

February/March 2015

# My Hardy's

## Food For Thought...

Fuel Your Kids Minds As  
They Head Back To School

Healthy Treats For Lunch Boxes From

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- ✓ Keeping Our Tickers Ticking
- ✓ Good On Garcinia
- ✓ Your Body Through The Ages



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## Welcome!

As we get back into the routines surrounding work and school, we take a look at the things that will help to make 2015 your happiest and healthiest yet. We've got a special feature to help you re-establish healthy routines, and one to get the kids all set for their best year yet in the classroom. We've even got some ideas for exercise that you can bring them in on; a win-win of quality time and physical activity that will get the endorphins going!

This issue, our tastebuds got a treat as we explored more ways to ensure optimal eating, no matter how time poor we are! We were excited to try a 'Gourmet' My Food Bag experience, and loved working with Nadia and her team to bring you easy recipes to whip up for healthy and hearty dinners. Similarly, we're lucky to be joined with the absolutely lovely Eleanor Ozich, from My Petite Kitchen this issue, who shared some of the wholefood and refined sugar free recipes that have revolutionised her family's health. (We particularly love the truffles, check them out on page 13!)

Whatever your New Years resolutions, we hope these articles will help. Pop in store to speak to a Hardy's expert about your health and wellness goals.

Until next time, happy reading.

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# Healthful

# Hints

## New Year Detox

For many, the holiday season is a time for overindulgence. Leave any guilt behind and look forward to a new year of healthy habits, with a healthy detox. A detox gives your digestive system a break after it would have been working harder than usual, as well as being a great way to kickstart new healthy habits. Remember, a detox should help the body, not hurt it, so don't go too extreme.

There are products that can help, like the **Lifestream Cleanse**, which gently supports a healthy bowel or the **Microgenics Liver Detox**, which helps with existing detoxification of the liver. Talk to a Hardy's expert in store and, in the meantime, have a look at our dos and don'ts below:

### DO...

- Cut down portion sizes. Most of us regularly eat more than recommended servings
- Cut out caffeine, alcohol, sugar and salt and avoid processed foods
- Drink lots of water and go for green tea, if you need to change it up
- Eat foods in their unprocessed form that is closer to their original state. Think rolled oats, brown rice, seeds, lean meats, seafood and lots of fruits and veges.

### DON'TS...

- Don't be too restrictive. Your body still needs to be receiving nutrients.
- Don't go to extremes. Drinking only lemon juice is likely to be very dangerous
- Don't fast, as this can put your body into starvation mode
- Don't push your body too hard while you are on a restrictive diet and keep exercise moderate.

## POWER OF THE POMEGRANATE

Juicy red and full of goodness, pomegranates are in season now. Bursting with powerful antioxidants, pomegranates are thought to support both blood pressure and cholesterol levels as they are a rich source of phytochemical compounds. A study profiled in the journal **Clinical Nutrition** looked at heart patients with severe carotid artery blockages and found that an ounce of pomegranate juice daily for a year lowered their blood pressure by over 20% and reduced atherosclerotic plaque by 30%

Pomegranates can be pesky things to eat, but we've found the best way to deseed them easily.

1. Grab the most luscious looking ruby pomegranate you can find
2. Slice through the fruit vertically, with a sharp knife and place half into a bowl full of water
3. Stick your hands in there and start peeling away the rind and separating the seeds from the white, fleshy inside part called albedo. The seeds should sink to the bottom of the bowl, while the albedo and rind float
4. Repeat with the other half of your fruit, then drain the water and you've got the lovely, healthy seeds ready for adding to salads, popping in desserts or juicing.



# TRAIN YOUR BRAIN

Anatomically your brain isn't a muscle, but you should treat it like one, specifically by working it out and flexing it. Like a muscle, using your brain makes it stronger. Your brain, in essence, is a pattern organising machine, which means that a stronger brain is one that is creative, cognitively flexible and able to reason efficiently.



New experiences keep the brain at its best, as these give us new information to organise and make sense of. This, in turn, leads to learning, which adds to the brain's repertoire of abilities and forces the brain to continually restructure its filing system, preventing thought ruts. When we're young, we have a myriad of opportunities to learn, however as we age and get settled in the day to day, these opportunities naturally lessen, so we have to make more of a conscious effort to work out our brains.

You've probably heard the theory that crosswords are good for keeping your grey matter sharp. This is because crosswords help with a brain function called fluency. While an important one, fluency is only one brain function. Specially designed brain games and Sudoku puzzles are another option. Sudoku is mentally stimulating and you don't have to be good at maths to enjoy it.

**FUN FACT:** Sudoku can get rid of "earworms". Not a parasitic worm in your ear, but a song that gets stuck in your head. Scientists at Western Washington University found that playing Sudoku, while listening to a persistent "earworm" song helped people get the songs out of their heads faster.

If good old brain games aren't so much your thing, give a new hobby a try to help you broaden your horizons and enliven your brain. Learning a new language, taking up an instrument or exploring both the technical and creative aspects of photography will all also work wonders.

If you want to get moving too, try dance. Although most physical activities don't creatively stimulate the mind, studies in the New England Journal of Medicine found that brain function is boosted by dancing.

## Suns out, but the brain is freezing

It's icecream season, but how do you ditch the brain freeze? Brain freeze, or phenopalatine ganglioneuralgia, occurs when something extremely cold touches the upper palate or roof of the mouth. It tends to be worse on hot days and when we eat something too fast. When this happens, a dramatic and sudden increase of blood flows through the brain's anterior cerebral artery, in an effort to prevent loss of body heat, which raises pressure and causes pain.

Thankfully, avoiding icy treats isn't the only way to stave off brain freeze. You can prevent brain freeze by letting what you are consuming warm slightly on your tongue before it touches the roof of your mouth. Alternatively, if you do experience brain freeze, find a way to warm the roof of your mouth quickly, so that the blood vessels go back to normal. Touching your tongue to the roof of your mouth is one way, but try to roll your tongue, as the underneath will likely be warmer than the top. Otherwise, press your thumb to the top of your mouth or cover your mouth and breath quickly, raising the temperature inside your mouth.



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## Setting yourself up for a healthy and happy

# 2015

With no work, school or study, the summer holidays are often a time to kiss goodbye to routine. And when there is no structure to our days, healthy rituals tend to go out the window. Don't feel guilty though; there is no need to panic! Whether you're trying to work on what's important for your wellness, or want to build new habits, we've got the tips and tools to help.

### PLAN TO SUCCEED

The most important thing you can do right now is plan what you want to achieve this year and how you'll do it. You may think that you know what you want to achieve, but this is about more than just having a goal in mind.

We've all experienced at least one New Year's resolution that was more like 'wishful thinking'.

The difference lies in having a plan as to how you're going to achieve it, and making sure your goals are SMART. Simply put, SMART goals are specific, measurable, attainable, realistic, and timebound. Once you cover off these criteria, you can map out a plan that will get you closer to where you want to be. You'll be able to see what you need to focus on, and you can start building good habits to get there.

### START OFF SMALL

This speaks to the 'attainable' part of SMART; making sure it's something that you can conceivably do. This doesn't mean that you should pick something too easy; your goal should require some effort. However, if it's too ambitious, consider breaking it down into achievable steps so that you don't feel discouraged or overwhelmed early on.

Perhaps you want to be able to run a marathon, but currently struggle to jog to the end of the street. Or perhaps you want to significantly reduce the amount of sugar in your diet, but have an incredibly persuasive sweet tooth. These goals are still ultimately attainable, but it may feel less so if there aren't any small steps on the way. Also, without the mini milestones, how will you know if you are making progress?

### OVERCOMING SETBACKS

Let's face it, none of us are perfect and setbacks will happen. Whether they are things that happen externally that throw us off course, or whether your motivation wanes entirely, keep it just to one day. Don't be too hard on yourself and stop at the first hurdle.

Life can be chaotic sometimes, so it's important that you get back up and keep going. We don't achieve greatness by doing something once; it's by the things we do most of the time. Tomorrow is a new day.

### ENLIST HELPERS

They say that "teamwork makes the dream work," and even if you have a seemingly solitary goal for 2015, having people on your team can help. Talk to your friends and see whether you can inspire any of them to join you.

Even if no one is keen to take on a marathon with you, having people in your corner will keep you on track. Talk about your goals, and agree with a friend or partner to check in for encouragement and support. Even if you're not focused on the same outcomes, this can help you to own it and feel accountable.

### CELEBRATE SUCCESSES

If you've created a plan, you will be achieving various stages along the way to the outcome you want. Don't be so focused on the end result that you forget to celebrate the progress you're making.

Think about a reward you'd like to treat yourself with, not only when you achieve your goal, but also as you reach mini milestones. Celebrating successes enables you to stay motivated and on track to bigger and better things.

Whatever your health and wellness goals, talk to a Hardy's professional for a helping hand. 2015 could be your best year yet!

## Making new habits often requires us to break free of the bad ones holding us back...

**BREAKING BAD HABIT #1: JUNK FOOD.** The Christmas season is notorious for yummy temptations.

**WHAT YOU NEED TO DO:** Throw away the candy so that you won't feel tempted, and stick to regular, healthy meals with more vegetables and fruit. The natural fibre will fill you up for longer than a box of chocolates, and will leave you feeling more satisfied too.

In a lecture at Yale University, Dr Robert Lustig, a Professor of Clinical Pediatrics, pointed out that foods that are high in both fat and fructose (a type of sugar) are never naturally occurring. For example, pineapples and cherries have a lot of fructose but no fat. Avocados and eggs have essential fats and virtually no fructose. Our bodies process foods with both sugar and fat inefficiently, so stick with fresh vegetables, meat, fruit, and wholegrains.

**BREAKING BAD HABIT #2:** Irregular bedtimes. Holidays are great for late nights partying, sleep ins and afternoon siestas, but irregular bedtimes take their toll on our energy levels.

**WHAT YOU NEED TO DO:** Start setting your alarm and going to bed at a reasonable hour. According to Dr Neil Stanley, the former Chairman of the British Sleep Society, "The body loves rhythm and predictability. Changing our sleeping routine actually tends to leave us feeling disorientated and irritable, rather than rejuvenated. We suffer from a kind of jet lag, where you push your internal body clock forwards by one, two or even three hours, which can be almost like shifting to another time zone!" says Dr Stanley. No wonder we struggle when we have to get used to getting up for work again!



**BREAKING BAD HABIT #3:** No exercise. Without a regular schedule, one of the first things to go tends to be the workouts.

**WHAT YOU NEED TO DO:** Find a fun activity that you are interested in and exercise, even if it's only for 15 minutes a day. Research has found that a little goes a long way if you keep it up regularly. Anything that gets your heart pumping is good, so try jump rope, swimming, cycling, dancing, running up stairs or rollerblading. Make sure that whatever you choose is fun. Turn to page 22 for more ideas.

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# Food for thought:

## WHAT YOUR KIDS EAT MAY AFFECT THEIR SCHOOL WORK

Stationery, books, school bags, and black leather shoes are all things we think about before sending our kids off to school again. While those things are important, getting your kids ready for school also means preparing their minds with the right food.

Food is our fuel, and it plays a crucial role in how we act. Studies have shown that kids who eat breakfast before school have improved brain function (particularly memory and recall), and they're also more likely to obtain better academic results. Scientists have a couple of theories for why this is. It may be that the nervous system is being supplied with essential nutrients from breakfast foods, or even that kids are simply less distracted by a hungry tummy. Either way, skipping breakfast is not a good way to start the day!

But *what* children eat is just as important as how often they eat, and a breakfast of sugary junk food won't do them any favours. It can be surprisingly tricky to work out which foods are nutritious, since the products that are marketed at kids are often unhealthy.

### Less sugar, increased concentration

What is the issue with sugar exactly? Doesn't sugar provide energy? According to dietitian Claire Schramm, sugary foods give people "a big energy dump fairly quickly, which may initially boost mood and concentration in the classroom." Unfortunately though, this won't last long. "Our body quickly corrects for this large amount of sugar in our bloodstream and the result can cause irritability, lethargy, lack of concentration and subsequent hunger, which doesn't bode well for our kids in the classroom."

Kids have high energy needs, and the best way to meet those is to give them good quality carbohydrates that are low in sugar and high in fibre. This means choosing fruit, vegetables, wholegrain breads, and cereals. Change their diet, and you'll be amazed at how active, bright, and focused your kids can be! More healthy lunchbox options can be found on pages 12 and 13.

### Dose up on DHA

One of the most important nutrients that children need to consume is DHA, which helps their brain, eyes, nervous and immune systems to develop properly and can, in turn, help with academic performance.

DHA stands for docosahexaenoic acid, a polyunsaturated omega 3 fatty acid that is found in every cell throughout the body. DHA makes up 93% of the omega 3 fats in the retina, and 97% of the omega 3 fats in the brain. The brain itself is about 60% fat, so you can see why DHA is so essential for overall brain health.

Typically, DHA is found in fish, meat and eggs. Oily fish is particularly high in DHA, so think mackerel, herrings, salmon, trout, and sardines the next time you're trying to decide on dinner. These types of fish generally contain anywhere between 10 and a staggering 100 times as much DHA as other healthy non marine foods, like nuts and dark leafy greens.

If you struggle to get enough of the food sources of DHA into your little ones, or want to give them an extra boost, supplementation can help and there are vegetarian and sustainable options available. **Nordic Naturals Children's DHA** comes in a yummy strawberry flavour so that they're happily chewed or swallowed.

Children and adults can both benefit from **Lifestream's V-Omega 3 + Vitamin D45 Capsules** too. These are completely natural, being derived from marine microalgae, which is the main food source of salmon. Microalgae is extremely high in DHA, containing 66% more than standard fish oils, and doesn't have the fishy smell or aftertaste either!

### Beat poor nutrition

If you or your children eat a steady diet of processed food and sweets, then the microflora in the gut can become imbalanced and the immune system becomes compromised. While there are no shortcuts to make you magically healthy, probiotics and specially designed immune tablets can help.

**Ethical Nutrients' Inner Health for Kids** are a great way to naturally top up little digestive systems with the essential good bacteria that they need. In balancing the flora within the gastrointestinal system, **Inner Health for Kids** can help to improve general wellbeing and support the immune system.

**Radiance Kids Immune 60 Chewables** are a balanced blend of essential vitamins and minerals designed especially for kids. In addition, they contain some green foods and bioflavonoids (so there will be no avoiding their greens when they chew on these!) This formula was created to help support the immune system by providing the minerals they might miss as fussy eaters.

### Concentration exercises

Physical activities can also help kids concentrate in class and stay focused. Try this natural exercise designed to improve concentration

#### Ear Roll

Place your hands at the top of each ear and gently try to unroll the curved outer edges of both ears at the same time. Continue this until you reach the bottom of the ear lobes, and then repeat another 3 to 4 times.

What it does: This exercise can help to tune out distracting noises, while increasing listening ability. It's also believed to help with short term memory and abstract thinking skills.

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# Keeping our tickers

# Ticking

## WE MIGHT THINK

of our hearts as being our emotional core, but in reality, this hard-working organ is at the heart of everything that we do, pumping blood around our bodies and keeping everything working. Because of this, it's important to ensure that our hearts are getting the fuel they need to keep us moving.

**Co-enzyme Q10** (CoQ10) is a substance similar to a vitamin that helps fuel cell growth and maintenance and acts as an antioxidant, protecting our bodies from free radicals and other nasty things. Any guesses for where co-enzyme Q10 mostly lives? That's right, in our hearts.

So why do we need co-enzyme Q10? In short, it drives our energy; without it, we may not be able to move our muscles. Unfortunately, our bodies don't supply us with an endless amount. As Dr Kathleen Wills points out, "Up until the age of 21, our own bodies create an average of 500mg of co-enzyme Q10 daily, with the highest levels in the heart. From the age of 21, our levels begin to drop."

Lowering levels of co-enzyme Q10 can lead to fatigue, degeneration of the skin (in other words, it can make you wrinkly!), and other degenerative conditions. Luckily, increasing your co-enzyme Q10 levels can have the opposite effect, as it may help to prevent or treat everything from sleeping issues and migraines through to breast cancer or degenerative conditions that are often associated with ageing.

## UPDATE YOUR INTAKE

Experts recommend taking 100mg of co-enzyme Q10 daily to help with optimal energy and prevention of degenerative conditions. Given that we only consume around 10mg of co-enzyme Q10 through our food daily, our bodies could use some help! Luckily, there are several foods you can include in your diet to help up your co-enzyme Q10 levels, including:

- Organ meats, such as hearts, liver, and kidney
- Fatty fish, such as mackerel or herring
- Foods such as roasted peanuts, sesame seeds, cauliflower or boiled eggs

Even with all of these foods, ensuring that you have enough co-enzyme Q10 can be difficult, and is helped by taking a supplement. This is especially important for those whose diets may not incorporate these foods on a regular basis. "Vegetarians can have an increased risk of co-enzyme Q10 deficiency, as can athletes, who deplete their bodies' stores of co-enzyme Q10 much more quickly. I would recommend asking your doctor to check your co-enzyme Q10 levels at least once a year," says Dr Wills.

## DR KATHLEEN WILLS' TOP TIPS FOR A TIP-TOP TICKER:

- Get moving! Aerobic activity is hugely important for keeping a healthy heart, so aim for 30 minutes a day, 5 days a week of some kind of activity that gets your heart pumping. This could be anything from taking the stairs at work to gardening, from walking the dog to playing netball, whatever works for you!
- Manage your weight. Being overweight may increase your risk of heart issues, so eat a diet rich in veges, foods with a low glycemic index, and lean meats, and avoid sugar and alcohol where possible.
- Give your body a boost. As we get older, our bodies don't always produce or utilise properly, what we need them to, so try a supplement that supports circulation and, if you're over age 50, up your vitamin C intake to help your body synthesise co-enzyme Q10 better.

## Healthy hearts

Given that co-enzyme Q10's favourite place seems to be in the heart, it makes sense that it appears to have a significant impact on heart conditions. One study showed that those who took co-enzyme Q10 over a year were less likely to be hospitalised for the worsening of heart failure and had a lower incidence of complications when it came to chronic congestive heart failure.

Dr Wills says, "There are several conditions that may be improved with co-enzyme Q10, particularly heart disease, congestive heart failure, and high blood pressure. co-enzyme Q10 can be a great boost to your heart health, just be sure to talk to a healthcare professional before you make any changes to medications or treatment methods."

Dr Kathleen Wills practices Integrative Medicine in Westmere, Auckland. She speaks regularly for corporate and educational organisations and Wellness Retreats New Zealand. She's been featured on TVNZ's Breakfast Show, in the New Zealand Herald, and Woman's Day and New Idea magazines or you may have heard her on Newstalk ZB, Coast and the Mix FM radio stations. She is a health blogger online for MiNDFOOD magazine and her book on executive wellness is due to be published in 2015.

<http://drkathleenwills.com>



### ZESTY APRICOT, PUMPKIN SEED AND LEMON FUDGE BALLS

These are great snacks for the lunch box or a pick-me-up sweet treat. Simply put 1 cup of nuts (of your choice), ½ cup of pumpkin seeds, 1 cup of dried apricots, 1 cup of shredded coconut, a drizzle of honey and the zest and juice of one lemon in a food processor and process until the mixture starts to come together. Shape into balls and roll in shredded coconut, then enjoy!

## HEALTHY SWEET TREATS:

## for lunchboxes and the baking tins

**BACK TO SCHOOL** can mean back to preparing lunches, or perhaps you are just looking for a way to stay on track with the healthy intentions that you set for 2015? There are so many tasty, sweet treats available, but it pays to look at what is really in them. A good alternative is to hit the kitchen to bake up a storm, as then you will know what ingredients and nutritional value is in the things that you and the family are eating.

Eleanor Ozich, founder of food blog Petite Kitchen and author of My Petite Kitchen Cookbook, began her journey towards simple eating when her four year old daughter developed seemingly incurable eczema, which was the result of an imbalance of bad gut bacteria that affected her skin and her behaviour.

In eliminating grains, sugar, additives and preservatives from her diet, Izabella's skin and moods dramatically improved. Not only that, but adopting a simple, clean way of eating that our generation seems to have largely lost sight of, have meant that Eleanor's family have discovered more energy, positivity and a new lease on life.

"It is inspiring that food, the very item that is causing obesity, depression and health epidemics of unfathomable proportions, is also the very thing that can be used to cure, cleanse and fix our body and mind," says Eleanor.

Take a look at a couple of Eleanor's famous recipes (above and right) for healthier sweet treats and lunchbox additions the kids will love.

In a New Zealand Herald article in late 2014, Dietitian, Performance Nutritionist and Health Expert, Dave Shaw, called for cleaning up our children's diets, by focusing more on whole foods and less on food aimed specifically for children. He made the point that food targeted at children was often processed, filled with additives and bearing little resemblance to real, wholesome food. Consider chicken nuggets, snack bars, chips, biscuits, icecream and processed fruit treats; they're hardly high up the hierarchy of healthfulness.

Kiwi Dietitian Claire Schramm agrees, saying "most 'kids food' is energy dense and nutrient poor, laden in fat, sugar and salt, while generally lacking in the components most important for a healthy diet." There is a strong body of evidence to show a link between foods advertised to children and childhood obesity. This is problematic because it is during this lifestage that nutrition is especially paramount for healthy growth, as children are developing eating habits and food preferences that they will carry with them through life.

Education is key and home cooking and lunchboxes all provide great learning opportunities. Get the kids involved in planning and preparing meals. Baking your own treats, instead of buying what's already packaged, means you get to control what ingredients (and how much of each)

you are eating, or feeding your children. Have a look at what is currently in your pantry, and give some wholefood alternatives a go. Don't worry, these easy recipes won't take long either!



### If it's not just the kids that reach for the sweet stuff, try these tips to curb the cravings:

- Swap some of your treats. Try a handful of raw nuts instead of a muesli bar, or opt for a fruit smoothie instead of the bowl of icecream after dinner. There are healthy alternatives that will satisfy your sweet tooth, without the need for stacks of sugar.
- Don't go to the supermarket when you're hungry, so you don't sneak more of the treat stuff into the trolley.
- Boost your afternoon activity to decrease the "three thirtyitis" that often has us reaching for a sweet treat. Leave a job like walking to post or clear the mail until this time of the day to give yourself a natural (and healthier) boost.
- Be mindful and take a moment to think about why you want a treat? Are you feeling fatigued? Are you emotional? Or is it just a habit?



## 'CARAMEL' BANANA COOKIES SPRINKLED WITH CHIA SEEDS

These cookies have the perfect soft and chewy texture and almost taste like banoffee pie. The secret ingredient in this recipe is the superfood 'mesquite powder' which gives it a hint of nutty caramel. Mesquite powder is made from the bean pods of the algarroba tree, native to Northern Mexico and desert areas of South America. It's a nutritional powerhouse, high in protein, calcium, magnesium, potassium, iron, zinc, fibre, and the amino acid, lysine.

- 1 cup nut butter (I used almond)
- 1 cup ground almonds (or nuts of your choice)
- 1 ripe banana
- 5 tsp mesquite powder\*
- 2 tbsp honey, pure maple or brown rice syrup
- 1/2 tsp baking soda
- a handful of chia seeds for sprinkling (optional)

*\*Maca powder also works well in this recipe. Alternatively you could use buckwheat, brown rice, tapioca or cornflour.*

Preheat the oven to 160°C and line a baking tray with baking paper.

Add all ingredients into a food processor. Blend until smooth. Using your hands, form large balls, then place on the baking tray. Flatten in half. The mixture will be a little sticky. You can use a little water on your hands to prevent it from sticking. Sprinkle with the chia seeds.

Bake in the oven for 12 to 15 minutes, or until lovely and golden on the outside.

- Fight portion distortion. It's a sad fact that treat foods have tripled in size in the last 20 years. While there is no recommended daily intake for treat foods, the theory that it should fit within the palm of your hand helps.
- Try supplementation. Go Healthy's Sugar Block uses white mulberry, with the active compound DNJ (or deoxynojirimycin), which helps with normal sugar digestion and absorption into the bloodstream. Talk to a Hardy's expert in store today to see if supplementation is right for you.

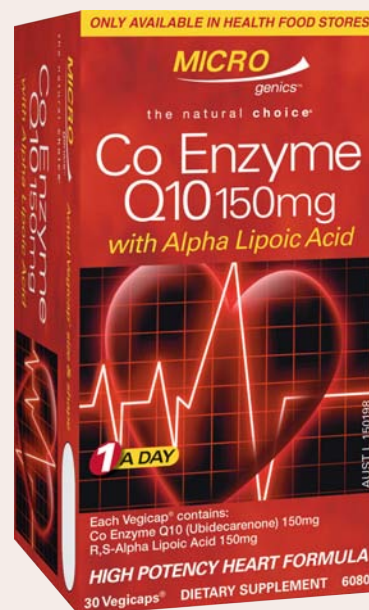
### MY PETITE KITCHEN COOKBOOK

is a complete menu of more than 100 simple, whole food recipes that feed the mind, body and soul. Simply by replacing sugar and wheat with natural, unprocessed alternatives, these recipes show how easy it is to prepare nourishing and wholesome food that is bursting with flavour and goodness.



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# meet the { experts }



Lyn from  
Hardy's Whangaparaoa

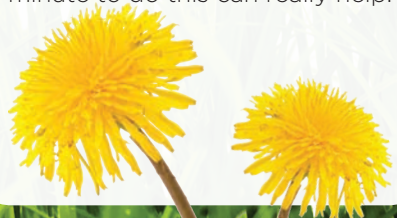
## What role do superfoods, like Spirulina, play in supporting stress and energy levels?

Superfoods, like spirulina, **Good Green Stuff** and cocoa play a significant role in supporting stress and energy levels.

Superfoods are like an 'insurance policy' to help fill the gaps in less than perfect diets. With important nutrients, superfoods give us more energy to reduce the negative effects of stress. Cocoa, which is found in the **Microgenics Superfood Pro-Blend** is one of nature's miracles (and my favourite food in its chocolate form!) Cocoa is rich in agents that support the body to produce various 'feel good' chemicals in the brain, including serotonin and dopamine.

## What is the best piece of advice you've ever been given when you were stressed?

The best advice I have ever been given when I have been stressed is to eat well, exercise and use a homeopathic remedy like **Stressmed Relief**. Also to stop and contemplate whatever it is that is stressing me. Taking a minute to do this can really help!



Sandra from  
Hardy's Lynnmall

## What are your top tips for beating stress?

Stress is an inevitable part of life; it's how we react that makes the difference. These are my top tips on how to keep stress from getting the better of us:

- Recognise your stressors
- Prioritise tasks. Keep a list and mark things off as they are completed
- Eat a clean wholefood diet, keep well hydrated and minimise caffeine, alcohol and preservatives
- Get enough sleep, particularly those hours before midnight
- Find some form of exercise you love and do it regularly
- Schedule time out for yourself and do something just for YOU
- Use aromatherapy to lift your spirits. I particularly like using "**Stress Less**", a blend by **Absolute Essentials**

## What is your secret weapon when you need an energy boost?

I love **Spirulina Blue**. Not only is there always a bottle at home for my busy family, I always keep some in my handbag! It provides me with additional energy for those days when there is just too much on, as well as supporting the body when there is extra stress, be it mental or physical.



Sonya from  
Hardy's Manukau

## What are the must have components of your routine when you need an energy boost?

I start my day off with an energy smoothie, which has a **Good Green Stuff** base, chia seeds, protein and lots of fruit, a multivitamin and krill.

## What role do B vitamins play in terms of stress and energy?

B vitamins help to counteract stress symptoms by helping to produce neurotransmitters in the brain, which help cognitive processes and mood. B vitamins also help by encouraging energy production and nourishing the nervous system, which gets a battering when you are experiencing periods of high stress.



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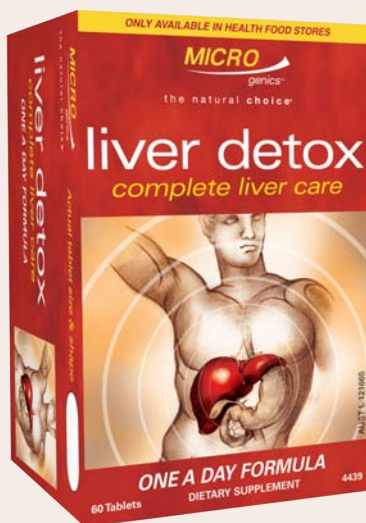
\*into the white blood cells compared to standard Vitamin C. Ester-C® is a registered trademark of The Ester C Company.

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Complete Liver Care

## MICROgenics® Liver Detox

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# Your Body THROUGH THE AGES



Just as life changes as we age, our body is different as we pass through various life stages. What might be vital for our body when we're younger may not be needed as we age. Likewise, as we reach our golden years our bodies need extra things that we took for granted before.

A Hardy's expert can help you to achieve optimum health and wellbeing, no matter where you are in your lifecycle. Pop in to see us in store or, if you don't want to tell us how old you are, have a look below...

## IN YOUR 30S...

### STRESS LESS FOR EXTRA ENERGY

In our 30s, it's possible to feel the weight of the world. There are numerous pressures and stress is our body's way of telling us that we're out of balance, compromising our mental, emotional, or physical health and depleting our energy.

When we are stressed our adrenal glands produce cortisol, which can damage the nervous system and suppress the immune system. However, a few simple changes can help your body when the going gets tough... Take deep breaths to stimulate the parasympathetic nervous system (the one responsible for 'rest and digest', as opposed to 'fight or flight'). Cut back on stimulants, like sugar, caffeine, nicotine, or alcohol, and try to eat regular, healthy and balanced meals.

Fit in some exercise to release 'feel good' brain chemicals and make sure you take some time out to laugh!

Our body's requirements for B vitamins increase in times of stress so dose up to balance your mood, support energy and stress resistance. **MICROgenics' Stress and Stamina** formula with Rhodiola can also help you with stamina and calm the nervous system. Talk to a Hardy's expert or pick up a Hardy's Stress Pack in store today.

### BEST START FOR BABY

If you're starting a family, talk to a Hardy's expert about support for your body. Folic acid is important to reduce the likelihood of birth defects, or try **Solgar's Prenatal Nutrients**, which contain essential nutrients to support the health of mother and baby before, during, and after pregnancy.

## IN YOUR 40S...

### THE GREAT WEIGHT DEBATE

There's no escaping it: our metabolisms start to slow as we get older. Unfortunately stress doesn't help either, increasing cortisol secretion, which seems to send our bodies the signal to stockpile calories in case we need extra energy to cope.

None of these things are overly helpful for weight management. We all know the key ingredients for successfully managing our weight: healthy, balanced meals of appropriate sizes, and an exercise regime to match. Stress management techniques are worth adding to the mix, whether you try meditation or breathing exercises to help bring cortisol levels under control. Supplementation can help too, so talk to a Hardy's expert about **Slimfast's range** for metabolism support and other options to reach your health goals.

### NURTURE THE SKIN YOU'RE IN

They say that our age is often written on our faces. It's true that our skin tends to give us away and we would all wish for more youthful looking skin. As we age, our skin cells shed so our complexion can look darker and duller. Slower skin cell regeneration is also to blame for our skin getting thinner as we age.

Aside from a good exfoliate to reveal younger, fresher looking skin, there are some other things you can do to continue glowing. Aim for 8 hours of sleep per night to give your skin a chance to repair and rebalance, and make sure you're cleansing and moisturising daily to rid the skin of pollutants and seal in moisture. A collagen supplement or **Planet Health's Q-Silica** can also help, supporting your skin to maintain its elasticity, or try **NeoCell Super Collagen +C Pomegranate Liquid**, an elixir with potent antioxidants.



## IN YOUR 50S...

### DON'T PAUSE FOR MENOPAUSE

Menopause, and the period called perimenopause that leads up to it, can cause a range of changes within the body. From hot flushes, mood swings and irritability, to worry, sleep disturbances and cholesterol fluctuations, menopause is often dreaded. While some of the problems of menopause are caused by lowered oestrogen levels, menopausal women also have sluggish liver function and intestinal bacteria imbalance to deal with.

Rest assured, there are some simple things that can help. Aloe Vera juice can support digestion and reduce bloating, while swapping your caffeinated drinks and alcohol for herbal tea or water with a squeeze of lemon can provide support to your liver and minimise the hot flushes. Aim to get lots of sleep to allow the body to regulate the changes it's going through and see whether one of the specially formulated supplements for menopause might be right for you. With herbs and nutrients that help the body with temperature balance, energy and managing stress, **Harmony Menopause** could well be a godsend. A Hardy's expert can help you find an option that will work for you.

### THE EYES ARE THE WINDOW

Are you feeling like your arms suddenly aren't long enough to see that text message, book or restaurant menu? We

can assure you that your arms aren't shorter, but your eyes may not quite be functioning as they should. If you've got to this stage without any eyesight issues, well done. However, now is the ideal time to get your eyes tested to avoid worsening symptoms that could have been prevented.

Keep UV sunglasses handy, year round, to protect your peepers, take breaks when you are reading or working on the computer and consider a supplement to support the health of your eyes. Try **Lifestream Astazan**, which contains astaxanthin, a proven antioxidant that is active in all cells of the body.

### JOLLY JOINTS

Joints are the connection points between bones, a network of cartilage and tendons that cushion our bones from rubbing against one another. As you can imagine, when our joints deteriorate, we're left with pain which can be extremely debilitating.

To protect your joints, stick to low impact exercise and eat a diet rich in wholefoods, avoiding foods that promote inflammation (white breads and pastas, sugar, saturated fats, alcohol and caffeine). Research by Goldberg & Katz has also found that 2.7 grams of EPA and DHA daily, from high quality fish oil, can support joint mobility. We love **Ethical Nutrients' Hi-Strength Fish Oil**, or try **Solgar No. 7** which can support mobility, flexibility and range of motion in sensitive joints.

## WHEN YOU'RE 60+

### MEGA MULTIS

As we age, it's harder for our bodies to get all the nutrients they need from the food that we eat. Many people also find that their appetite gets smaller, so you may not be eating such a wide variety of food. Both of these factors make supplementation all the more important.

A good multivitamin can provide optimum nutritional support. There are many available, like Solgar's VM2000, a high potency multivitamin that provides broad spectrum support for daily vitality. Talk to a Hardy's expert about the formulation that's right for you. Some even have added benefits, for example, **MICROgenics' Mega Multi Plus Krill Oil** combines all you need to top up your nutritional intake, as well as support for the joints.

### BOOST YOUR BRAIN

It's common that you've largely taken

your 'grey matter' for granted until now. When we're younger, we're studying or working in a way that is constantly giving our brains stimulation. It's in our later years, as we slow down a bit, that our brains show signs of ageing. Like other muscles in the body, our brains need 'exercise' to remain in good shape. Exercising the brain consists of passing information between the neurons, either as we learn new things, read, exercise, laugh, play games and actively solve problems (See page 5 for tips on How to Train your Brain).

Supplementation can help too. Try a fish oil capsule or liquid for omega 3, or **Ginkgo Biloba** to support mental clarity and focus. You could also try adding coconut oil to your cooking. Coconut oil is considered an ideal brain fuel, encouraging our bodies to produce ketones to convert the fat to energy. Research has found evidence that these ketones may help to restore neurons and nerve function in the brain.

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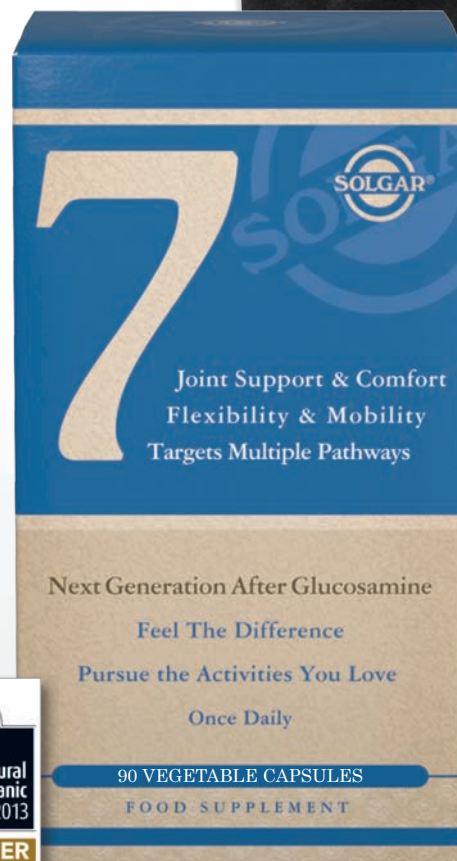
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# good on

# GARCINIA



**In the world of weight loss,** there are many ingredients that claim to do all sorts of things. It can seem overwhelming when even beginning to assess the characteristics, properties and benefits of these ingredients, much less establish which ones are reputable or good for you.

One ingredient that has been around for a while and has recently been growing in popularity is Garcinia. Garcinia is short for Garcinia Cambogia, also known as the Malabar taramind, a small, sweet tropical tree fruit shaped like a miniature pumpkin. The fruiting tree is commonly found in Asia, Australia, tropical and southern Africa, and Polynesia and the overripe fruit is a crucial part of the diet of the archduke butterfly, which we love because the butterfly is a symbol of powerful transformations. How fitting!

Garcinia's claim to fame comes from the active ingredient in the fruit's rind, hydroxycitric acid, or HCA. HCA blocks an enzyme called citrate lyase, which your body uses to make fat. By blocking this enzyme, the fat making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease. Carbohydrates, like sugars and starches, can also be more effectively diverted into energy production. We think this is a far more productive use for them than accumulating on the stomach, thighs and other unsightly areas of body fat.

We often talk about our metabolism when it comes to weight loss (or gain). Often spoken about as a complicated and mythical thing, that some are blessed with better versions of than others, your metabolism is merely the process by which the body converts what you consume into energy. Think of Garcinia then as your metabolism's helping hand, giving it a boost to break down and utilise what you consume more effectively.

Similar to the citric acid found in fruits like oranges and lemons, HCA is also thought to raise levels of the brain chemical serotonin, which can make people feel less hungry, experience fewer cravings and, overall, achieve a

greater sense of calm. Additionally, HCA is thought to have an effect on leptin, which is otherwise known as the 'satiety hormone', a hormone made by fat cells that regulates the amount of fat stored in the body by adjusting the sensation of hunger and how much energy the body naturally expends. In producing higher satiation levels (that is, the satisfaction you receive from your food), Garcinia can help you to feel fuller for longer.

**Alana, owner of Hardy's in Richmond, says that Garcinia remains the hottest product currently for those wanting to 'shape up'. "The team and I have seen some wonderful success stories already, in terms of energy and motivation, which is helping our customers achieve their goals. Garcinia also supports healthy, balanced levels of serotonin, a neurotransmitter in your brain that makes you feel good. In this way, it supports positive mood and can help reduce the tendency towards comfort eating," Alana adds.**

Dr. Harry Preuss, a researcher and pathologist at Georgetown University, followed 30 healthy but overweight people, aged between 21 to 50, over an eight week period.<sup>1</sup> All of the subjects consumed a diet of 2,000 calories per day and walked for half an hour five days per week. One group was given a patented form of HCA bound with both calcium and potassium, while the other group was given a placebo.

At the end of the study, the placebo group had lost an average of three pounds (1.4 kg), but the HCA group had lost an average of 12 pounds (5.4 kg), a whopping 400% more weight. Their average BMI fell by 6.3 percent; in the placebo group, it fell only 1.7 percent. To top it off, the HCA group experienced an almost double boost

in serotonin levels compared to the placebo group.

In a second similar study, Preuss and his colleagues tested 60 people, and this time; the HCA group lost an average of 10.5 pounds (4.8 kg) compared to the placebo group, which lost an average of 3.5 pounds (1.6 kg).<sup>2</sup>

"Perhaps the most remarkable result was in appetite control," Preuss says of the second study. "The placebo group had no change, but the HCA group had a 16 percent reduction in the amount of food they ate per meal!"

If you would like support on your weight loss journey for 2015, it is well worth stopping in at **Hardy's** to speak with one of our experts, who can guide you and help with food cravings, nutritional advice and health tips. Stretching your wings and taking flight in the healthiest and happiest way will allow you to make 2015 the year of you. It could be that adding Garcinia to your eating plan, along with nutritional goodness and exercise, will bring you one step closer to being able to "float like a butterfly, sting like a bee."



1. Preuss HG, et al. Efficacy of a novel, natural extract of (-)-hydroxycitric acid (HCA-SX) and a combination of HCA-SX, niacin-bound chromium and *Gymnema sylvestre* extract in weight management in human volunteers: a pilot study. *Nutrition Research*. 2004 Jan; 24(1); 45-58.

2. Preuss, HG, et al., Effects of a natural extract of (-)-hydroxycitric acid (CHA-SX) and a combination of HCA-SX plus niacin-bound chromium and *Gymnema sylvestre* extract on weight loss. *Diabetes Obes Metab*. 2004 May; 6(3): 171-80.

# Easy Options for Healthy Dinners



**W**e've all done it: come home from work, hungry and flustered and taken the easy way out when it comes to dinner. This could mean picking up takeaways or ordering in, or perhaps it's settling for something you know is not the best for you. Either way, now that we're back into the routines of work, school and extra activities, healthy habits and eating can seem like a challenge.

The key is having some easy options ready that don't take too long to prepare. If you're anything like us, the worst part of weeknight dinners is standing in front of the fridge or pantry, desperately searching for inspiration. Like us, you may love perusing recipe books, but still tend to fall back on the tried and true dishes that you always make, because it seems easier and you know the family like them.

A poll by the Daily Mail in the UK found that 60% of people had the same seven regular meals every week, some even had them on the same day each week! It's time to get out of the dinner rut and get creative. Putting some conscious energy and attention towards what's for dinner throughout the week, by creating a meal plan, encourages you to make healthy choices for your family.

## Preparation is Key

Planning is key to getting out of the rut. Not only will it help you set healthy intentions, it will also make it easier to follow through with those choices. Its when we're pushed for time or balancing too many other stressors that we go onto autopilot, reaching for easy foods that may not deliver the same nutrition.

Put aside a bit of time over the weekend to have a look through your recipe books, or browse your favourite sites online and plan some healthy meals that you want to try and that you think the family will enjoy. Then, create a shopping list for your weekly shop so that you've got all of the ingredients that you'll need to make those meals on different nights during the week.

Born out of the idea that healthy and delicious food can also be convenient and exciting, My Food Bag takes this concept even further, bringing inspiring and nutritionally balanced tasty recipes and the produce needed to make them together, and delivering it to your door.

My Food Bag's Head Chef and Dietitian, Nadia Lim, shared a couple of her favourite recipes to help get you started!



## HOISIN FISH WITH GREEN BEAN, KALE AND SESAME STIRFRY

*Ready in 25 minutes.*

### RICE

- 2 cups Japanese brown rice
- 3 cups water
- Pinch of salt

### HOISIN SESAME FISH STIRFRY

- 600g fish fillets
- 120g hoisin glaze
- 1 tablespoon runny honey
- 150g round green beans
- ¼ green cabbage
- 100g curly kale leaves
- 1 tablespoon oil (e.g. peanut, olive, canola)
- 2 teaspoons sesame oil
- 2 tablespoons water

### TO SERVE

- 1 tablespoon sesame seeds

Combine all rice ingredients in a pot and bring to the boil. As soon as it boils, cover with a tight-fitting lid and reduce to the lowest heat to cook for 15 minutes. Turn off the heat and leave to steam, still covered, for a further 8 minutes. Do not lift the lid at any time during cooking.

Pat fish dry with paper towels, check for any remaining scales or bones and cut into 3cm pieces. Combine with hoisin glaze and honey in a bowl and set to marinate at room temperature. Trim beans, finely slice cabbage, remove tough inner stalk from kale and finely slice.

When rice is steaming, heat a large, preferably non-stick, frypan or wok on medium to high heat. Add sesame seeds and cook until just starting to colour and pop, which should take about 1 minute. Remove and set aside.

Add neutral oil and beans to the pan and stirfry until just starting to colour, which should take about 2 minutes. Add cabbage, kale, sesame oil and water and stirfry until kale is wilted and beans are tender. Remove from pan and set aside. Pour fish and hoisin glaze into the frypan or wok and cook until fish is cooked through, which should take about 4 to 5 minutes. Add a splash of water if the mixture gets too sticky. To serve, spoon rice into bowls and top with stirfried vegetables and hoisin glazed fish. Sprinkle over sesame seeds.



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**LEMON THYME CHICKEN WITH VEGETABLE ROSTI AND CREAMY GARLIC DRIZZLE**

*Ready in 45 minutes*

**LEMON THYME CHICKEN**

- 450g chicken breasts
- Zest and juice of 1 lemon
- 1 tablespoon chopped thyme leaves

**VEGETABLE ROSTI**

- 1 orange kumara
- 2 carrots
- 1 egg
- 1 teaspoon salt
- 1 tablespoon olive oil

**CREAMY GARLIC DRIZZLE AND BEANS**

- 1 clove garlic, minced
- ½ cup chicken stock, made from powder
- ¼ cup sour cream
- 1 tablespoon thyme leaves
- 200g round green beans, ends trimmed
- A few thyme leaves, to serve

Preheat oven to 200°C. Line two oven trays with baking paper.

Cut chicken into steaks, placing your hand flat on top of the chicken breast and use a knife to slice through horizontally to make two thin steaks. Place in a bowl and add lemon zest and juice and thyme. Season with salt and pepper. Mix well to coat and set aside to marinate.

Peel and grate kumara and carrots. Mix well with egg and salt in a large bowl. Pack 1/2 cup amounts of the grated vegetables into mounds on first prepared tray. Press mounds down to make a patty about 1cm tall. Drizzle with olive oil and bake for 20 minutes. Remove from oven, turn over and squash with a fish slice, and cook for a further 10 minutes.

Heat oil in a large frypan on high heat. Remove chicken from marinade and drain excess (reserve marinade). Fry chicken for about 1 minute each side until golden, but not fully cooked. Transfer chicken onto second oven tray and bake for 6 to 8 minutes until cooked through. Remove from oven, rest for 2 to 3 minutes, then slice thinly. Cover with foil to keep warm.

In the same pan, add a drizzle more oil and fry garlic for 30 seconds, add remaining marinade and chicken stock and bring to a simmer. Add sour cream and stir until smooth, bring to a simmer, then remove from heat. Season with salt, pepper and stir through thyme.

While chicken is resting, bring a small pot of salted water to the boil and cook beans for 2 to 3 minutes, then drain.

To serve, place a vegetable rosti on each plate, top with chicken slices and green beans. Drizzle over sauce. Top with a few thyme leaves.



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# Losing Weight Is

# Child's Play!



**A**s a child, weight loss probably wasn't something that you needed to consider. Kids naturally run around a lot (as any busy mum will testify!) As we grow older though, we inevitably forget to stop and take time out to play games and have fun, and we tend to lead more sedentary lives.

However, your kids may actually be onto something. Kids' games are an excellent way to stay in shape, get your heart rate up, and burn calories quickly. Here are a few favourites that you might remember from the playground:

## Skipping rope

If you haven't jumped rope since leaving primary school then this will almost certainly be a challenge! Skipping rope looks easy, but it takes a bit of practice to get your coordination right. The health benefits are well worth the effort though. Peter Schulman, MD and Associate Professor of Cardiology/Pulmonary Medicine at the University of Connecticut, says that "It's certainly good for the heart. Jump rope strengthens the upper and lower body and burns a lot of calories in a short time."

Jumping up and down can, as you might well imagine, puts stress on your knees, ankles and even hips but, if it's done properly, jumping rope is a fairly low impact activity, more so even than jogging.

### To jump rope properly:



- Use a lightweight rope with good grips and wear well made cross training shoes with cushioning in the front
- Start out on slightly soft flooring, like carpet, wood, or grass as opposed to concrete
- Relax your shoulders and elbows, keeping them close to your side and rotate the rope using just your wrists, keeping the movements steady and smooth
- Jump only high enough to just clear the rope and land softly on the balls of your feet

## Hopscotch

Whether it's the standard 10 steps or some huge, long chalk monstrosity, hopscotch is a common favourite. Hopscotch naturally requires a lot of coordination and balance, as well as physical stamina and muscle strength in the legs to power through. 'Homolateral movement' is the technical term for the type of movement that your body needs to

make when it's playing hopscotch. Believe it or not, homolateral movements like these are actually amongst some of the most complex actions that the body can make! Plus, have we mentioned that it's really fun?

## Hula Hoops

You may have heard stories about people losing weight by going on the 'hula hoop diet.' Hula hooping everyday can be a great way to burn that mummy tummy, and is it any wonder? Hula hooping provides a complete core workout that will strengthen your stomach muscles. It's also good for your heart and increases your spine's strength and flexibility. The American Council on Exercise believes that 400 calories are burned every hour just by hula hooping. That's equivalent to a giant juicy cheeseburger or a cream filled doughnut, so get twirling!

## Play with the Kids

One of the fantastic things about jumping rope, playing hopscotch, and hula hooping is that it's an opportunity to get the kids involved (and away from the TV screen). It's often difficult for parents to find time to get a regular routine going at the gym when they have children to mind as well, but doing both together can be ...well, child's play.



MEET

# NIGEL RUSSELL

## Trichologist, Servilles Platinum Hair Stylist and Founder of Holistic Hair

You'd never think about eating your shampoo, but did you know that you may actually be absorbing more toxins by putting it on your skin? There are 20 blood vessels, 650 sweat glands and 1,000 nerve endings on your scalp, all of which are potentially soaking in the ingredients that are in your hair products, so it is wise to consider what's in them.

For this reason, the Hardy's team are thrilled to be stocking the **Holistic Hair** brand, a New Zealand range of scalp and hair products aimed at addressing scalp sensitivities and keeping hair healthy with the help of certified organic ingredients from nature.

After many years working as a hair stylist and encountering clients who had issues with their scalp and hair, Nigel Russell, the founder of Holistic Hair, began to experiment with aromatherapy in an effort to find solutions that offered lasting relief. With a background in trichology (the science of the scalp and hair) and years of face to face consultations, Nigel's vision has been to create a range of natural products that would target the cause of the problem, not just the symptom. The Holistic Hair range of shampoos, conditioners, therapy and styling products do just that, and we're thrilled to have them as part of the Hardy's family.

Years of product development have led to the current range of ideal blends that combine targeted aromatherapy oils with natural ingredients such as apple cider vinegar, organic sea salt and pure living water. Apple cider vinegar, which features in at least four of the products, creates the perfect pH level for the scalp and helps to



soothe sensitive skin and an itchy or irritated scalp.

Boasting other ingredients like lavender, chamomile, sea salt and avocado oil, the Holistic Hair range provides effective styling alternatives to the heavy, chemical based options also available on the market. Nigel firmly believes that beauty comes from an inner glow and a large part of the Holistic Hair ethos is based around supporting health and wellbeing.

Suppliers of Holistic Hair ingredients are clean, green New Zealand companies, many with their own special story on how they originated.

- Natural Living Water, a small company based in Henderson Auckland, produces a product that is known for its health benefits and purity and is recommended by many health practitioners.
- Organic apple cider vinegar harvested in the lower North Island is widely used as a health tonic for many health conditions but mainly for healthy skin and is a fantastic product for the hair.
- Certified organic sea salt is harvested by a company in Dunedin and comes straight from the southern ocean with no chemical manipulation.



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# Wellness while working

Strictly speaking, the body isn't primed to sit for an entire day. The reality, however, is that this is exactly what many of us do at work while we're perched in front of our screens. What this means is that our bodies need all the support they can get.

This is where the field of ergonomics comes in. According to Ian Cooper, Managing Director of Kiwi company WorkTools, the field of ergonomics has come a long way. "Workplace health and safety has grown to encompass much more than just hard hats and high vis vests," he explains. "The focus now is on employees' overall health and wellbeing, with the belief that this is ultimately the path to greater output and productivity."

Workplace wellness could be any programme or initiative that aims to improve the health and wellbeing of people at work, from subsidised gym memberships to social sports teams and free health insurance. Whether your workplace is already helping to actively promote healthy practices or not, here are a few extra ideas that you might like to try.

## Walking meetings

Just because you can't spend all day at the beach doesn't mean you can't find ways to get more 'outside time' into your day. Following on from standing desks, walking meetings are a new trend in the workplace.

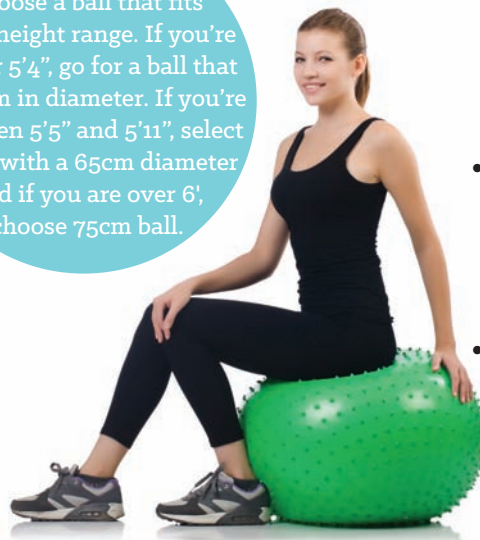
Instead of plonking your client or colleague opposite you at the board table, walk and chat. A Stanford study found that walking increases people's creativity by an average of 60% and fans of walking meetings claim you can listen more effectively, and they enjoy the time away from screens and devices. Walking outside will boost vitamin D production and increase endorphins, supporting your overall wellbeing, so give it a go. Just remember to take appropriate footwear!

## Sit on a swiss ball

Therapists and fitness gurus have long used exercise balls (or Swiss balls) for core strength and stability. Now Swiss balls are creeping into the workplace. Take a look at some of the benefits:

- **Better circulation:** Sitting on an unstable surface means you have to change positions to stay balanced, which reduces the damage caused by prolonged sitting, and keeps blood flowing around the body.
- **Fitness at your fingertips:** The more we move, the more calories we burn, so not only will sitting on a Swiss ball encourage more movement naturally, you can easily do stretches or mini workouts between tasks.
- **Stronger core and straighter spine:** Your body primarily uses your core muscles to balance, so sitting on a Swiss ball creates a constant abdominal workout. Conveniently, perfect spinal alignment is also the easiest to balance with, so your body will naturally align itself in proper posture.

For best results, choose a ball that fits your height range. If you're under 5'4", go for a ball that is 55cm in diameter. If you're between 5'5" and 5'11", select a ball with a 65cm diameter and if you are over 6', choose 75cm ball.



## The power of a nap

It may seem ludicrous to sleep at work, but some 'sleep friendly' companies believe a power nap can make you more alert and productive. Akin to rebooting your brain, a short stint of sleep can improve your memory, cognitive skills and creativity.

The length and type of sleep you get determines the brain boosting benefits. A 20 minute nap is good for alertness and motor learning skills. Research by Sara Mednick, PhD and sleep expert suggests that longer naps, of 30 to 60 minutes, allow for slow wave sleep and help with decision making skills and memory. 60 to 90 minutes of sleep, that allows for REM or rapid eye movement sleep, helps the brain to make new connections and solve problems.

## Other workplace wellness tips:

- See whether your social fund might stretch to massages. Many masseuses bring a massage table with them and offer a special rate if you can fill consecutive spots
- Swap the lolly jar for a bowl of fresh fruit.
- Do your eyes a favour and set a reminder for a break from your screen. An NIOSH study found that discomfort and eye strain significantly reduced when people implemented four 5 minute breaks into their day.
- Burn scented candles or try aromatherapy. Lavender or chamomile are great for relaxation, or try an invigorating scent like eucalyptus. We love the Absolute Essential range.
- Buy potted plants to purify the air. Try a peace lily, rubber tree, philodendron, or English Ivy, which NASA scientists claim is the best air filtering houseplant, as it's the most effective at absorbing formaldehyde.

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# NEWS & EVENTS

## Food Star rating for NZ

When it comes to some products, it seems easy to ascertain what is a healthy option and what isn't. However, with the wealth of information we're given daily about what's good for us, and what's not, it's also easy to get confused.

This is an issue the Australian and New Zealand governments have been wrestling with, as they consider a front of pack, Health Star Rating labeling system that hopes to have a positive effect on consumers' ability to identify healthier food products.

A voluntary system, the Health Star Rating is at this stage being adopted across the ditch, at an estimated cost of \$200 million to the food industry in Australia. The New Zealand government and food industry will be watching closely to see the result this has on consumers' choices.



## Consider your head

We often don't give our grey matter a lot of thought, but it's never too early to start thinking about, and taking care of, your brain. Brain Awareness Week takes place every March and aims to get people and businesses involved in raising awareness of brain conditions. If you want to support the optimal health and function of your brain, head in to talk to one of our experts.



## CELEBRATING CHILDREN

We all know about Mother's Day and Father's Day, but there is also Children's Day, which takes place on the first Sunday in March. In celebration, there are events happening around the country, or great ideas on their website to plan your own event or cool kids activities.

[www.childrensday.org.nz](http://www.childrensday.org.nz)



## COOL COMMUTES

Back to work doesn't have to mean back to sitting in traffic. February is National Bike Wise Month and a great time to try switching up your travel routine and giving two wheels a try.

Two legs are good too, and March 13 is officially Walk To Work Day. If you live too far from work to make that practical (short of waking at 4am!), drive to a colleague's house and walk with them, or try parking your car or getting off the bus further from work to walk the rest of the way.

It's a fabulous way to start the day with endorphins going and a great opportunity to get a dose of vitamin D.



# Store Locations

## NORTH ISLAND

### NORTHLAND

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

### AUCKLAND

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

### HAMILTON

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

### BAY OF PLENTY

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

### TAUPO

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

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

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

### WELLINGTON

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

## SOUTH ISLAND

### NELSON

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

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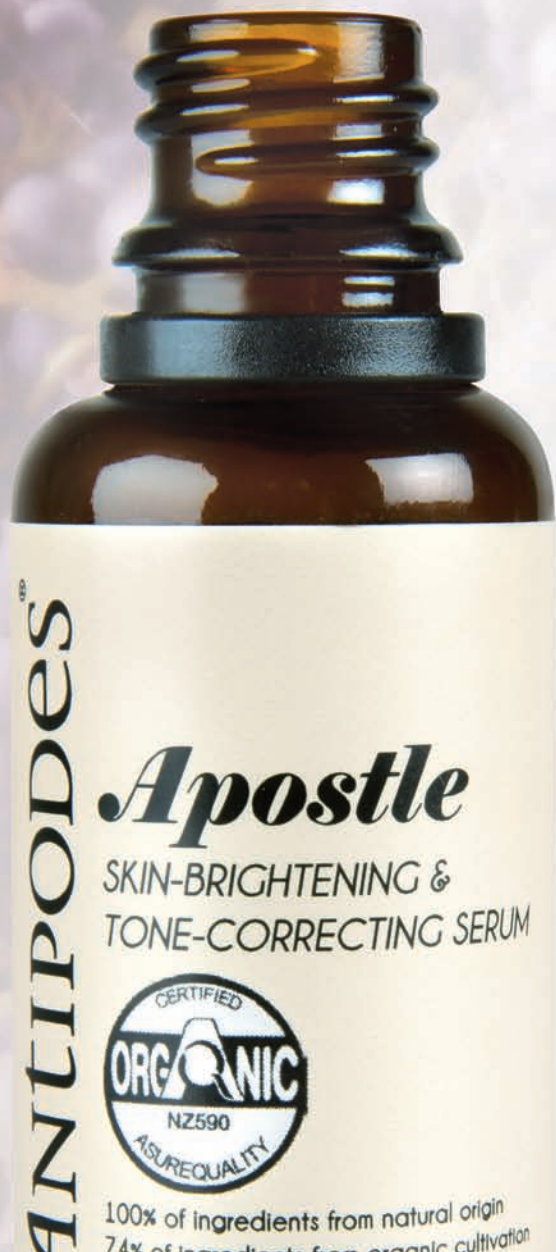




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