

April/May 2015

My Hardy's

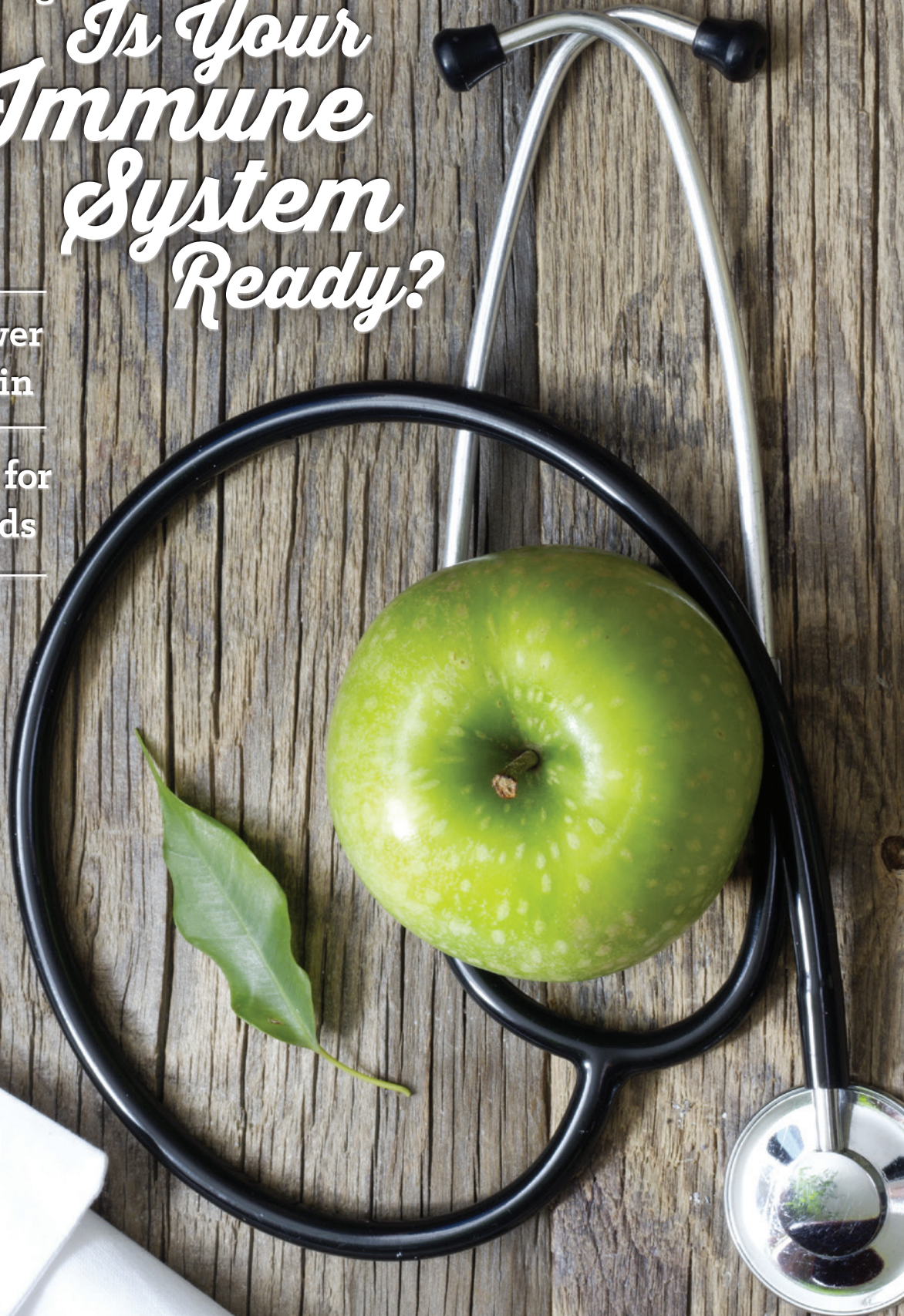
Autumn's Coming...

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Editor's Note

We're well into the throes of Autumn now, which always means breaking out the scarves and socks, dusting off the crockpot and our favourite soup recipes, and stocking up on the best of a new season's produce...

For us, autumn also means immune boosting, as we see people head in store to arm themselves with everything they need to keep their families well in the coming winter. Pages 6,7 and 8 are packed with tips to protect you against winter ills and chills and we've got the latest breakthrough in vitamin C research with the incredibly efficacious lypospheric vitamin C. Additionally, turn to page 14 for some of our experts' must have items for building immune defenses, or pop into your local store for a chat to one of our qualified team.

They say that you should do one thing every day that scares you and, in preparing this issue, we had a go at just that: breaking out our legwarmers and leotards (or thereabouts) to try out 2015's hottest new fitness trend, barre classes. It was a challenge to say the least, but liberating to let out our inner ballerina, and we were well stocked with the all essential protein to see us through. (Flick ahead for more of what we learnt, and a laugh!)

There is so much information out there about health, that it can be difficult to know what (or who) to trust. If you have any questions about health and wellness, or the best products for you and your family, pop by your local store for a free consultation. Our experts are all extensively trained in the natural health field and can offer reassurance and advice that helps you get past the confusion to be found online.

Until next time, stay happy and healthy...

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Healthful Hints



5 WAYS TO IMPROVE YOUR HEALTH ON A BUDGET

Taking care of your health and wellbeing, and that of your family, needn't break the bank. We've put together some top tips for ways that you can improve your health on a budget.

1. BE CAREFUL WHAT YOU BUY

Healthy, nutritious food doesn't have to cost the earth if you're careful about what you buy. When it comes to produce, stick to what is in season. Not only will this be cheaper, it will be fresher, tastier and hold more nutritional value. You could also opt for frozen fruit and vegetables. The frozen versions often cost less and have an almost infinite shelf life when kept in the freezer, which also reduces wastage.

2. PADDING OUT YOUR PROTEIN

Ideally you need 0.8 grams of protein per kilogram of body weight, per day, but you can vary your proteins. Keep the steaks and salmon for special occasions and stock up on eggs, milk, whey, mackerel, tuna, liver, chicken and cottage cheese. Beans and legumes are also economical and pack a protein punch alongside soluble fibre, magnesium and potassium.

3. GET CREATIVE WITH YOUR WORKOUTS

If a gym membership is a stretch, try some of the free options for exercise. Harness your body weight for building strength and flexibility with squats and lunges,

pull ups and crunches, or jump in the pool for a low impact workout with your bodyweight as resistance. Alternatively, hit the pavement at your local park, or head for a hike with one of your friends; it keeps you away from the mall while you catch up, and the health benefits are huge.

4. GET IN TOUCH WITH THE EARTH

There's something to be said for the health benefits of time spent in nature. In fact, some have even created the practice of 'earthing' to promote wellbeing. Simply get your bare feet or hands in the grass, soil or sand for 20 to 30 minutes a day; the perfect excuse for gardening or walking on the beach! Fans of earthing believe the technique helps to improve sleep, mood, energy and the immune system.

5. TALK TO AN EXPERT

If in doubt, talk to an expert. It's all well and good to stock up on all the remedies that you think your family might need, but talking to one of our Hardy's experts about health concerns can help to isolate a possible root cause, which can clear up a range of ailments. Our team are always happy to help, so see us in store today!

Pass the cinnamon, please!

Coming from the branches of the cinnamomum wild trees in the Caribbean, South America and South East Asia, cinnamon is a spice that has been consumed for centuries. As well as being tasty, cinnamon is credited with a range of health benefits. Diabetes UK

believe cinnamon may help to lower blood sugar and improve glucose and lipids levels in people with diabetes, and the US National Library of Medicine has linked cinnamon to helping to treat muscle spasms, vomiting, diarrhoea, infections and the common cold.

Autumn is the perfect time to embrace this warming spice. Add it to yoghurt for a topping on fruit salad, use it in baking or mixed into porridge, or add a cinnamon stick to your next hot drink for some spice.



The case for *coconut*



We all know someone who seems to have a magical metabolism. For the rest of us, there are things that we can do to support our metabolism. In fact, a study by the *American Journal of Clinical Nutrition* found that medium-chain fatty acids were three times more effective at raising the metabolism than long-chain fatty acids.

Polyunsaturated oils fall into the long-chain fatty acid category, and tend to be difficult for the body to break down and use for energy. Coconut oil, on the other hand, consists of medium-chain fatty acids, which are easily digested and converted into energy, thereby speeding up the metabolism.

That, however, is not the only way that coconut oil can aid in weight management. Coconut oil helps you to feel fuller for longer, and hence, less prone to snacking. It also helps to prevent blood sugar fluctuations by slowing down the rate at which carbohydrates are broken down into blood glucose.

Try coconut oil straight from a spoon, add it to smoothies, pop corn with it, add it to salad dressings, cook with it in the same way that you would another oil, or add it to baking!

Pick up Niugini Raw 100% Organic Coconut Oil at a Hardy's store near you or online.

EASTER GOODNESS: WE'VE FOUND A HEALTHY CHOCOLATE RECIPE!

If Easter is an unhealthy 'choc fest' in your household, try this healthier, DIY option...

Simply mix together ½ cup cocoa and ½ cup Niugini Coconut Oil (liquid, but cool) with a whisk, then add a pinch of salt and ¼ cup of liquid honey. The quantity of the honey can be modified as you like, according to taste.

Add whatever else you like for flavour: biscuit pieces, chopped up marshmallows or dried fruit and nuts. Our favourite is chopped roasted almonds (roasted in a bit of coconut oil first) and goji berries.

Pour your chocolate into moulds or a container and put it in the freezer to set. Then you can pop the moulds out or cut it up and enjoy!



Immune boosting herbs

The use of herbs for our health stretches back centuries, but even today, herbs are an excellent way to boost the immune system naturally. Here are the herbs you should be stocking up on as we head into the winter months.

- **Echinacea** is commonly used to boost immunity and support upper respiratory tract health. Use this member of the daisy family in teas or look for a quality supplement that contains echinacea.
- **Ginseng**, particularly the Panax or Korean ginseng variety, contains ginsenosides, to support circulation.
- **Garlic** has had a long history of medicinal value (as well as warding off vampires). Use it in sautéed dishes and soups for its immune and cardiovascular health supporting properties.



- **Ginkgo Biloba** leaves contain antioxidant compounds called bilobalides and ginkgolides that protect the body from damage caused by free radicals.

- **Thyme** has long been used for respiratory health and its tiny leaves are brimming with thymol and carvacol, which is thought to loosen congestion. Brew a tea with 1 tablespoon of fresh thyme and sip, or gargle.



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Autumn health boosters

IS YOUR IMMUNE SYSTEM
READY FOR THE WINTER
MONTHS AHEAD?

Winter can be one of the most magical times of the year. Imagine what it'll be like in a couple of months to sit by the fire, roast marshmallows, and ski with the family. When the winter weather eventually comes around though, make sure that your immune system is prepared so that you can spend your time doing fun activities, and not caught up in bed with a runny nose and chesty cough!

Autumn is the best time to get ahead of the winter weather and build your immune system. Just remember that your immune system is an army that wants to fight (and win) against all of those nasty winter ills and chills, but if you haven't been sleeping, eating, and exercising right then it may need your help.

Frequently people believe that the common cold and flu are caused by exposure, whether that's to the cold air or a sneezy coworker. However, that alone will not dictate your likelihood of catching something nasty. Depending on the strength of your immune system, you may be more or less susceptible to the viruses around you. Exposure to a virus might cause one person to come down with a bad case of pneumonia, while another person might suffer no ill effects at all.

What this tells us is that catching a cold isn't all about being in the wrong place at the wrong time. Certain microbes challenge our immune system, and it's important that our immune systems can respond well. So create your own "luck" this autumn and build up a good immune system defense with these eight natural health boosters.

Olive Leaf Extract

Did you know that olive leaf extract is brilliant for building up your immune system? Olive leaf extract is important for supporting the body's defences against ills and chills. Believe it or not, some studies have found that olive leaf extract is effective against as many as 50 common pathogenic organisms, including viruses, bacteria, fungi, and protozoa. That's because olive leaf extract has significant antiviral properties that affect viral replication.

Olive leaf extract is pretty clever. It interferes with your body's ability to produce amino acids, which is what viruses need to replicate. Olive leaf extract doesn't only prevent viruses from causing chaos in the body; it can also penetrate virally infected cells to stop the viral replication process.

In addition to its antiviral properties, olive leaf extract contains high levels of antioxidant properties. It's these antioxidants that give olive leaf its distinctive pungent, slightly bitter flavour.



Beautiful Echinacea

For hundreds of years Native Americans have prized echinacea for its medicinal properties. What they didn't fully understand at the time was that echinacea has antioxidant properties, which is what makes it useful for treating winter ills. **Thompson's Triplex Liquid** combines three types of echinacea to promote a healthy immune system and support upper respiratory tract health.



Embrace The Outdoors

This may seem counterintuitive because we've all heard the old wives' tale about cold temperatures causing people to catch colds, however it doesn't quite work like that and, in fact, being outside in the cold air may even spur on the immune system!

A study from the Army Research Institute of Environmental Medicine found that people who were exposed to cold air actually had their immune systems stimulated. One of the lead researchers, Dr Anatoly Belilovsky, MD, explained that their results weren't unexpected. That's because when your body is exposed to the cold, its levels of circulating norepinephrine increase, which in turns acts as a natural decongestant.

However, cold air can indirectly cause colds when the process of 'vasoconstriction' happens. Vasoconstriction is when blood vessels narrow, like those in your nose, leading to dryness. When this happens, we instinctively start breathing through our mouths, but bypassing our nose's natural ability to filter inhaled air, means other infections may be triggered.

Be Active Like It's Summer

Fight the urge to hibernate during winter, and get active! Enjoy winter sports like skiing and snowboarding, and make a concerted effort to schedule weekly jogs. Exercise is an important part of keeping the immune system healthy and running effectively.

The colder temperatures can force our muscles to tighten, which can cause injury if you're not careful, so spend 10 minutes warming up beforehand. This will also help your blood circulate, allowing your extremities (fingers and toes) to get warm and toasty.



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Autumn health boosters

Gut Reaction

An interesting new discovery is that the bacteria in your gut can communicate with the rest of your immune system through other cells that are embedded in the gut. *“The human gut plays a huge role in immune function...this is little appreciated by people who think its only role is digestion,”* says Dr. Natalia Shulzhenko from Oregon State University.

It's believed that bacteria in your digestive tract can influence what your cells are doing in the rest of the body, which means it's important to keep your balance of bacteria right. Stress and food can both alter the state of your gut flora, so make sure you stock up on probiotic foods that are full of good bacteria, such as natural yoghurt, sauerkraut, and kimchi, or try a probiotic supplement. **Inner Health Plus** combines medical strength lactobacillus acidophilus and bifidobacterium lactis to aid in the maintenance of healthy gastrointestinal and immune systems.

Clever Vitamin C

The connection between vitamin C and a healthy immune system has been stressed for many years now. People swear by taking vitamin C as a way to prevent catching ills and chills, and there have been dozens of studies to support these anecdotes. For example, in one experiment at the University of Texas Health Science Center, researchers analysed immune cells in the blood and their ability to make antiviral compounds following vitamin C consumption. They discovered that the number of NK cells (the cells that protect against viruses), increased significantly when patients supplemented their diet with vitamin C. The number of T cells (which also help fight viruses), didn't increase but were more activated and produced far more antiviral compounds.

Essentially, vitamin C is great at supporting the bodies defences. But did you know that in addition to boosting our immune system, vitamin C has also been proven to help detoxify our bodies, support the good bacteria in our gut, and promote the rapid healing of cells?

Despite how important vitamin C is, humans are one of the few mammals unable to produce their own. Most animals can, but we need to get it from our environment, by eating lots of fresh fruit and vegetables on a daily basis, or taking a high quality supplement.



Rethink Zinc

Zinc is a very helpful but sometimes underrated mineral in the quest to build a healthy immune system. Zinc is important for supporting the body's defences, and helps the body to produce a protein called cytokine interferon-alpha, which stops viruses spreading through the body by inhibiting their ability to replicate, reducing immunological stress. Zinc is also an essential component of some enzymes in the body that are important for our immune health.

Astonishingly, almost 25% of the population is thought to be deficient in zinc. Men are more likely to be zinc deficient, since their bodies need higher levels to function properly. Similarly, sweet tooths are likely to need zinc supplements because high levels of sugar and carbohydrate make it difficult for our bodies to absorb zinc.

If you need a quick boost you can find plenty of zinc in seafood, particularly prawns, oysters, crab, and lobster.



The Sunshine Vitamin

Our bodies naturally produce vitamin D when our skin is exposed to sunlight, but in the autumn and winter months, our stores of it diminish. This can be a problem for our immune systems, since vitamin D activates our T cells, which help kill off foreign viruses.

Fortunately, even if you're not exposed to much sunlight this winter, there are a number of foods rich in vitamin D to can help you build a stronger immune system naturally. Look for full fat dairy items, such as cheese and full fat milk. Oily fish are another vitamin D food hero, so the next time you're at the supermarket make sure to pick up some salmon, mackerel, or herrings. And lastly, mushrooms are a good option for vegetarians and vegans, as they are known to synthesise vitamin D quite easily.

If you're not sure which of these options is best for you, come into your local Hardy's store and discuss your needs with the team. We're always happy to give suggestions and help out!



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Back on track to breathing easy

Breathing. It's one of those things that most of us take for granted. For most people, it comes naturally at birth, and we've barely given it a second thought since. However, for the over 600,000 New Zealanders with asthma, COPD or similar respiratory conditions, breathing can be challenging and is not something to be taken for granted.

Staggeringly, New Zealand has the second highest prevalence of asthma in the world. Asthma New Zealand reports that it affects one in six adults and one in four children; that's more than 20% of our population! This has been attributed largely to our climate, high pollens and poor housing stock.

Asthma New Zealand report that asthma is the leading cause of people visiting their GP and one of the most common reasons children are admitted to hospital, their work is focused towards awareness raising and nursing support geared at effective management and prevention of respiratory conditions.

Similarly, chronic obstructive pulmonary disease, or COPD, sometimes caused by unmanaged asthma, has an alarmingly high prevalence and is the fourth leading cause of death in New Zealand.

"The good news is that most cases of asthma and other respiratory conditions can be prevented effectively, with the right facilities in place," says Linda Thompson, Executive Director of Asthma New Zealand. "Unmanaged asthma, especially in young children, can lead to COPD and a number of other health complications, so it's important for people affected by asthma to learn to manage their symptoms early in order to reduce the risk of further health problems later in life."

Some of the fight against respiratory conditions needs to take place at a societal level, by increasing accessibility to quality housing and healthcare, but there are things that we can do to effectively manage respiratory symptoms now and allay breathing difficulties....

Asthma and vitamin D

According to a paper recently published in the journal *Allergy*, monitoring and, as needed, increasing vitamin D levels can help people manage asthma attacks. Inflaming and narrowing the airways, asthma is classed as an immunologically mediated disease, which results from, or is triggered by an abnormal immune response. Dr Confino-Cohen and her colleagues found that because vitamin D has significant immunomodulatory effects, it had a positive effect on asthma. Following their analysis of the vitamin D levels of over 307,000 people, Dr Confino-Cohen and her research team found that those with a vitamin D deficiency were 25% more likely to have an asthma attack, or uncontrolled asthma episodes.

Most of the vitamin D in our bodies comes from exposure to the sun, which could go some way towards explaining why many report exacerbations of their respiratory symptoms in the winter months. However, there are food sources of vitamin D available, including fish, eggs, cod liver oil and fortified milk. Supplementation can also help people to achieve and maintain optimum levels of vitamin D in the body.

Herbs can help

Since the 80s, master herbalist, Malcolm Harker, has been crafting quality herbal products to support a wide range of ailments. Building on their philosophy of retaining harmony in the body and returning it to a state of optimum health and vitality, the Harker Herbs range has been trusted by health professionals for years.

Avoid triggers and allergens

The temperature, animal hair and a range of wind borne allergens, like dust and pollen, can trigger exacerbations of respiratory conditions, however it is possible to minimise the effects of these triggers.

- Be sure to keep warm, especially around your neck and chest area. That's right, it's a good time to invest in some warm scarves.
- Use a ventilation system to cool or warm your home, as opposed to opening the windows, which exposes you to wind borne pathogens.
- Vacuum and dust often and change your bedding frequently to counter dustmites. Purchasing special allergen barrier bedding can also help.
- Use a clothes dryer, or at least avoid hanging your laundry outside on windy days.
- Spend time in the great outdoors during the middle of the day, as opposed to in the morning when pollen rises, or in the evening when it is settling.
- Seek support to give up smoking.

Boost your immune system

As mentioned earlier, asthma is a result of, and is often triggered by, dysfunctions of the immune system, so it follows that improving the immune system is a vital strategy in preventing and managing the effects of asthma and other respiratory conditions. Similarly, protecting yourself against winter ills and chills is even more important for those with respiratory conditions, as these conditions can bring with them a raft of related breathing difficulties.

Take special care as we come into the winter months to strengthen your immune system with vitamin C, echinacea and olive leaf extract or give the **Hardy's Winter Support Pack** a try. The Hardy's Winter Support Pack contains specially handpicked products including Go Healthy Vir-Defence, which combines olive leaf extract, andrographis and elderberry; Nutra-Life Ester C, a more powerful and highly absorbable form of vitamin C; and Harker Herbals Ear Nose Throat Tonic to soothe the upper respiratory tract and support the immune health of the ears, nose and throat.

..... ASK..... AN EXPERT

Education is key and support is available, so if you have respiratory problems, contact your nearest Asthma New Zealand branch, or head in store to talk to a Hardy's expert.



World Asthma Day

World Asthma Day takes place every year on the first Tuesday in May, with the aim of raising awareness worldwide around the precautions and prevention of asthma.

This May, Asthma New Zealand is working in schools to raise awareness and funds to enable them to continue their vital education work throughout the country. 2015's campaign aims to empower children to look after their lung health, while taking part in fun, healthy activities

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Healthy Habits

..... FOR

Beautiful Minds

Often we think of nourishing our bodies with the right foods. But how often do we consider another important part of the body, our brain?

Although we can't view our brains, like how we might inspect our bodies in the mirror, what you feed your brain is no less important. To keep in tip top shape, your brain needs to be nourished with two omega 3 fatty acids called EPA (or eicosapentaenoic acid) and DHA (or docosahexaenoic acid).

EFAs, or essential fatty acids, have long been linked to brain health, as our brains are made up of 60% fat. However, there is a reason that the specific fatty acids of EPA and DHA are so important. Of the high proportion of our brains that are made up of fat, 15-20% of it is DHA fat. It follows then that DHA is a key building block in the construction of brain and retina tissue, and helps in the formation of neural transmitters.

While DHA and EPA are both critical for overall brain health, it's believed that they play slightly different roles. DHA contributes to the brain's development, while EPA affects behaviour and mood. Lower levels of EPA tend to be associated with mental and emotional disorders, such as depression.

Eating foods that are rich in DHA is particularly important for pregnant women, because DHA plays an important role during fetal development. High concentrations of DHA are found in the fetus' brain and increase by 300-500% during the last trimester of pregnancy, therefore it's thought that increasing DHA in the mother's diet may be beneficial.

Having said that, elderly people are another part of the population that can really benefit from consuming lots of EPA and DHA laden foods. As we get older, our bodies get less efficient at forming EPA and DHA themselves. According to Dr Ronald Hoffman, Founder and Medical Director at the Hoffman Centre in New York City, lower levels of EPA and DHA in turn cause deterioration in mental focus and general cognitive function, such as with Alzheimer's Disease and dementia.

The scientific journal *Stroke* recently confirmed this idea, asserting that DHA helps the brain cells to better cope with the physical stress of an aging brain, and thereby could lower the risk of Alzheimer's Disease, dementia, and even strokes. Conversely, people who have lowered levels of DHA and/or EPA tend to show accelerated cognitive decline.

There are lots of studies happening right now to further test what other cognitive disorders may benefit from EPA and DHA, and it appears that there might be promising evidence for sufferers of Huntington's Disease, ADHD, autism, dyslexia and affective mood disorders too.

What are the best sources of DHA and EPA?

It's true that you can get DHA and EPA from both plant and animal sources, however the two are not equal and interchangeable. Vegetables and meat are of course both important to include in your diet, but animal based omega 3 fats, like those found in fish, fish oil supplements and eggs, are better for your brain health.

Plants can also contain DHA and EPA, but in a more indirect form. That's because they contain the parent omega 3 source, which is alpha lipolenic acid (ALA). ALA can be converted in EPA and DHA, but this conversion is quite ineffective, and becomes even harder for our bodies to do as we age. It's preferable then that you get some of your DHA and EPA from fatty fish or krill oil supplements, a common and popular source of EPA and DHA.



STROKE AWARENESS WEEK

Stroke Awareness Week this year runs from 7 to 13 April, and the Stroke Foundation is hoping that people will learn to recognise the signs of stroke so that it can be acted on quickly.

Strokes occur when the blood supply to a part of your brain is severed. The blood supply can be cut off by either blockages in the blood vessels or a bleed in the brain. When this happens, the brain loses the essential nutrients and oxygen that it needs, and brain cells may be damaged or even destroyed. It's difficult to predict how much damage a stroke will do, as it depends on how widespread the blockage is, which parts of the brain were affected, and the person's overall health.

Remember the acronym **'FAST'** to check symptoms, and you might one day save a stroke sufferer's life.

FACE

Ask the person to smile. Is one side of their face drooping?

ARMS

Ask them to raise their arms. Is one side much weaker than the other?

SPEECH

Are they able to speak? Or are their words jumbled and slurred?

TIME

Act fast and call 111.

More support for your brain: reducing the risk of stroke

What do tomatoes, guavas, watermelons, and red capsicums have in common? If you're thinking 'colour,' then you're not too far off. These foods all contain high levels of lycopene, and it's this lycopene that gives them a reddish or pinkish hue.

Now, why does lycopene matter, and what does it mean for your health? Is it really worth seeking out foods with lycopene in them? A recent analysis, in the journal *Neurology*, of over 1,000 men in their 40s and 50s found that those who had the highest blood levels of lycopene were 55% less likely to have a stroke. Even other healthy antioxidants, like alpha carotene, beta carotene, vitamin E and vitamin A didn't show the same benefits in terms of reducing strokes.

Tomatoes are one of the most common sources of lycopene. Interestingly, this is probably because you don't have to eat fresh tomatoes to get the full benefits of the lycopene. You can get lycopene from any tomato products, whether it's the tomato juice from a Virgin Mary, or the tomato paste in a bolognese. In fact, cooking tomatoes may actually be better than eating them raw. Research has shown that your body absorbs more lycopene if the tomatoes have been cooked first. Not only that, cooked tomatoes tend to boast higher total antioxidant activity too.

Here's some delicious news: lycopene is fat soluble, which means that your body will best absorb lycopene when it's eaten alongside fat. So eat a yummy, tomato based meal that is also packed with good fats, like those from olive oil, avocado and the like. Other foods that are rich in lycopene include carrots, guava, watermelon, papaya, grapefruit, red capsicum, asparagus, red cabbage, and mango, so there are plenty of options in case you eventually get sick of tomatoes!



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Meet the experts



Lindz Carmichael, Hardy's The Base

What is in your must-have arsenal when it comes to boosting your immune system?

I always make sure I have Kiwiherb Echinature and Kiwiherb Winterguard, with olive leaf and echinacea. Usually just a preventative dose of 5ml per day does the trick. Ester C 500 to 1000mg is always close to hand and I make sure that my iron levels are boosted by taking Solgar Gentle Iron each day.

There's been a lot of buzz about Lypospheric Vitamin C - what are your thoughts on this?

Lypospheric vitamin C is so much more easily absorbed by the body and I love that it has no extra binders, fillers or flavours added to it. We have a lot of great feedback on this product, with many clients changing over to it.



Kim Stirling, Hardy's Manukau

What are your top tips for keeping little people healthy as we come into cold and flu season?

As winter approaches littlies become more prone to winter ills and chills, so building a healthy immune system is extremely important. Schools and day care centres are unfortunately a breeding ground for bugs, but there are a number of herbs that can help with building their immune systems. One of my favourites is the Kiwiherbs Echinature which is high in an immune supporting herb called echinacea and tastes great too!

Because 70% of the immune system is in the digestive tract, taking care of your littlies digestive health will assist in keeping their immune systems strong and healthy. Probiotics are helpful in keeping the digestive system functioning as it should and I would suggest Ethical Nutrients Immune Booster for Kids, which contains the strains (Lactobacillus acidophilus and Bifidobacterium lactis) that have been shown to support a healthy immune system.

Does exercise, or time spent outside, have an affect on immunity and if so, how?

Spending time outside definitely can help in building a healthy immune system. In fact, it is well established in research that time spent outside will not only strengthen the immune system, but also increase our physical, mental and social health. Adequate sleep and a well balanced diet, full of wholefoods and without too many processed foods, will also help.



Chris Torr, Hardy's Fielding

What are you doing currently to boost your immunity as we come into winter? And why do we need to support our immune systems more at this time?

Coming into winter, I take Natures Way System Well everyday. This is one of the most comprehensive immune support products in the Hardy's range with nutrients to support seven of our immune responses. I like the fact that healthy people can take it at a maintenance dose to stay healthy and, if needed, it can be increased to a therapeutic dose. I also have on hand olive leaf extract and echinacea (Triplex) in liquid form. This is very effective for a quick response when needed. I find that one or two doses is usually enough.

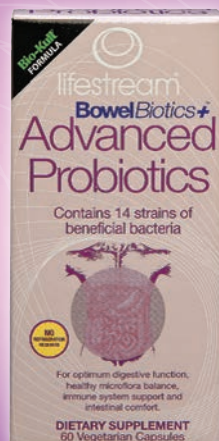
As winter approaches and humidity increases, viruses can survive longer outside the body. We also tend to be indoors with others for longer also, so it is easier to pick up a virus that can then result in a respiratory infection. In my experience strengthening our body's innate ability to ward off viruses and other pathogens results in significantly improved winter health outcomes.

What affect does stress have on the immune system?

Stress increases our body's demand for nutrients to produce more stress hormones. If we don't have the right balance of nutrients, our body will prioritise, which can result in reduced support for our immunity, making us more susceptible to winter ailments. This is why basic nutrients such as B group vitamins and essential fatty acids are so important every day. With the basics well covered, specialist supplements such as immune formulations give a much better result.

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Real Life Review:

Barre Classes

2015's hottest fitness trend

With almost every women having dreamt of being a ballerina at one point, it's hardly a surprise that barre classes are this year's hottest fitness trend. Said to improve posture, give muscle definition, aid weight loss, increase flexibility and reduce stress, we knew we had to give one a try! We went along to an Xtend Barre class and discovered that not only did it satisfy our inner ballerina, it also gave a pretty challenging workout.

We were assured that no previous dance experience was necessary and that just about any fitness level was fine. Using aspects of both pilates and dance, barre workouts work to help you get stronger abs and back muscles, improved endurance and overall energy, greater body awareness and improved posture and flexibility, toned arms, sculpted thighs, and a "lifted derrière". Based on the class we tried, it's certainly possible to see how all of this might be the case.

Surprisingly though, our barre workout didn't start at the barre but instead, with warming up on the mat. It wasn't long until the challenge kicked in, and our arm work on the mat quickly proved that any arm exercises we had done in the past weren't enough to prepare us for this.

Luckily, it was soon time to move to the barre. This part of the workout involved using the barre as a prop to balance while doing repetitions of small range-of-motion movements, as well as isometric strength exercises (holding still while contracting a specific set of muscles). Apparently some classes incorporate weights to increase the challenge, but we were just fine with our own bodies as resistance.

Upbeat music kept us energised as we tried plies, tendus, leg lifts and ball squeezes; it was like Centrestage meets a step class! Large mirrors and a helpful instructor made it easy to see what we were doing well and what needed to be improved on. The exercises each had different variations, so that we could all go at our own pace.

Using our own bodyweight as resistance, the class was incredibly low impact, while combining strength training and cardio, allowing for the burning of fat and building of muscle at the same time. Barre classes have been around since the 1940s, when European dancer Lotte Berk started combining dance moves with conditioning exercises to rehabilitate her back injury. Some pregnant women take part in barre classes, and find they help with posture and stability, but always ask your midwife first!

We finished our class on the mat with some good, old fashioned ab exercises to strengthen our core. By the end of the class, we felt like our barre workout had well and truly covered every part of our bodies and we could understand how ballet dancers are so lithe and toned.

By the time you realise quite how much effort it takes to keep your toes pointed, your core engaged, and your posture perfect, your legs feel like jelly and you're very ready for a sit down. Yet somehow, despite the fact that we were about as unsteady as baby deer, we came out of the experience buzzing, and keen to go back. What's not to love about exercise that fulfils your childhood fantasy?

What to remember at the barre:

- Posture is everything, so suck in that butt and tummy! Without good posture, all the benefits of a barre workout go to waste. Luckily, your instructor will likely come around the class, checking in and reminding you of just that!
- Keep hydrated! Ballet and pilates might seem like pretty, graceful workouts, but it's certainly not 'easy street'. Bring along a bottle of water to give your body the H₂O it needs.
- Just try it! You might feel silly at first, but everyone in the class is there for the same reasons: to have fun, get a great workout, and let their inner ballerina loose.



Mother's day

Gift Ideas

True Wonder Balm

Introducing the launch of the best multi tasking certified organic product of the year: true wonder balm.

This 3 in 1 cleanser + moisturiser + treatment contains regenerative botanicals of calendula, chamomile and olive that will provide Mum's skin with the rich nutrients and antioxidants it craves. Highly concentrated, a little goes a long way!

Mum can use it as a cleansing balm to remove oil, dirt and makeup, as a facial moisturiser to guard against moisture loss or as a skin treatment on dry cracked skin, feet, minor cuts & grazes, or as an all over body moisturiser. It truly does work wonders everywhere!

As an added bonus, you'll receive the certified organic muslin face cloth, for FREE with your wonder balm purchase in April and May 2015* (*1 per customer, while stocks last)

Here's to truly healthy, radiant skin!



Rhino Repair and FREE gift

Mums are known to have just the perfect thing for almost any occasion or ailment. That's why Mums love Rhino Repair, the top to toe (and everywhere in between) powerful, natural repair cream.

Perfect for dry, chapped skin; chapped heels or as an intensive hair conditioning treatment, Rhino Repair can go pretty much anywhere. It's gentle enough for the face and eye area, babies, pets and even Dad!

For a limited time, and just in time for Mothers Day, every purchase of Rhino Repair will receive a bonus gift; the Oasis Slightly Saucy Handy Dandy Notebook. You never know when inspiration will strike, so make sure Mum's not left in the lurch with this notebook and companion pen. Made from 100% recycled paper, it's the perfect mixture of naughty and nice.

Make sure you get in store for your Rhino Repair between 20 April and 10 May so you can pick up Mum's free gift!



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Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional. Vitamin supplements should not replace a balanced diet. Vitaco Health (NZ) Ltd, Auckland.

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

Going Gluten Free

For many, gluten free is not a choice. That's because nearly 65,000 New Zealanders have coeliac disease, a permanent autoimmune disorder caused by an intolerance to gluten, which is found in wheat, barley, oats and rye. Coeliac disease is a serious health problem where eating gluten produces antibodies, which damage the lining of the small bowel and make it hard for the body to absorb vitamins and other nutrients from food.

Coeliac Awareness Week takes place from 18 to 24 May to raise awareness and encourage those who suspect they may have a problem with gluten to get tested. According to Coeliac New Zealand, 80% of those affected don't know they have the condition, which could mean that they are causing their insides harm without even knowing it!

Giving up gluten doesn't mean giving up everything yummy, as these delicious recipes from The Sweet Eatery attest. Give them a try or check out more of their amazing gluten free treats at www.thesweeteatery.com

Gluten Free CARROT CAKE with Cream Cheese Icing

INGREDIENTS:

Cake:

- 130g tapioca starch
- 120g brown rice flour
- 50g potato starch
- 1½ tsp cinnamon
- ½ tsp ginger
- 2 tsp baking soda
- 2 tsp baking powder
- ½ tsp salt
- 1 tsp xanthan gum
- 200g walnuts (chopped)
- 300g caster sugar
- 500g grated carrot
- 4 eggs
- 2 tsp vanilla extract
- 300ml vegetable oil

Icing:

- 165g unsalted butter (at room temperature)
- 165g sifted icing sugar
- 250g cream cheese (at room temperature)
- walnuts



METHOD:

Cake:

Preheat oven to 180°C and line an 8" cake tin with baking paper. Place dry ingredients in a bowl and whisk to combine. Add the sugar, walnuts and carrot and mix thoroughly. Finally, add the eggs, vanilla and oil and beat for one minute. Pour into lined tin and bake for 80 minutes.

Icing:

With an electric mixer, combine icing sugar and butter. Add the cream cheese and beat until there are no lumps. Spread generously on the top of the cake and finish with extra walnuts.

Chill for 30 minutes before serving.



Soft Baked

MAPLE CHOCOLATE COOKIES

INGREDIENTS:

- 100g brown rice flour
- 100g white rice flour
- 50g tapioca starch
- 25g cornflour
- 1 tsp xanthan gum
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp salt
- 170g unsalted butter, melted
- ¾ cup pure maple syrup
- 1 whole egg
- 1 egg yolk
- 1 tsp vanilla extract
- 200g dark chocolate, chopped
- Sea salt

METHOD:

Combine dry ingredients in a bowl and set aside.

In a large bowl, mix melted butter and maple syrup until combined. Add in the eggs and vanilla and whisk.

Sift dry ingredients into butter mixture and fold through with a spatula, removing lumps.

Fold through the chopped chocolate, then cover and refrigerate for at least an hour.

Once the dough is firm, preheat the oven to 180°C. Drop tablespoons of dough onto a baking paper lined tray and flatten with a fork.

Sprinkle sea salt over each cookie and bake for 9 to 12 minutes or until golden brown.



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This brand new product is a high energy, raw, pure and potent serum that's a concentrated health kick for your skin. If you take care of your body with daily doses of nutrient rich superfruit supplements, now you can do the same for your skin with Worship.

Worship combines powerful antioxidant extracts from some of the world's most nutrient dense New Zealand grown superfruits in a supreme organic skin booster that, when applied daily, helps keep your skin looking its youthful best.

Antipodes believe in the power of raw, unprocessed food for optimising your health and that extends to raw ingredients for skincare, too. Worship's antioxidants are extracted from raw superfruits via a technique that uses only pure water, which means no chemical residue and high natural bioactivity from the good stuff.

The secret ingredient is antioxidant extract Vinanza Oxifend Plus®, a raw superfruit complex derived from New Zealand boysenberries, blackcurrants and kiwifruit along with Vinanza Grape® from sauvignon blanc grape seeds.

Certified organic by Biogro and certified vegetarian by the UK Vegetarian Society, this product will appeal to those seeking to age proof their skin whilst aspiring to a lifestyle of health and sustainability.

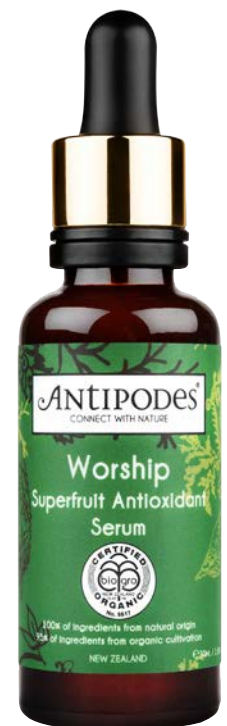
HELP FORTIFY YOUR SKIN FROM EARLY AGEING

Oxidative stress shows in the form of stressed, weak skin that is prone to damage and has signs of early ageing. It can result from sunlight, wind, pollution, topical damage, poor diet and, of course, the natural ageing process.

At microscopic levels inside your skin, these factors can cause the production of harmful molecules called free radicals. Free radicals act at random, causing damage to many skin cells and creating ever-greater oxidative stress.

Antioxidants stop free radicals oxidising, or damaging, more molecules. You can break the word apart to understand this positive action: anti-oxidants.

Worship works to help fortify your skin from oxidative stress with a high energy, topical antioxidant shot to complement your body's own antioxidant defenses. Apply it daily before moisturising for skin with endurance that's strong, healthy and more resistant to signs of stress and early ageing.



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the POWER of PROTEIN

Just what is protein exactly? You've probably already heard about people saying that chicken or beans are "rich in protein," but that's all a bit meaningless until you understand what protein actually is and the role it plays in your body.

Protein is a component in every cell of your body, from muscles to bones, skin, blood and cartilage. Your body also needs protein to make chemicals like enzymes and hormones. Indeed, the role of protein in our bodies is varied, and far more significant than most people realise. Not only does protein help in the growth and reparation of our cells; it also supplies us with energy, and protects us against infection, amongst many other important things.

Protein is made up of 18 amino acids, 11 of which our bodies can make, while the others we have to obtain through food or supplementation.

WHAT THE SCIENCE SAYS ABOUT PROTEIN FOR WEIGHT LOSS

Numerous studies have substantiated the benefits of eating diets that are high in protein if you want to lose weight. In one such trial, dieters who increased their protein intake to 30 percent of their diet ended up needing far fewer overall calories a day and lost nearly 0.5 kilos per week from that one dietary change alone. Another set of studies, in the *Journal Clinical Nutrition* highlighted the fact that protein increases satiety, the feeling of fullness and absence of hunger, to a greater extent than carbohydrates or fat.

It could even be said that protein starts eating into your waistline virtually from the moment you start eating it! That's because high protein foods take work to digest and metabolise, meaning that your body uses up calories in order to process them. The benefits for anyone wanting to lose weight are obvious. Protein also takes longer to leave your stomach, which is actually good news because that means you'll feel fuller for longer. Adding more protein to your diet can curb the hunger pangs and keep you on the right track towards your weight management goals.

As a matter of fact, many of the famous diets that you will have heard of are probably following a general, 'high protein' rule. The Atkins and Dukan diets, for example, both promote low carbohydrates and high levels of protein consumption. By

eating lots of protein, the weight can be shifted more quickly, and dieters don't go hungry. It's worth thinking of the long term ramifications of any eating plan you follow, however. Talk to a Hardy's expert if you're not sure what's right for you.

Keep in mind that not all protein is made equal. In terms of weight loss, it's important to focus on consuming more leucine, which is a key protein amino acid. Your metabolism will love leucine, and will run much more efficiently when you start on a diet that's high in leucine and low in carbs. How does that work, you ask? Well, Donald Layman, Ph.D., from the University of Illinois discovered that leucine works really effectively because it doesn't cause muscle loss when you lose weight. Normally, when you're shedding the kilos you don't just lose fat, you also lose muscle and even bone mass. But leucine prevents muscle loss, so that it's mostly just fat that you see melting away. Egg whites, soy protein isolate, seaweed and spirulina are all good sources of leucine.

PROTEIN AND MUSCLE: HOW MUCH DO YOU NEED?

If you're trying to lose weight, then chances are you're hitting the gym, or at least taking part in some form of exercise. Bodybuilders rely on protein shakes (and similar sources) to help them build and repair the cells and tissues that they are working when they work out. However, even if you're not aiming to be a bodybuilder, protein, along with good exercise, can help you to fight the flabby, soft areas and replace them with lean muscle.

According to popular belief, there's an important window of time following a workout in which you should take protein supplements. Many body builders rush off and consume their shakes as soon as they've finished a workout, however, there's little scientific evidence that this is what you need to do to see benefits. Instead, what studies have shown is that the amount of protein you consume is far more important.

Dieticians recommend 0.8 grams of protein to every kilogram of body weight, as an easy calculation, although pregnant and lactating women can do with a little more. It's also important for older men and postmenopausal women to consume larger quantities of protein. This is because these age groups tend to find that when they restrict their calories (such as during a diet),

they also end up reducing their lean mass.

Whole foods are a good way for you to get your daily intake of protein, and these include buckwheat, quinoa, royal jelly, chia seeds, lean meat, seafood, beans, soy, eggs, and nuts. Of course, not everyone eats enough of these foods because it's typically not as convenient as many foods rich in carbohydrates.

INTRODUCING LIFESTREAM'S ESSENTIAL PROTEIN

It's not always easy to get enough protein into your diet throughout the day, so Lifestream have put together a convenient way to top up those nutrients. While a lot of supplementary protein sources are soy or dairy based, **Lifestream's Essential Protein** is a blend of three vegetarian sources, including wholegrain brown rice protein, pea protein and chia seed protein, making it a good option for those who are lactose intolerant or allergic.

Providing a full spectrum of amino acids, Lifestream's Essential Protein is also ideal for those looking for a vegetarian, naturally high source of protein. Low in fat and carbs and free of lactose or gluten, the unique blend means it's easy to digest, further enhancing its non allergenic qualities.

For sportspeople, the alkalinity of Lifestream's Essential Protein means improved muscle recovery, and for everyone else, it's an easy way to have a satiating snack between meals and to support the energy needs required of a busy lifestyle.



The vitamin your body loves: **Lypospheric Vitamin C**

We all know that vitamin C is good for us, in fact that's been recognised for hundreds of years now. Among the many good things that vitamin C does for our bodies, it's believed to help protect against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, scurvy, and even skin wrinkling.

Importantly, over the last couple of decades, vitamin C has even been linked to cancer cures. It is thought that vitamin C helps by spurring on the death of cancer cells. Although these benefits are still far from certain, and there are dozens of clinical trials in progress, and the results so far have been hopeful.

Tests show that many cancer patients are naturally low in levels of vitamin C. Nobel laureate Linus Pauling and Ewan Cameron, MD, first suspected that vitamin C might help patients with cancer more than 30 years ago. In one of their own clinical trials, they took thirteen subjects who were told that they had terminal cancer, and by providing them with 10,000mg doses of vitamin C per day, Pauling and Cameron increased their survival time and wellbeing.

So how does lypospheric vitamin C help?

Dr Thomas Levy, a cardiologist and orthomolecular specialist, found that lypospheric compounds of vitamin C are far more effective at being absorbed than regular vitamin C. That's because our body's cell walls are made of fat, but regular vitamin C is water soluble. On the other hand, lypospheric vitamin C is coated in similar substances to what our cell walls are made from, making it far easier for the good stuff to slip into the cells.

Think of regular vitamin C molecules as being like millions of ping pong balls. These little ping pong balls are going to bounce all over the place. That's not a bad thing in itself, but it's possible that only some are actually going to make it into the cells. It is thought that, with its special coating, lypospheric vitamin C permits about 90% of the vitamin C to enter the cells. Compare that to the less than 20% of vitamin C that the body normally absorbs through intravenous vitamin C.



A remarkable tale of recovery

About 18 months ago, New Zealander Alan Smith made headlines after dramatically recovering from a comatose state. He was administered with high doses of vitamin C and lypospheric vitamin C, which appears to have cured his condition.

Alan had been on life support following complications from leukemia and pneumonia. Doctors believed that Alan had reached that stage where it would be best to turn off his life support, but his family were unconvinced. Alan's brother-in-law had some medical knowledge and insisted that the doctors administer him with high dose intravenous vitamin C. None of the doctors were convinced, but they didn't want to turn off Alan's life support without trying everything first, so they agreed.

After the doctors administered the intravenous vitamin C, Alan improved. It was enough to make a difference and, soon, Alan was able to sit up in bed and drink liquids. Seeing the progress that Alan was making, his family started giving him oral lypospheric vitamin C. It was then that he made significant progress towards wellness and health again, and he was eventually discharged from hospital.

Curious to learn more about lypospheric vitamin C?

We all have different health concerns and priorities. However, lypospheric vitamin C might be able to help you regain your energy and sense of wellbeing again, just as it has helped Alan Smith and many others in the past.

If you'd like to find out more about lypospheric vitamin C, and whether it could help your individual needs (or those of your family), please come in store to chat with one of our friendly and knowledgeable Hardy's staff.



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Missing out on Magnesium?

Low energy, muscular cramps and spasms, headaches, eyelid twitches, poor sleep and a decreased resilience to stress could all be signs of magnesium deficiency.

Magnesium is an important essential mineral that is not only used in over 300 different biochemical processes in the body, but is also specifically required for proper muscle and nerve function¹. Magnesium plays a major role in regulating blood pressure and is essential for strong teeth and bones. Because it is so widely used by the body, it is not surprising that it can easily become depleted.

Magnesium deficiency is surprisingly common. Research indicates that 60%² of people have low levels of this vital nutrient³. Poor diet, especially consumption of excess sugar and refined carbohydrates, stress and some medications are the most common causes of depletion, and these factors may increase your daily demand⁴. Profuse sweating during intensive exercise or physical work, can also be a factor as magnesium is a valuable electrolyte. In these circumstances it may be beneficial to use a magnesium supplement.



Which foods contain magnesium?

If you are feeling stressed, and are suffering from fatigue, then increasing your intake of green leafy vegetables, beans, nuts and seeds, avocado, and whole grains is recommended, as these foods are all good sources of magnesium. Good quality dark chocolate is also rich in this vital mineral giving you a great excuse to indulge once in a while!

Unfortunately though, it can be difficult to get enough magnesium from food alone. When selecting a magnesium supplement, it is important to choose a form that is well absorbed. A well absorbed form will ensure the highest possible uptake of magnesium, which means better results, and less chance of the gastric upset which is commonly a result of taking poorly absorbed forms of magnesium.

Not all forms of magnesium are created equal. There are many different forms of magnesium available which all have different rates of absorption. Magnesium diglycinate is a highly absorbed, nutritionally functional form of magnesium and is absorbed easily as an amino acid protein, rather than competing with other minerals for uptake. In fact, clinical studies have shown that magnesium diglycinate is eight times more highly absorbed than magnesium oxide and is very well tolerated.

So if you feel like you could benefit from this truly multipurpose mineral, talk to a Hardy's expert about your options. They will help you to find a highly absorbed form for maximum impact.



1. Food and Nutrition Board, Institute of Medicine. Magnesium. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington D.C.: National Academy Press; 1997:190-249.

2. In an American population.

3. Lukaski HC. Magnesium, zinc, and chromium nutriture and physical activity. Am J Clin Nutr 2000; 72 (suppl): 585S-93S

4. www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Muscle_cramp

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NEWS & Events

NZ Sign Language Week 2015

May 4th to May 10th marks this year's New Zealand Sign Language (NZSL) Week, a nationwide celebration of one of our official languages, championed by Deaf Aotearoa. NZSL is the natural language of Deaf New Zealanders and is used by more than 24,000 New Zealanders. It differs from other sign languages, as it reflects our culture and includes Maori terminology and concepts unique to New Zealand.

2015's NZSL Week is themed 'Celebrate, Communicate, Connect'. Find out more by visiting www.nzslweek.org.nz



Lest We Forget



ANZAC Day is a special part of our culture; a day when we remember those who lost their lives in the Great Wars. The ANZACs first saw action in Gallipoli on 25 April 1915, so this year marks the centenary of ANZAC Day. Head out to local events and dawn parades, or try baking ANZAC biscuits to honour the day.

Oats are a great source of beta-glucan fibre that helps you feel fuller for longer and can lower cholesterol. Alternatively, swap the oats with quinoa for a gluten free option, or try spelt flour for more protein and amino acids. We love this recipe using macadamia nut oil, which has anti-inflammatory properties and replaces traditional trans fats found in other cookies.

- 1 1/2 cups organic rolled oats
- 1/2 cup organic desiccated or flaked coconut
- 1/2 cup flaked or chopped almonds
- 2 1/2 tablespoons macadamia nut oil, cold pressed coconut or olive oil
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 tablespoon water



Combine oats, coconut and almonds into a food processor and add the oil, honey and vanilla.

Mix well until combined, add the water and process again to help the mixture stick together. Form into small cookies on a baking sheet lined with baking paper, then flatten. Bake for 20 -30 minutes at 150°C or until golden brown.

Did you know?

ANZAC biscuits were historically known as ANZAC tiles or wafers and differed from the modern version in that they were very hard and eaten as a bread substitute. Still using a combination of rolled oats and golden syrup, the recipe didn't use eggs, as these were scarce when poultry farmers joined the war effort. The omission of eggs also meant a long shelf life while they were being transported by boat.

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Whangarei	The Strand Arcade, 23-25 Vine Street (09) 438 3188

AUCKLAND

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

HAMILTON

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

BAY OF PLENTY

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

TAUPO

Taupo	37 Horomatangi Street, (07) 378 9057
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TARANAKI

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

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

WELLINGTON

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

SOUTH ISLAND

NELSON

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

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