they can help people who are experiencing low mood or lethargy to feel happier. Think about the 'B' as standing for 'booster.' Niacin, riboflavin, and thiamine are all types of vitamin B that can boost people's moods to make them feel energised again.

Vitamin B1 and B2, also known as thiamine and riboflavin respectively, help the body generate energy from carbohydrates and help us to make healthy red blood cells. Real food sources can be found in whole grains and milk, while vitamin B3, or niacin, is found in meat, fish and poultry and helps us with digestion and metabolising of glucose, fat and alcohol.

Good food goes a long way towards good health and, as the name suggests, Solgar's Neuro Nutrients is essentially just great food for your brain. If you're finding these holidays a bit worrisome and stressful, talk to a Hardy's expert about whether it could work for you. You might be surprised by how quickly you find yourself falling back into the festive spirit!

¹ http://www.naturalnews.com/034030_amino_acids_addiction.html#ixzz3GkS3fv93

² http://www.naturalnews.com/029856_vitamin_c_mood.html#ixzz3GkTbVlwE

³ http://www.naturalnews.com/041956_purple_mangosteen_exotic_superfruit_health_benefits.html

Happy Holidays from the Hardy's team!

At Hardy's, we're gearing up for a healthy and happy holiday season. We know that Christmas shopping can be a challenge, so we caught up with some of the Hardy's team to find out their 'must haves' for the holidays and the things that they'll be ticking off the gift list and wrapping beautifully for under the tree this year.

Chelsea - Hardy's Kerikeri

Product you couldn't be without over summer and the holiday season?

I would definitely make sure I have an Inner Health Plus Probiotic to support with the over indulgence of yummy food over this time.

Product you will be gifting this Christmas?

Antipodes Moisture Boost Mir (with Sour Cherry and Vanilla Chocolate)



Jade - Hardy's Kerikeri

Product you couldn't be without over summer and the holiday season?

I would make sure I have Endura Rehydration Powder. I am outdoors a lot during summer and this keeps me hydrated and energised.

Product you will be gifting this Christmas?

Eco Tan.



Alex - Hardy's St Lukes

Product you couldn't be without over summer and the holiday season?

I'm stocking up on the Stress and Stamina Formula from Microgenics to help me get through the silly season with loads of energy to spare.

Product you will be gifting this Christmas?

Antipodes Hosanna Skin Plumping Serum.



Olivia - Hardy's Queensgate

Product you couldn't be without over summer and the holiday season?

Oasis Rhino Repair Cream for healing of dry, chapped skin, sunburn and itchy bites is handy at this time of year.

Product you will be gifting this Christmas?

Living Nature Pure Radiance Gift Box, which is a lavish and loving pack.



Serena - Hardy's The Base

Product you couldn't be without over summer and the holiday season?

I can't go past spirulina for an added energy boost, especially at this time of the year.

Product you will be gifting this Christmas?

Antipodes Anti Ageing Minis, which come in a cute box all ready to go.



Lindz - Hardy's The Base

Product you couldn't be without over summer and the holiday season?

Oasis Sun SPF 30 is my favourite weapon in summer, as it's safe for all the family.

Product you will be gifting this Christmas?

Revive Cookbook 4



Rebecca - Hardy's Whangarei

Product you couldn't be without over summer and the holiday season?

Having some NuZest Good Green Stuff in a shake ensures I'm still getting some vitamins and minerals into me every day and it makes me feel not so guilty about eating Christmas cake.

PRODUCT YOU WILL BE GIFTING THIS CHRISTMAS?

Antipodes Divine Face Oil, as I use this myself and find it totally divine.



Sarah - Hardy's Chartwell

Product you couldn't be without over summer and the holiday season?

I make sure I have Solgar Digestive Enzymes over summer as, with the extra BBQs and eating out, I find it useful to keep these on hand so I don't feel bloated and heavy after a meal.

PRODUCT YOU WILL BE GIFTING THIS CHRISTMAS?

Antipodes Avocado Pear Nourishing Night Cream. It's a classic, but it's so scrummy.



James - Hardy's Northlands

Product you couldn't be without over summer and the holiday season?

I love the Solgar VM2000 Multi Vitamin, to make sure I'm on top of my game over the holiday period.

PRODUCT YOU WILL BE GIFTING THIS CHRISTMAS?

The Hardy's Energy Support Pack is a great combination for a gift.



A healthy approach for a happy Christmas

The raw food movement has hit the headlines at various times over the last couple of years, attracting both supporters and dissenters. Far from suggesting anyone become a 'fruitarian' however, there are benefits to be had from adding more raw food to our diets.

The reason behind this is simple: raw food still has its nutrients and enzymes intact as these haven't been destroyed in the cooking process. Cooking certain foods, like spinach and grains can improve the availability of their nutrients, however there are many foods that are best eaten in their raw state.

For Megan and Jeremy, the creators of the **Little Bird** brand and its unique Kiwi 'unbakeries', raw food is a way of life. Growing up in a family that

were pioneers for organic food in New Zealand, Megan has always had a focus on nutrition and a number of food allergies saw her raised on a gluten, dairy and sugar free diet.

Following an Environmental Science degree, a stint travelling opened Megan's eyes to the quality and variety of foods in organic stores and cafes the world over. It was an inspiring experience, to say the least and the Little Bird idea was sown...

Back in New Zealand, Megan threw herself into training as a chef until a two year struggle with illness led to a rethink and saw her researching new ingredients to restore her health and vitality. Little Bird is the culmination of Megan's lifelong passion for creating high quality artisan foods and makes use of her repertoire of nutritious healing foods. "Here at Little Bird we believe our food should not only taste amazing, it should make you feel amazing too!"

Unique and nutritious raw ingredients

Agave Sweet, delicious nectar from a cactus of the same name, agave is sweeter than sugar, but with a low glycemic index, so is a great option for a sweet treat while keeping blood sugar levels in check.

Buckwheat This little seed is considered a miracle to many people who are gluten intolerant. The name may be misleading, but buckwheat is free of all things wheat related and is actually a seed from the rhubarb family. Buckwheat is rich in iron, zinc and selenium and is a good source of rutin, which is thought to be beneficial for circulation. Packed with eight essential amino acids, buckwheat is also an excellent source of protein.

Cacao Hailed as a superfood, cacao contains phenylethylamine and theobroma which help to create that feeling of bliss you get from really good dark chocolate. Natural expert, David Wolfe claims that raw cacao has 367% more antioxidants than the best roasted cacao available. Cacao also contains one of the highest percentages of magnesium in any food.

Talk to a Hardy's expert if you think some of these ingredients could help your diet.



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Now in convenient single serve sachets!



Lifestream Essential Greens+ is the perfect addition to bolster your daily nutrient intake. This great tasting formula contains a unique selection of over 40 wholefoods & herbs to support key body systems and their function.

- ✓ Vitality
- ✓ Energy
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- ✓ Digestion
- ✓ Stress
- ✓ Circulation

Available from Hardy's stores nationwide

Raw Christmas Cake from little bird organics



This recipe makes two cakes, so it's a perfect way to make something healthy for your family and still have one spare to give as a gift. Homemade treats make touching gifts, so check out **Little Bird's** recipe book or get creative in the kitchen to share the cheer at this special time of year.

Base ingredients

- ¼ cup almond pulp (left over from nut milk)
- 1 cup activated almonds
- ¾ cup shredded coconut
- ½ cup brazil nuts
- 1 apple (braeburn or granny smith are our pick!)
- 1 orange (zest and juice)
- 1 tsp lemon zest
- ¼ cup currants
- ½ cup sultanas
- 3 dried figs
- 1 cup dried apples, roughly chopped
- ¾ cup dates
- 1 tsp miso paste
- 3 Tbsp coconut oil
- 50g maple
- 2 Tbsp vanilla extract
- 2 ¼ Tbsp cinnamon
- 1 ½ tsp ginger powder
- 1 tsp all spice powder
- ½ tsp clove powder
- ¼ tsp nutmeg powder
- Pinch of salt

Method

Blend almonds and the coconut separately in a food processor until they resemble a 'flour like' consistency.

Hand chop the brazil nuts into rough 1cm pieces and add these to the mix.

Chop the apple up into approximately 5mm cubes and zest the lemon and orange, hand squeezing as much of the juice out of the organs as possible, before you set them aside.

In a food processor, or by hand, chop the figs and dates up into approximately 5mm cubes.

In a bowl, add the nut pulp, 'flours', brazil nuts, sultanas, currants, dates, figs, apples, spices, salt, orange and lemon rind and fold together with your hands.

Next, blend the orange juice, vanilla, miso, dates, maple and coconut oil in a food processor until well mixed and set aside.

Lastly, add the wet mixture to the dry ingredients and combine with hands until it sticks together.

Divide the mixture into two and shape with your hands into 15 x 15 x 7cm high, square cakes and place on a baking sheet in the fridge for 20 minutes.

Remove the cakes from the fridge and ice them, allowing approximately ¾ cup of icing per cake. Decorate with goji berries, or ¼ cup of activated almonds and wrap in unbleached baking paper tied up with string, if you want to package them as gifts.

Remember to make the icing recipe first so it can set before making the cake.

Christmas Frosting

- 1 ½ cups cashews (soaked)
- ½ cup almond milk
- ¼ cup light raw agave
- 1 Tbsp vanilla extract
- ¼ tsp of natural almond extract (optional)
- Pinch of salt
- 1 ¼ cups coconut oil

Method:

Melt the coconut oil and put cashews, almond milk, vanilla extract, agave and salt in a blender and blend, adding enough water to blend until smooth.

With the blender still running, slowly pour the coconut oil in at the end.

Leave to set in the fridge or freezer for 40 minutes to 1 hour before using.

The Unbakery Book

Following the success of two cafes and a burgeoning product line, Little Bird have recently launched The Unbakery book.

Featuring 130 recipes and great informative sections on raw ingredients, kitchen equipment, health, lifestyle and organics, this book will help you make incredible tasty food that allows you to get more goodness into your everyday eating.

All 100% raw and plant based, the recipes are also completely free of gluten, dairy and cane sugar. Be inspired to get creative and craft great tasting food that is incredible for your health.



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**ASK FOR
A FREE
SAMPLE**

Your Summer Survival Kit

This is what you've been waiting all year for. The sun's out, there's the smell of BBQs in the air, and the beach is beckoning. But eek! What about all of those pesky little things that you forgot about last summer? With summer can come buzzing mozzies, hidden prickles, and bright red and sore sunburn. The experts at Hardy's have compiled a summer survivor list to help keep you happy and healthy to enjoy the best of the season.

Consider these tips and survival tools if you're planning to...

Strap on your dance shoes and party hard

Is your calendar packed with endless scribbles representing a massive party line up? If you plan to celebrate the New Year with dozens of friends and a wine glass in hand then you'll want to avoid the dreaded hangover.

Of course the best way to avoid a hangover is to prevent it from happening in the first place, but sometimes even when we plan for moderation, it's still easy to over indulge, which leads to waking up blurry eyed, with a headache like a thousand jackhammers all in sync.

Minimise your chances of the dreaded morning after by staying hydrated. Guzzle a large glass of water before you go out, and aim to drink another glass in between each alcoholic drink. Alcohol is a diuretic, meaning that it dehydrates you, which is why you feel thirsty, dizzy, and headachy the next day. Watch also the mixers that are used in your drinks. Sugary drinks like lemonade, consumed en masse will increase your icky feelings the next day, so switch it to plain soda water where possible.

Activated charcoal is also a great weapon if you do wake with that fuzzy feeling. It works as a kind of "sponge" that absorbs and traps chemicals (like alcohol) and helps to escort them



out of the body, thereby lessening their ill effects. Ask your Hardy's expert for the 'fit for consumption' variety to have on hand, so you don't go raiding the BBQ in your drunken haze.

Set up your tent in the NZ bush

Love nature but don't love mosquitos? We're right there with you! Avoid being plagued by pesky mossies when you're enjoying time outside by carrying around some citronella.

Oil of citronella is distilled from different varieties of grass and acts as a natural insect repellent. Citronella works by masking all of those scents that humans make which are so delicious to mozzies, like carbon dioxide and lactic acid.

Hypercal lotion is another handy thing to have on hand when you're out in the bush or if you have active kids who engage in lots of outside play and 'rough and tumble'. The body's natural defenses are assisted by hypercal lotion, which can be applied topically to help cleanse, soothe, and heal any cuts or wounds.

Laze about on the sand like a 1960s beach babe

Don't get burnt while you're on the beach. Pure rouge or lobster red is never a flattering shade on anyone's skin, not to mention it's incredibly damaging and leads to a greater likelihood that you'll develop melanoma at some stage. Use **Oasis Sun SPF30** whenever you're outdoors, as it contains natural ingredients that are safe to rub onto the skin. Just make sure to reapply every couple of hours!



If, however, you are unlucky enough to develop painful sunburn, rub some aloe vera gel onto it as soon as possible. **Aloe vera** has cooling properties that ease the pain and peeling associated with sunburn, and leave the skin feeling moisturised. If you have aloe vera growing in your garden, then simply snip off a leaf and apply the sap to your skin, or else there are plenty of gels available.

Something essential for nearly everyone...

If you're working out and sweating a lot these holidays, then chances are your body is losing a lot of important minerals, including sodium, magnesium and potassium. Mix some **Endura Hydration Low Carb powder** into your water bottle to provide you with all the electrolytes you need to safely power on. Furthermore, the low carb formula is unique to the market and able to help you keep on top of your weight regime.

Long gone are the days of our mothers, when they used to bake in the sun covered in baby oil. Nowadays, it's agreed that the best tan comes from a bottle. Our choice is **Eco Tan**, a gradual fake tan without all the usual chemical nasties that cause allergies. There are different shades available, depending on whether you want to take the stark white edge off or get a deep summer glow.





Healthy Homemade Gifts

Herbs have always played a special, holistic role in our wellbeing. They're packed with antioxidants, vitamins, essential oils, phytosterols and nutrients that boost our immune systems. Some of the unique compounds in herbs have been found to reduce blood sugar levels, while others have anti-inflammatory properties by inhibiting the enzyme cyclooxygenase (COX).

This is an instance where fresh is best. Not only do fresh herbs have more flavour, they have more health benefits too, as the drying process tends to decrease their nutritional goodness.

Fresh herbs love the sun even more than we do, which makes summer the ideal time to get growing. Herbs can be planted in virtually any container, so be creative (we've seen them in teacups, old tea tins and even an old boot!) Just make sure to position them in a warm spot that receives hours of direct sunlight.

Some of the easiest ones to start with include basil, which has anti-inflammatory and anti-viral properties; mint, which helps to calm digestive troubles; parsley, for beating garlic breath and as a gorgeous garnish, and thyme.

Get growing so you can make healthy teas and add them to salads, or try one of these great DIY bathroom products for a healthy homemade gift from the heart this Christmas.



REFRESHING PEPPERMINT AND THYME FOOT SCRUB

For this recipe, simply pick and wash some sprigs of thyme. Spread them out across a tea towel and wait for the leaves to dry out.

Then, all you need is:

- 1 cup of sugar
- 1/4 cup of **Niugini Coconut Oil**
- 5 drops of **Absolute Essential Peppermint Essential Oil**
- 1/4 tsp of your dried thyme
- Mixing bowl
- Spoon
- Container

Step 1: Place the sugar in a bowl and pour the coconut oil directly over top.

Step 2: Carefully combine the sugar and oil until it has formed small clumps and there are no dry spots.

Step 3: Add the peppermint oil and mix.

Step 4: Add the dried thyme leaves and gently stir.

Step 5: Transfer your scrub to beautiful little jars and enjoy getting your own tootsies jandal ready, or give the jars as gifts this Christmas.

COCONUT LIP BALM

This recipe makes enough for about 6 tubes or small containers.

You will need:

- 1/8 cup **Niugini Coconut Oil**
- 1/4 cup beeswax
- 1/8 cup shea butter
- 1 tsp coconut or vanilla extract
- 1/4 cup rose petals or chopped herbs
- 1 tsp **Absolute Essential Sweet Almond Oil**

Step 1: Measure all of the ingredients into a small saucepan or Pyrex container

Step 2: Heat on low until everything is melted, or if using microwave, heat in 30 second intervals until completely melted

Step 3: Strain petals or herbs if you wish, although they look pretty left in

Step 4: Pour into sanitised containers of your choice

Step 5: Let cool completely (couple of hours) and they're ready to use!



Tech savvy for top health

Technology has the ability to connect us and has enabled us to find efficiencies in the way we live and work. Did you also know that technology can help us to monitor and improve our health, with specially designed apps that just keep getting more and more clever?

Many of you will already be using one of the millions of apps available for download. Here are a pick of some of the Hardy's team's favourite health apps.

MY FITNESS PAL

Whether weight management is your goal, or you just want an easy way to keep a food diary, My Fitness Pal can help. An easy free calorie counter, My Fitness Pal enables you to not only keep track of the food you eat, but also the activity you do, and with your details and goals programmed in, it tailors all of the data to suit you.

FITBIT

Not only on our phones, apps are becoming an everyday occurrence in other gadgets that wirelessly talk to our phones and computers. Fitbit is a perfect example. So much more than just a pedometer, the wristband tracker counts your steps, distance covered, calories burned, active minutes, stairs climbed and so much more, uploading it all so that you can easily see your progress towards your goals. In true social media fashion, it also allows you to connect with others for support or friendly competition.

WATER YOUR BODY

We know how important it is for our health that we stay hydrated, so this handy app is a great way to keep

track of whether you're drinking enough water each day. Do you ever wonder if the standard eight glasses a day is right for you? Or do you still feel thirsty until you've had a lot more? Simply enter your current weight and the app will help you determine just how many cups you need. When you drink water, you enter each cup and if you haven't had enough, friendly reminders will let you know how much you still need to drink that day.

SLEEP CYCLE

A quality sleep is vital to feeling energetic and alert during the day. If you think there's nothing worse than your alarm shrilling through the blissful deepest part of your sleep, so you have to get up feeling drowsy, give the Apple and Android Sleep Cycle app a try! To avoid turning your whole day into one long zombie marathon, the Sleep Cycle alarm clock app uses the accelerometer in your phone to monitor your movement and determine what phase of sleep you are in, waking you up at your lightest point within the 30minute alarm window that you set.

BREATHE EASY

For those with health conditions, monitoring symptoms is often key to effective management. Knowing this, Asthma New Zealand created Breathe Easy, the first iPhone health app available in New Zealand that allows users to monitor asthma symptoms. Free from the App Store, Breathe Easy is a simple and innovative way to monitor peak flow levels, and manage symptoms with helpful reminders.



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The Natural Advantage

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When it comes to your health, it's important to consult the experts. That's why every MICROgenics® product allows your body to benefit from the experience and expertise of leading specialists. MICROgenics® formulas are only available in health food stores so they always come with quality naturopathic advice and meet high industry standards.



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true
holistic skin health

true
holistic skin health

true holistic skin

Introducing you to the world of true holistic skin health

At Hardy's we believe that what we put on our bodies is as important as what we put in them. We love natural skincare and are excited to introduce Hardy's customers to the luxurious yet gentle, certified organic range from true.

true was born in Wanaka by holistic therapist and natural skincare formulator Nicki Hanning. A mother of 2 young children, Nicki has spent the past 20 years living and breathing all things natural. Nicki started her love affair with making natural plant based skincare in 2002, while operating her own natural therapies business, and continues to delight in creating and researching new products for the true range. "I've always been conscious of what goes into my food and skincare products," says Nicki. "I'm an avid label reader!"

Frustrated by the lack of regulations around natural and organic skincare, which can be labelled thus when only one or two ingredients are natural or organic, Nicki has applied her belief in transparency to the true range. For this reason, all true products have received third party, BIOGRO organic certification to prove their commitment to you and to ensure the quality, authenticity and sustainability of their ingredients.

Nicki wanted to create more than just another skincare brand. Her holistic and authentic approach to beauty, in which every women's health and wellbeing is supported, comes through in the true brand. Furthering this philosophy, Nicki's 'My Handful of Quiet' inserts are

inside every product to inspire people to celebrate the everyday small things.

All true formulations are one of a kind, and developed from scratch by Nicki herself. "In respecting the physiology and individuality of everyone's skin, each and every ingredient used has a distinct purpose," she says. "Your skin is as unique as you are. It will often change the way it looks, feels and behaves based on your overall health, lifestyle, age, stress levels, and many subtle factors in the environment." Nicki firmly believes that a holistic approach is more likely to result in addressing individual skin concerns with greater success. Because much like nature, our skin changes with the seasons, Nicki encourages seasonal product changes in your everyday routine.

The true collections of HYDRATE, REJUVENATE, NURTURE & SOOTHE are suitable for everyone's skin type.

true has chosen nature's superfruits to create their very own signature truoxidant™ blend containing raspberry, rosehip, blackcurrant, pomegranate and seabuckthorn oils. Raspberry seed oil is extraordinarily high in omega 3 and omega 6 fatty acids, and helps maintain healthy moisture balance in the skin. Sea buckthorn is a high source of vitamins C, E and A and has been credited with minimising wrinkles, regenerating skin cells and promoting the healing of skin.

true is now **available in Hardy's stores**. Visit www.trueholisticbeauty.com or talk to a Hardy's expert for more information about true holistic skin health.

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free hydrate
body moisturiser
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featuring truoxidant™
our intensive 5
superfruit blend with
protective antioxidants



MICROgenics® SUPERFOODS PRO-BLEND

MICROgenics® Superfoods Pro-Blend is a synergistic blend of 55 high quality potent super foods in two delicious flavours – Natural Berry and Natural Cacao

- ✓ Specially formulated by naturopaths to assist in achieving a well-balanced diet.
- ✓ Source of 10 super greens and veggies, 12 super fruits, 4 digestive enzymes, 6 certified organic whole grains and 2 billion probiotics plus prebiotics.
- ✓ Supports energy levels, digestion and is packed with antioxidants so you can get on with your busy lifestyle.



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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.

NEWS & EVENTS

Gorgeous Golden Door

Our competition winner, Suzie Rogers, and her good friend, Nancy Capizzi, headed to New South Wales' Hunter Valley in October for a week of pampering and relaxation at Golden Door Health Retreat. We love this photo that they shared with us!



Hardy's Richmond Welcomes Alana Wilson

Alana Wilson has just moved to Nelson in order to become the new store owner at Hardy's Richmond, and she's thrilled to be joining the team there.

Like many people, Alana developed an interest in healthy living after realising that she needed to take better care of herself and her family. "I've become mindful of my health since my husband and son developed gluten intolerances. Wheat doesn't agree with them so we've had to be very careful," says Alana.

Alana is proud of her extraordinary team of knowledgeable and experienced staff, which includes Anna, a newly qualified naturopath and Gail, a former pharmacy technician. The team's passion for good health is clear, and they are keen to share it with their customers, so pop in store to see the team now.



Holistic Haircare now at Hardy's

We think about what we eat and put on our skin, but what about what we put in our hair? Hardy's are now stocking the high quality, natural range designed by expert trichologist and hairdresser Nigel Russell. With natural, biodegradable ingredients and healing essential oils, Holistic Hair treatments go right to the roots, treating the cause of hair and scalp problems.

Colouring fun!

Make sure you pick up a copy of our colouring competition in store or, if you've got more than one budding artist in the family, download and print more copies from our website. Open for children aged 3 to 10 years, it's a great way to get the kids creative over the holidays and you could be in to win a prize pack worth \$500.



Congratulations Hardy's Coastlands

A huge congratulations to Michele and her team at Hardy's Coastlands. The Coastlands store, in Paraparaumu, was recently awarded Runner Up in the Lifestyle and Wellbeing category of the Wellington Top Shop Retail Excellence Awards! Determined through three rounds of mystery shopping by expert judges, the Awards reflect the best customer experiences for each region. Well done team!

Well done team!



Photo from left to right: (Back) Denise, Liz, Deirdre, (Front) Jenny, Michele, Judy.

Lunching with Lisa



Our competition winners Leanne Morris, David McQuinlan and Frank Malcolm enjoyed lunch with Kiwi canoe gold medallist Lisa Carrington at the Blue Breeze Inn in Ponsonby, just from purchasing Balance products in store. What a breeze!

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

TARANAKI

- New Plymouth** Centre City Shopping Centre, 11 Gill St (06) 759 4342

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

CHRISTCHURCH

- Northlands** Northlands Mall, Main North Road, Papanui, (03) 354 1630

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