

Discover

ISSUE FOUR | WINTER | FREE



STAY SAFE

STAY SAFE FROM WINTER'S
ILLS, CHILLS AND SPILLS!



YOUR HEART HEALTH

KEEP YOUR HEART HEALTH TICKING
ALONG NICELY



HELPING HEAL

HELPING HEAL WITH ALL THINGS HERBAL

**A HARDY'S HEALTH EXPERT
WILL GET YOU FEELING GOOD!**

COME IN AND START THE CONVERSATION



Hardy's
Discover the best you



We care for our
Inner Health
to help care for yours

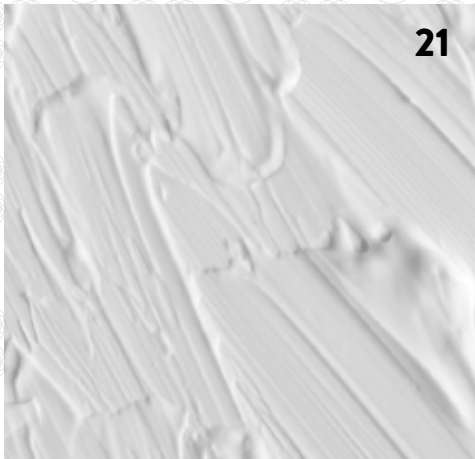
Probiotics are live, good bacteria - and like most living things it takes a little care to keep them at their best. At Inner Health we've spent over 25 years protecting and caring for our little guys, so we know what they like. To keep them strong and healthy, we take extra care to ensure all Inner Health probiotics are kept live and cool-protected from when we make it, to when you take it. That's why New Zealand's number one probiotic* is only found in the fridge!

ETHICAL NUTRIENTS **INNER HEALTH PLUS**
PROFESSIONAL NATURAL SUPPLEMENTS

innerhealthplus.co.nz

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. *Reference available on request. Inner Health Plus may support; digestion, a healthy immune system and general wellbeing.

CONTENTS



- 4** Healthful hints
- 6** Willing away winter's ills and chills
- 9** Living life for the health of your brain
- 10** Sweet dreams are made of genes
- 12** Omega 3 and you – a joint approach
- 13** Exercising through the pain
- 14** Much, much more than just a sore stomach
– Inflammatory Bowel Disease
- 17** Don't wait to be caught out – bring the fight to eczema!
- 19** Pregnancy proof: support for digestion and development
- 21** Project: Home Detox
- 22** Keep your heart ticking along nicely
- 25** Nuts about nut butters!
- 26** News & Events
- 27** Store directory

EDITOR'S NOTE

The days are at their shortest and coldest, but it's not all bleak. We're loving cups of herbal tea and toasty, tasty recipes made with in-season produce. From hearty root vegetables, like beetroot, to bright, sweet citrus and tangy Granny Smith apples. We've got all the top tips for willing away winter's ills and chills on page 6 and 7, as well as some pointers on what to do if illness does strike!

In working on this issue, we were surprised to learn that despite increased education and healthier choices, New Zealand still trails behind most other countries in the OECD when it comes to our heart disease mortality rate. In order to change this, we absolutely must take better care of our cardiovascular health, so we've removed some of the confusion around cholesterol on page 22 – take a look!

On a lighter – but still somewhat connected – note, we've loved breaking out the food processor and experimenting with various nut butters (our favourite is creamy cashew butter). As well as being a versatile protein-packed spread, DIY nut butter is a great way to get some more healthy fats into your diet to support cholesterol balance and promote overall health and wellbeing.

Lastly, have some fun with the suggestions on page 25 to help you rid your home of nasty chemicals and leave it smelling super sweet. From cleaning to first aid, the natural world has a wealth of useful ingredients if you know how to use them.

Until next time, stay happy and healthy (and go a little nuts!)

Your Hardy's Team



Hardy's
Discover the best you

HEALTHFUL HINTS



HERBAL HELPERS

Herbal teas are often promoted for their health giving benefits, or held up as a better alternative to black tea or coffee. However when it comes to therapeutic properties, not all herbal teas are created equal, so it pays to know what to look out for!

Delicious, fruit flavoured teas - such as rosehip, apple or orange - tend to be developed more for their flavour than anything else. Herbal teas on the other hand, such as those with thyme, peppermint or ginger, have greater therapeutic virtues. Read the ingredients and look for teas containing real herbs where possible.

Here are some of the ingredients to look out for:

- ☉ **Elderflower** is a decongestant that helps to clear the airways and has diaphoretic qualities that can be useful in treating winter ills and chills.
- ☉ **Peppermint** helps to break down fats in the digestive system by stimulating bile production in the gall bladder, so can help to relieve queasy tummies. It's a nice tea to have on hand when you feel like you've eaten too much, or for those who suffer from travel sickness.
- ☉ **Lemon Balm** is an excellent herb for soothing nervous complaints and its relaxing anti-spasmodic effects can help with restless legs or tight sore muscles. Try it also for easing digestive concerns, like flatulence, poor appetite and queasiness.
- ☉ **Nettle** is a good source of iron, calcium and silica, which help with skin and kidney health and can be a useful aid

when you are feeling run down. It's also easy to brew extra and add (chilled) to your smoothies for an extra boost.

- ☉ **Chamomile** is thought to support sleep due to its tryptophan content, an amino acid known to act as a relaxant. Its also believed to have a relaxing effect for both the digestive tract and nervous system, making it a great choice for those with digestive discomfort.
- ☉ **Licorice** is a great herb to help with stress, due to its adrenal support and anti-inflammatory properties. Its naturally sweet taste also makes it a nice, healthy choice to assuage those mid-afternoon sugar cravings.
- ☉ **Thyme** is a decongestant that works to protect against viruses and infection. Its expectorant action is beneficial for winter ills and chills, as well as for allergens. Its natural antibacterial and antiviral action makes it a great addition to your winter toolkit.
- ☉ **Rosemary** is thought to help with mental alertness and clarity, so is a good choice for a brain boost at work or while studying. Its high antioxidant levels can also support with detoxifying the liver and is helpful for some people who suffer from headaches.
- ☉ **Fennel** has muscle relaxing, anti-spasmodic properties, so can support bowel regularity, colic and flatulence. As a diuretic, it also helps to clean the kidneys and rid the body of impurities.



GO ORGANIC FOR OMEGA 3

For most people, purchasing organic meat and dairy is a way to ensure they are conscious eco-consumers. However, studies have shown that eating organic meats and milk can have a number of health benefits as well.

In fact, a study that brings together the findings of scientists from the UK, Poland, Norway, Italy, Denmark, Switzerland, Greece and Turkey has found that eating organic meat and dairy may deliver 50% more omega 3 fatty acids than the non-organic versions. Reasons for this are thought to come down to differences in production intensity and the benefits that come from outdoor-reared, grass-fed, organic livestock animals, compared to commercially reared, grain-fed animals.

While we don't typically consider meat or dairy products as being a vital source of omega 3 essential fatty acids (they don't have nearly the same levels as oily fish, for example) the benefit here comes from the balance they keep with omega 6 fats. While we need both of these essential fatty acids for our bodies to function at their best, the ratio is important.

Researchers have found that people who have a ratio of omega 6 fats to omega 3 fats that exceeds 4:1 have more health problems. So how does this apply to animal products? It seems that commercial, grain-fed beef can have ratios above 20:1, whereas organic, grass-fed beef is down around 3:1 - a much healthier scenario.

We know that omega 3 fatty acids have numerous benefits, such as promoting a healthy heart and a healthy brain, so by increasing your consumption of these essential fatty acids, without tipping the scales so far when it comes to omega 6, you'll be getting maximum benefits. By purchasing organic, you're not only contributing to the improvement of animal welfare, but also potentially your own!





TABLETS TOO TOUGH TO SWALLOW?

Swallowing tablets is something we can all struggle with, and with the winter chills upon us, it can be a problem that rears its head more frequently, as our bodies need support to ward off seasonal symptoms.

Try these tips for beating the capsule battle:

- ☉ Place the pill on the centre of your tongue, hold one of your arms in the air and - while holding this pose - take a large drink of water, juice or milk. You might look a little silly, but having your arm in the air helps to open your esophagus, so it's worth a try!
- ☉ Alternatively, drinking through a straw whilst the pill is in your mouth can also allow for easier swallowing.
- ☉ If you're still struggling, it could pay to tackle the problem with liquid supplements instead. Hardy's offers a number of great alternatives to the classic tablet solutions, such as the Comvita Olive Leaf Extract which is designed to reduce the severity of winter ills and chills. The liquid formula means it's easier to consume for those who struggle to get pills down.

IN SEASON: GRANNY SMITHS CAN OFFER YOU MORE THAN JUST APPLE PIE

We've all heard of the importance of antioxidants and healthy blood sugar levels, and studies have shown that Granny Smith apples may be a good source for both.

Packed full of high levels of vitamin C, antioxidants, fibre and potassium, these green goodies tick lots of boxes in terms of supplying important dietary needs. While vitamin C and antioxidants can assist with reducing harmful free radicals, a healthy dose of fibre helps to stabilise blood sugar levels. It's just as well Granny Smiths are in season now!

While we can't go past a warm homemade apple pie as our favourite recipe for these awesome apples, we also love them stewed and added to porridge with a sprinkling of cinnamon or sliced thinly and added to a salad with walnuts, spinach, blue cheese and broccoli. We've even seen them cored and used as edible cups for soothing apple cider or yoghurt! There are heaps of ways to incorporate Granny Smith apples into your diet this winter, so get creative.



BETA GLUCANS & ELDERBERRY IMMUNE COMPLEX

SOLGAR'S NEWLY FORMULATED Beta Glucans & Elderberry Immune* Complex is comprised of ingredients shown in research to support the normal function of the immune system. This unique combination of Beta 1,3/1,6 Glucans, Elderberry, Copper and Selenium, helps support the functioning of the immune system during periods where the body could be susceptible to developing an illness, such as the winter months or stressful periods.

.....

SOLGAR | It's Your Choice

www.solgar.co.uk

Always read the label and use only as directed. If Symptoms persist consult your healthcare practitioner. TAPS PP8064

WILLING AWAY WINTER'S ILLS AND CHILLS

Winter is upon us and, before you know it, the sound of a nasty cough will start developing on the other side of the office. You'll get sneezed on in the street. Your kids will start bringing home tales of friends who have been at home sick. No matter what you do, it seems that winter always brings with it a tide of cold-weather afflictions. However, we've assembled some of our top tips for keeping seasonal ills and chills at bay this year.

CUT THAT SWEET TOOTH

It's often tempting to stay inside and have a bit of a treat-filled feast when the weather outside is less than pleasant – after all, winter's when we're bundled up in layers, so what's a little extra chocolate?

As it turns out, too much sugar can trip up your immune system, leaving you more susceptible to the bugs doing the rounds. Cut out the sugary drinks and when you feel the need for something sweet, try to stick to fruit so that you can get a more natural sugar fix while getting a whole lot of nutritional goodness at the same time. Try whipping up a smoothie to get a super-charged dose of nutrients. With some flavoured protein powder or medjool dates, it almost feels like a naughty dessert, but it's good for you!

VITAMIN VIGOUR

Vitamin D has a role to play in keeping your immune system fighting fit against winter ills and chills. Because vitamin D receptors are expressed on immune cells, and these cells are all capable of synthesising it, vitamin D helps to modulate our innate and adaptive immune responses and decrease our susceptibility to infection, which is particularly important at this time of the year. Vitamin D works to support your defences for ills and chills.

While many people get plenty of vitamin D throughout spring, summer and even autumn, in winter everything can go a little pear-shaped. We can get some vitamin D from food sources, but much of what we absorb comes from sunlight. It follows then that in winter, when sunshine hours are shorter and our time outside tends to be minimised, lots of us find that our vitamin D levels are below what they ought to be.

As little as 5 – 15 minutes of sunshine on bare skin can do the trick, but since that's not always feasible through the winter, vitamin D supplements can be a helpful addition to your daily regime.

PROBIOTIC POSITIVITY

With 80% of your immune system located in your digestive system, it pays to treat your guts carefully at this time of the year. You've probably heard the little fact trotted out that there are more bacteria cells in our bodies than human ones, so you want to be sure that you've got the best possible proportion of good bacteria hanging out inside.

Researchers at Harvard Medical School were some of the first to find evidence of the relationship between so-called 'good' bacteria and the immune system. They proved that certain bacteria in the gut influence the development of aspects of the immune system, namely increasing numbers of the lymphocytes called T cells.

Taking a high quality probiotic means that you'll maintain a healthy balance of gut flora and with a bit of luck, you'll find yourself more resistant to the nasties that are doing the rounds at work and school.



WINTER LIFESTYLE TIPS

There are all sorts of things to up your consumption of, or cut back on, in order to keep your immune system at its best – but it's also wise to step back and look at the way that you're living your life. Here are three simple ways that you can help strengthen your immune system and keep you and your family healthier this winter.

Sleep tight

Sometimes sleep feels like it's an inconvenience when time is tight, but who doesn't feel better after getting a full night's sleep? Between 7–9 hours is ideal, and take steps to keep that sleep uninterrupted. You need that time for your body to repair and rejuvenate itself – not to mention to allow your mind to unwind. If you struggle to head off to the Land of Nod, try some chamomile tea – or if that's still not cutting it, our Hardy's experts can give you some great recommendations.

Keep active

During your waking hours, take the time to get your heart rate up. Exercise is a wonderful way to boost the immune system – not to mention endorphins, leaving you feeling pumped up and a little less blue about the drizzly weather.

Minimise stress levels

We understand that keeping stress levels down can sometimes be easier said than done. But finding some techniques to manage stress is a great way to help your body out when it comes to fighting infections and recuperating quickly if you do end up coming down with something. We've mentioned exercise already, and yoga in particular is an excellent way to restore some balance to your life – both the internal kind and the 'holding a position without wobbling' kind! Meditation is also a really good way to exert some control over life's stresses – to acknowledge them, and to move on with your day.

TOO LATE!

Sometimes, despite your best efforts you may still manage to come down with something. Here are a few natural ways to keep the worst at bay and turn back into your best and healthiest self as quickly as possible.

Olive Leaf.

Packed full of antioxidants, olive leaf extract is the way to go if you need to give your immune system a bit of a boost when you're getting run down. Historically, the olive leaf has played a huge role in medicine in various Mediterranean cultures – with a part to play in treating everything from high blood pressure to inflammation to fever. So do as the Romans did – and kick your ills with the help of olive leaf.

Vitamin C.

Good old vitamin C is well-known for its role in supporting your health, so make sure that you're packing your days with plenty of the stuff in the form of fresh fruit and vegetables, or a good quality supplement. With vitamin C in your system, research has shown that any recurring sniffles and splutters will usually not stick around for as long.

Manuka.

When your throat is dry and raspy, you need to get out all guns blazing. Comvita Manuka Lozenges are a gentle but effective way to calm your throat and let you get on with getting well again. Honey has antibacterial properties, so honey-based healing is a good way to start.



Our molecular flower symbolises growth in the lives of our customers



lifestream

NUTRITION TO LIVE BY

NEW LOOK SAME WHOLEFOOD ENERGY BOOST

Lifestream bioactive Spirulina Balance, the original nutrient rich superfood, has had a makeover

- ✓ Packed with energy boosting glycogen and B vitamins
- ✓ Rich in wholefood vitamins, minerals and antioxidants
- ✓ Plant based, bioavailable and sustainable



Save \$5.50

SPIRULINA BALANCE
200 + 50 TABS FREE

Visit us at www.lifestream.co.nz  [lifestreamwholefoods](https://www.facebook.com/lifestreamwholefoods)

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



Trust the Leaf®



ACTUAL SIZE: 39cmH X 33cmW



FREE ECO JUTE BAG WITH ANY NATURE'S WAY PRODUCT*



Committed to health and well-being for over 40 years, Nature's Way® offers premium nutritional products including single herbs & herbal extracts, vitamins, minerals and speciality formulas. Choose your dietary supplement today from our range.

*Buy any Nature's Way® product, get a Nature's Way® Eco Jute bag free. One bag per customer. Offer available until 31 August 2016 or while stocks last.

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

LIVING LIFE FOR THE HEALTH OF YOUR BRAIN

For many of us, we take for granted how our brains work, until they don't anymore. While dementia is an umbrella term used to describe the group of conditions that impact our brains, Alzheimer's is the most common form, accounting to between 50% and 60% of all dementia.

Although a physical condition in origin, Alzheimer's affects the brain. A shortage of important chemicals causes abnormal proteins to form 'plaques' or 'tangles' in the structure of the brain, that then kill brain cells and upset the transmission of messages.

In the most recent and significant research on dementia in New Zealand, it is thought that there are more than 53,000 people nationwide living with dementia and this number is forecast to triple by 2050. So why the significant increase, and what can we do to best reduce our chances of experiencing the onset of dementia?

FEED THE BRAIN, BUT LESS SUGAR

While no single factor has been identified as the cause of Alzheimer's, it is thought that lifestyle choices, such as diet, exercise and sleep habits can all have a significant impact on the risk. In fact, research by the Albert Einstein College of Medicine has, so far, suggested that lifestyle changes related to healthy ageing look "more promising than drug studies".

For the last decade or so, researchers have been exploring the link between our modern diets and the increasing prevalence of Alzheimer's, specifically the connection between sugar and the disease. A study published in the New England Journal of Medicine demonstrated that even a mild elevation of blood sugar is associated with an elevated risk of dementia.

Previous research had shown a higher risk for diabetics in developing Alzheimer's. More recent research has shed further light on this, finding an intricate link between insulin resistance and the brain. Our bodies produce insulin that is necessary for the survival of

brain cells, but this process goes awry when a toxic protein, called ADDL, removes receptors from these cells and renders them insulin resistant. As the ADDLs accumulate, our memory can begin to deteriorate.

So, what should we be feeding our bodies to give our brain the best chance? A diet low in sugar and carbohydrates and high in healthy fats is essential. Opt for 'real' food above processed options and try to keep added sugar levels to a minimum (ideally between 15 and 25 grams a day). Add plenty of good fats like avocados, raw nuts and coconut and other nut oils to the diet and try a high-quality probiotic to optimise the flora in the gut.

EXERCISING THE BRAIN

Along the line of lifestyle changes that can help towards preventing Alzheimer's, a series of studies have shown that exercise can not only reduce the risk, it also plays an important role in treatment.

Barbara Fox from Alzheimers Auckland agrees, "Staying active and participating in social activities is not only fundamental to slowing down the development of dementia but is also a fun way for families and friends to reconnect. Regular physical activity can help those living with dementia to experience joy in life and continue to live well", she says.

Exercise increases levels of the protein PGC-1alpha in the brain, which is important because cells that contain more of this protein produce less of the toxic amyloid protein associated with Alzheimer's. Exercise also leads to hippocampus growth and memory improvement, and can trigger a change in the way that the harmful amyloid precursor protein is metabolised, thereby slowing down the onset and progression of Alzheimer's.

Do whatever you enjoy that keeps you moving - whether that be regular walks, swimming in the local pool, practising yoga or kicking a ball around with the kids - and



aim to regularly raise the heart-rate above its resting level.

SLEEP TO PUT YOUR MIND AT EASE

When it comes to sleep, both quality and quantity count towards preventing Alzheimer's. The brain's waste disposal system only operates during deep sleep, which is important as this system flushes waste (including the harmful amyloid proteins) from your brain back into the body's circulatory system, where they can be eliminated from the body.

For this to work properly, we need to enter deep sleep for a long enough time. When the brain is active, brain cells swell in size until they take up just over 85% of the brain's volume, which makes effective waste removal difficult. It follows then that poor sleep drives the build up of amyloid plaques in the brain, hence contributing to the early onset of dementia.

So how much sleep do you need for optimal health? The numbers vary, but a review of 300 studies that assessed sleep in line with health outcomes found that adults between 18-64 years of age should be aiming for 7 to 9 hours each night. After the age of 65, optimum levels drop to between 7 and 8 hours per night. If sleep is a problem for you, or someone in your family, come in store and talk to a Hardy's expert about natural remedies that can help.

SWEET DREAMS ARE MADE OF GENES...



It's no secret that sleep is important. As much as people can blithely toss around phrases like "I'll sleep when I'm dead!", taking on the day after a solid eight hour sleep is invariably more manageable than trying to tackle work after a night of only a few fitful hours of slumber.

However, adequate sleep is a little more complex than just maintaining energy levels. There are some aspects of poor sleeping patterns that can't be temporarily fixed with an extra flat white.

“Your health, and that of those around you, should always be top priority.”

Behind the yawns and gunk in the corner of your eye lurks something much more significant. Research has shown that when people cut their sleep from 7.5 hours to 6.5 hours a night there is an increase in the expression of as many as 500 different genes – and those genes are associated with everything from stress to inflammation and immune response to diabetes and cancer risk.

What exactly do things like inflammation and immune response mean for your health? There are a whole host of serious conditions with their roots in inflammation and compromised immune activity – from arthritis and asthma to coeliac disease and inflammatory bowel disease. That's not to say that lack of sleep is going to explicitly cause these, but if you have a genetic inclination towards any of them, poor sleep could increase the likelihood of one of these conditions actually developing.

It can take as little as one week of inadequate sleep for your body to start shifting around its internal functions – so this isn't something to postpone until your life calms down. Your health, and that of those around you, should always be top priority – so it's time to start snoozing your way towards your healthiest self.



MARVELLOUS MAGNESIUM

Magnesium is the 11th most abundant element in the human body when it comes to mass. It's probably unsurprising then, that with that kind of representation, it plays an important role in numerous biological functions. Research has shown that adults who are deficient in magnesium are also more likely to have elevated inflammation markers, so that's one very good reason to try to stay on top of your magnesium levels.

However, there's another sleep-related reason to investigate magnesium. Insomnia is one sign of magnesium deficiency and, for many people, magnesium supplements are a one-way ticket to a better night's sleep. With research showing that magnesium plays a role in helping your brain settle down at night, as well as in maintaining blood pressure and a steady heartbeat, checking that you've got enough magnesium in your life could be a game changer when it comes to getting enough sleep.

Foods such as spinach (and other leafy greens), almonds, cashews, pumpkin seeds and bran are all good sources of magnesium – and for an occasional sweet treat, dark chocolate is also a good option. Just make sure it's the high quality, high cocoa percentage stuff. And if you're not getting enough from food alone, talk to a Hardy's expert for advice as to which magnesium supplement could best suit your needs.



ACTION PLANS

- **Cut back on caffeine.** It's the obvious one, but it's still important to think about. Even if you religiously avoid coffee in the evenings, you might need to examine your consumption earlier in the day. Caffeine can stay in your system for hours and hours – so it could be worth cutting it out completely for a little while (try switching your cuppa for a herbal tea) and seeing if you feel the difference.



GET MORE ZZZZ WITH ZIZIPHUS

Ziziphus, or jujube, is a plant that has long been used in traditional Chinese and Korean medicine for all sorts of different afflictions – one of which is promoting better sleep. Nowadays, many herbal sleeping preparations make use of this fancy fruit and people all over the globe are sleeping better as a result thanks to its ability to calm the mind when it's busy and overwrought. Often mixed in with other naturally derived compounds - such as cherry - using ziziphus is an easy, gentle way to head off to the Land of Nod.

LAVENDER LULLABIES

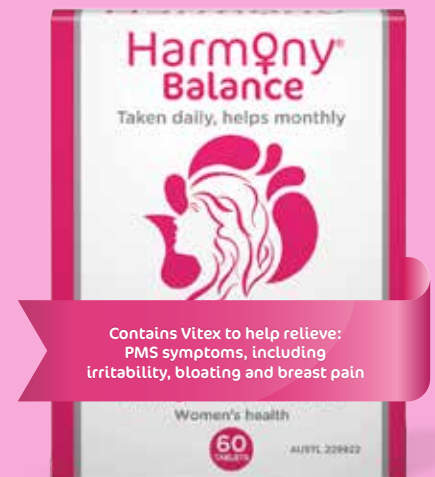
Here's a sleep essential in more ways than one: lavender essential oil. Lavender is an excellent option for anyone who needs a little help drifting off in the evenings – with research backing up what folk remedies have recommended for centuries. Sniffing lavender before bed can not only help you get to sleep more quickly, but it can also mean that you sleep more soundly – and feel much more energised and ready to face the day when you wake up.

You can harness lavender oil's soporific powers in a variety of ways. A couple of drops of the oil on your pillow is an easy way to start, or add 2–4 drops to a couple of cups of boiling water and inhale the vapour. If you're wanting something a little more luxurious, you can add some lavender goodness to your bath. Mix 7–12 drops of the essential oil with around 1.5–2 tablespoons of a carrier oil – such as sweet almond oil, olive oil or grapeseed oil – and then add the concoction to the bath as it's filling up.

- **Stick to a schedule.** If you are consistent with the time you go to sleep and wake up every day, your body clock will start to get the hang of things. It can also help to put some rituals in place – whether it's turning off devices an hour before bedtime, having a warm bath, or tucking yourself into bed with a book.

- **Don't get too nap-happy.** Unless you've got unusual work hours, sticking to night-time sleeping is going to help you get a proper night's rest. If you do feel the need to have a bit of a daytime snooze, try to make it around lunchtime, so that you've got plenty of mental and physical activity both before and after.

Dear cramps, we really need to talk...



Here's an unhealthy relationship you should put an end to right now. Taken daily, Harmony Balance may be the solution to help you break up with cramps, abdominal pains, and the symptoms of PMS, like Bloating, mood swings and irritability.

**Harmony
Balance 60 Tablets**
NOW \$31.60
SAVE 10%

Take a positive step,
Take **Harmony®**
takeharmony.com

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

CHC70509-04/15

OMEGA 3 AND YOU

A Joint Approach



Omega 3 sometimes seems like it's being talked about everywhere in the natural health world. It's a popular little fatty acid for a reason – with claims about its medicinal capabilities reaching from skin and nail improvements, to mental health, to inflammation. Research has provided consistent evidence for omega 3's beneficial effects on joint inflammation, and indeed it might even help to boost the effectiveness of other anti-inflammatory drugs – but how much of a good thing do you need for it to really work its magic?

Joint pain and discomfort can take its toll, but you may not need to put up with it. If you're looking to alleviate symptoms of joint pain and inflammation with the help of fish oil, you need to go all in. It's not likely to be enough to just take a capsule a day. Research suggests that in order to reduce joint inflammation with omega 3, you need to take 2.7g a day – and some standard fish oil capsules provide only about 0.3g. Talk to a Hardy's expert to help you get the dose that you need – there are some high-strength options available, which can save you from having to take a whole handful of capsules and ensure you're still getting the therapeutic benefits.

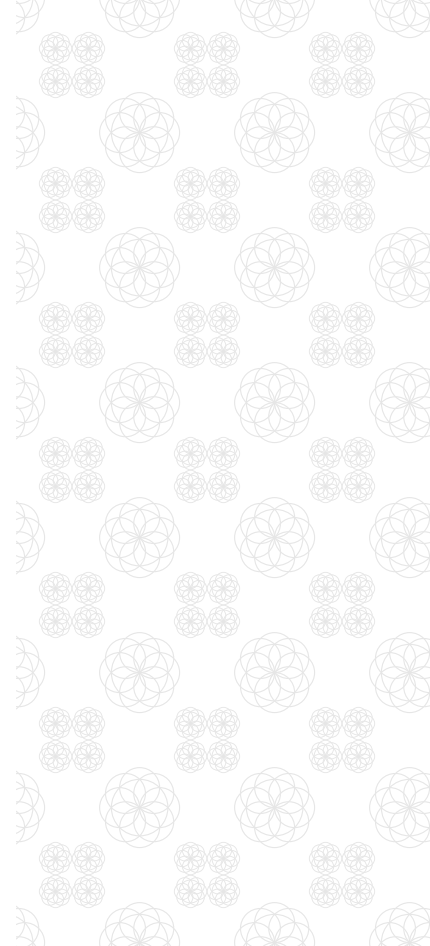
Fish oil isn't the most appetising-sounding of substances, but as long as you stick to high quality products, there should be no fishy flavour. Using a higher quality product also means that the substance will have been thoroughly distilled – meaning that

any fears of mercury toxicity or similar can be assuaged.

The other thing to look out for is a good concentration of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) within the formulation. The body converts essential fatty acids into powerful anti-inflammatory chemicals called resolvins, which help to fight cytokines and prostaglandins which cause inflammation. By blocking multiple inflammation pathways in our cells, they support the reduction of stiff and achy joints and promote increased flexibility and mobility.

While you can get a good dose of omega 3 from vegetarian and vegan sources, like flaxseed oil, chia seeds and walnuts, plant sources tend to be higher in ALA (or alpha-linolenic acid), which is a short-chain fatty acid. While this is still an essential fat to be getting, it's the longer-form, animal-based omega 3 fats - EPA and DHA - that are thought to have the greatest benefit when it comes to your joints.

Check with one of our experts before starting a high-dose omega 3 regime, as some supplements can interact with other medications you may be taking. However, one of the Hardy's team can make sure you're getting the right product to suit your needs. They can advise on the differences between brands and formulations, and can help you get on the road to healthier joints and a more mobile future.



EXERCISING THROUGH THE PAIN

Until fairly recently, people suffering from joint pain were sent to bed to rest. Lying still and prone was thought to be the best way to let inflammation heal and hopefully work towards being more active again in the future.

Nowadays, we know better. Joint pain and inflammation can often be managed much more effectively when you keep up with appropriate, gentle exercise. It's certainly not all or nothing either – so if it's a while since you've been active, don't be discouraged, because every little bit helps. And with a little time, you might find yourself really enjoying

your new activities and feeling the most sprightly you have in years!

If you suffer from severe joint pain, or are worried about starting any new exercise plan, check with your doctor or rheumatologist before drastically changing things up. There are, however, some basic principles to keep in mind though – no matter what form of exercise you're undertaking. When in doubt, listen to your body and take these tips onboard.

WHEN TO STEP BACK

It's not unusual to have some mild pain in your joints when you start off with an exercise session – and generally speaking, it will lessen as you continue working out. But if the pain gets more severe while you exercise, stop what you're doing so that no major joint damage develops.

While muscle pain after exercise is usually not an issue, if you find that you consistently experience joint pain after exercising you

need to switch up your workout. Finding a lower-impact activity is usually the best way to keep moving while putting less pressure on your joints.



WHAT WORKS BEST

Working with a specialist or trainer, you may get some specific recommendations of activities suited to your individual requirements, but there are also some globally popular exercise pursuits for folks dealing with joint pain that can be a good place to start.

When it comes to exercising with joint pain, you want to go for low-impact options. Swimming and cycling are great lower-impact ways to get your heart-rate up and work on your cardio fitness. Swimming in particular is really gentle on joints while providing a well-rounded way to get fit and fantastic.

To keep yourself strong and supple, you can give weight-training a go – but stick to light weights to start with, and work yourself up

gently, or only with professional guidance. Pilates, yoga and tai chi are also great ways to give your body a new lease on life and involve simple stretches that can strengthen the joints.



WARM UP TO EXERCISE

Once you've warmed up to the idea of exercise, it's time to actually warm up before undertaking anything strenuous. Warming up – perhaps with a light walk and basic stretches – is a really important part of exercise for anyone, but especially people suffering from joint pain. If you leap straight into the harder stuff, you can exacerbate the issue. So start off slow, and reap the benefits. And don't forget to stretch out afterwards as well!

Switch off at night

Made from Bach Flower Essences, RESCUE Sleep may help switch off unwanted or recurring thoughts.

RESCUE Sleep has been traditionally used to relieve sleeplessness associated with recurring and worrying thoughts.

Always read the label, use only as directed, if symptoms persist, see your healthcare professional.

www.martinandpleasance.co.nz



Rescue Sleep
20ml Spray
Now \$31.20

10% OFF

MUCH, MUCH MORE THAN JUST A SORE STOMACH

Inflammatory Bowel Disease

*we'll get
you feeling
good!*

Bathroom behaviour is a delicate topic at the best of times. But if your insides aren't behaving in the way that they are supposed to, things become even more of a minefield. Nearly 20,000 New Zealanders are estimated to live with inflammatory bowel disease (IBD) – one of the highest rates in the world. So what is IBD? And what can you do to keep yourself as healthy as possible if you have it? Learning about IBD can be a bit gruesome, but with so many Kiwis affected, it's important to get past the toilet humour and find the facts.

IBD VS IBS

The first important thing is to get the rather confusing acronyms straight. IBD isn't the same thing as IBS. IBS, or irritable bowel syndrome, is an unpleasant condition, but is generally less serious. On the other hand, inflammatory bowel disease encompasses several conditions, the most common of which are Crohn's disease and ulcerative colitis.

Where both IBS and IBD can cause pain and either constipation or diarrhoea, IBD goes much further. Like the name suggests, the key component is inflammation. In ulcerative colitis, the inflammation is limited to the large intestine and rectum whereas, in Crohn's disease, anywhere in the digestive tract can be affected – from the mouth right down to the anus. Inflammation can lead to varying degrees of pain, bleeding, malnutrition, nausea, fever, weight loss... the list goes on. Everyone with IBD has their own experience.

It's easy to wrinkle your nose or giggle when you think about things like bowel movements – but IBD is no laughing matter. Many patients with Crohn's disease or ulcerative colitis require intensive medicine regimes – and according to research, between 70–90% of Crohn's patients and 23–45% of ulcerative colitis patients will require surgery at some point. It's not just a tummy ache, that's for sure.

MAKING A MEAL OF IT

Unfortunately, there isn't one diet that prevents IBD symptoms either. Just because one person finds they can't eat dairy doesn't mean that everyone with Crohn's or ulcerative colitis has the same problem – the same thing goes for things like gluten and soy. Some people can eat anything



– others go through phases of liquid-only diets because solid food causes too many problems.

At the end of the day, the individual person knows their body best so if you, or someone you know is experiencing IBD, don't get too caught up in Aunt Beryl's well-meaning assertions that she cured her Crohn's by cutting out white bread. Unfortunately there is no cure for IBD, only management through periods of flaring and remission. Some people get lucky, and have extended periods of time with no symptoms, however, there are some things that you can do to increase your chances.

Helen Millar, president of the Auckland Crohn's & Colitis Support Group, is very proactive when it comes to supplements. "I believe that in combination with appropriate medications, positive dietary and lifestyle changes, supplements can greatly benefit many people living with IBD. In my personal experience managing Crohn's, I have found a number of different supplements helpful – these include the probiotic *S. boullardii*, pure aloe vera juice, flaxseed oil, apple cider vinegar and slippery elm. Everyone's body is unique, though,

so it's important to find the right combination that works for you."

BEING A PROBIOTICS PRO

Probiotics are a useful addition to any diet, but there's research showing that they are of particular benefit to people with bowel related issues, like IBS and IBD. Different strains of probiotics have different health applications. For example, *Lactobacillus plantarum* (299v) can assist with the management of medically diagnosed IBS. Similarly, a study followed IBD patients who took a particular probiotic (*S. boullardii*) along with twice daily doses of a maintenance IBD drug (mesalazine) and found that these people had a much lower rate of relapsed symptoms than patients who had three doses of mesalazine a day and no probiotic.

There appears to be a change in gut flora in many IBD patients – with research suggesting that there's a relationship between the particular composition of the flora and inflammation triggers. So trying to top up probiotic levels to get things looking more normal and healthy is a safe and

Come in
and start the
conversation...

easy way to work towards intestinal health. With inflammation being the root cause of most of IBD's most unpleasant and debilitating symptoms, anything that can help to minimise it is worthwhile.

GETTING ON TOP OF NUTRIENTS

While it's important to work with your specialist to find the best treatment plan for you, there are nutritional areas that are a common cause for concern for many IBD patients. Since the intestines aren't usually doing such a good job of absorbing nutrients – hard to blame them, with all the swelling and bleeding and general pain they've got going on – levels of some vitamins and minerals can become dangerously low.

IRON

Iron deficiency anaemia is a common issue for those experiencing IBD. Between the lack of absorption and the potential for near-constant bleeding, a lack of iron is almost inevitable in some cases. If things are really out of control, gastroenterologists will usually recommend an iron transfusion or in some cases even a blood transfusion. However, taking an iron supplement is a good way to keep things in check and may be all that is needed in more mild cases.

For iron to absorb properly, you also need a kick in the vitamin C department – so if your supplement doesn't contain both, it's a good idea to take a vitamin C supplement at the same time. Or you can always wash that iron tablet down with a large glass of freshly squeezed orange juice!

VITAMIN D

Vitamin D is another one to watch out for. Studies suggest that there is a relationship between low levels of vitamin D and IBD – and with vitamin D levels among New Zealanders tending to be low, there are some schools of thought that suggest there might be a correlation between these low vitamin D levels and the high incidence rate of IBD in Aotearoa.

One of the main sources of vitamin D is sunlight – and since we're both quite a way from the equator and particularly wary about sun exposure, it's not a total mystery as to why vitamin D levels can be lacking in our corner of the world. Going and baking yourself in the sun isn't recommended, however a few minutes of sunshine each day – if you can – is a good way to make sure you stay on top of your vitamin D needs. If you think you need an added boost, talk to a Hardy's expert about vitamin D supplementation.

ALL THE REST

Then there's vitamin B12. And folate. And calcium. These can all be negatively affected if your insides aren't working as well as they should be. A chat to an expert, and potentially blood tests, will help to tell the tale of how your body is coping when it comes to absorbing nutrients, and help you assess what particular vitamins and minerals you should be supplementing your diet with.

If you need some help figuring out exactly which probiotic or supplement is best for your IBD-related needs – or those of a loved one – pop into Hardy's to talk with one of our team.

SupHERbness

The Immunofort range provides your family with immune support this winter.



10%
OFF

Junior Immunofort 90's

A unique blend of vitamins, minerals and nutrients

- ✓ Provides year round immune support in a great-tasting, low allergy formula



10%
OFF

Immunofort 60's

A unique blend of herbs, vitamins and minerals, in a premium multi

- ✓ Provides immune support all year round



ASK FOR THE NAME THAT
LIVES UP TO ITS CLAIMS



The Natural Advantage

www.thompsons.co.nz

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

Make the switch to Thompson's.



Don't wait to get going.

Joint support starts from 10 days*

AS SEEN ON TV!

TVC Campaign
Featuring
Rugby Legend
Ian Jones

\$49⁹⁰
save \$10⁵⁰

\$29⁹⁰
save \$5⁵⁰



MADE IN
NZ

NUTRA-LIFE®
YOUR NATURAL LIFE PARTNER

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. People allergic to eggs should not use this product. Vitaco Health (NZ) Ltd., Auckland. *individual results may vary. NEM® is a registered trademark of ESM Technologies, LLC. †From imported ingredients.

Manufactured to Nutra-Life's strict quality standards using formulations based on over 45 years experience

DON'T WAIT TO BE CAUGHT OUT

Bring the fight to eczema
this winter season!

Although skin dryness and itching can be an issue for people all year round, for many, winter waves in a host of increased problems with their skin. Luckily there is some rhyme and reason behind it, and there are things you can do to battle the redness and lessen the sting.

Eczema - or atopic dermatitis - is an itchy, red rash caused by a number of factors, such as age, temperature and humidity in the air, chemical contact and, for some, their DNA. For those whose skin conditions seem to be a result of genetic inheritance, symptoms of irritation often come down to a lack of the protein filaggrin, a filament aggregating protein that binds to keratin fibres in our epidermal cells.

However, regardless of the factors which introduce skin issues into a person's life, it's common to experience flare ups when the colder months roll round again. Not only does the increased dryness in the air sap the moisture out of your skin, the harsh temperatures that we subject ourselves to also play a role, as we move constantly between icy winds and dry heat blasting through heaters – it's all a major shock for your skin.



For a much more comfortable winter season, make sure that you moisturise regularly and try to avoid the harsh conditions above. Keeping your skin as stable as possible is a great way to lower your chances of a breakout or flare up. However, it's not always easy to avoid dry air or harsh changes in temperature so, for many, it's simply not ideal to rely on only those two factors when combatting their skin complications.

Fortunately, other options exist to help you counter skin irritation, including increasing your consumption of omega 3s and probiotics - either in supplement form, or through changes and improvements in your diet.

Probiotics are 'good' bacteria that - when ingested - offer positive health benefits, including supporting a healthy digestive tract and a healthy immune system. You may wonder what this has to do with your skin, but when it comes to our skin, what is happening inside our bodies will have a profound effect on what we are like on the outside. We know that not all probiotics are created equal and that many different strains exist. When it comes to your skin, look for an option that contains the lactobacillus rhamnosus GG strain (also referred to as LGG). During clinical trials, LGG was shown to reduce incidences of skin conditions in children, when

taken by mothers during pregnancy and breastfeeding.

Omega 3s are also an option for those trying to fight seasonal (or even year-round) skin irritation, as they can help to reduce inflammatory and allergic responses that sit at the root cause. The good news is that omega 3 is found in many forms, many of which are easy to incorporate into your diet. Good quality omega 3 supplements are a popular choice, or introduce more omega 3-packed foods into your diet, like cold water fish including salmon or tuna, or a number of oils, such as flaxseed or cod liver oil, for a healthy dose of these essential fatty acids. Dark leafy greens like kale and spinach, while typically considered to have very little fat, are also a source of omega 3. In fact, kale contains up to 4.5 times as much as other vegetables, so combine it with fish for a scrumptious 'good fat' salad.

However you choose to fight your skin irritation, now is the time to take action against eczema! As far as you can, try to avoid harsh chemicals and look after your skin, as it's going to be extra sensitive in these coming months. If problems persist, come in store and talk to one of our Hardy's experts – they're always on hand to offer advice.

Sambucol®

BLACK ELDERBERRY

Caught it? Sambucol® It!



FREE* Throat Lozenge

FREE Sambucol® Throat Lozenge with any Sambucol® Immune Activator purchased.

Sambucol®, your natural choice this winter



*Buy Sambucol Immune Activator 30's get Sambucol Throat Lozenges FREE. Offer available until 31st August or while stocks last. Supplementary to a balanced diet. Always read the label and use as directed.

PREGNANCY PROOF

Support for digestion and development

Pregnancy – that very special time when a tiny new life begins its journey into the world. It's a time of wonder and excitement, however it can also be a time of discomfort as your body goes through significant changes to accommodate a growing child. From fluctuating hormones to tiny feet pressing on your internal organs, it truly is a marvel of nature. What's not so marvelous though are the forms of digestive discomfort, especially queasiness, which can be common in the first trimester.

If this is your first pregnancy, you have probably heard all the stories about morning sickness (which is, unfortunately, not necessarily limited just to the morning). If this is not your first pregnancy, then you may have already experienced some of these symptoms first-hand.

In fact, it's incredibly common. Up to 80% of women in their first trimester experience it. In the second and third trimesters, it usually eases, however your stomach and intestines can continue to be affected as your child grows. Add to this the fact that your production of digestive enzymes decreases and you'll quickly find that this can be a recipe for digestive upsets such as gas, bloating, indigestion and heartburn.

Of course, all this happens at a time when optimal digestion and nutrient assimilation are crucial for both you and your child! It's all part of the process, but that doesn't mean you need to just grin and bear it. There are things that you can do to ease your discomfort and do the best both for your digestion and baby's development.

ENZYMES TO THE RESCUE

Our digestive enzymes play a vital role in helping us to absorb the nutrients available from the foods we eat. Usually, most of us have enough in our body to keep us in good health but during pregnancy production of these enzymes decreases, so they could do with a helping hand.

Pregnancy-focused enzyme formulas, like Enzymedica's Digest Pregnancy, can help to lessen digestive discomfort and instances of queasiness. A combination of vegetarian enzymes and organic ginger root, this gentle yet comprehensive formula contains a variety of enzymes to target different aspects of digestion.

- The enzymes protease, amylase and lipase help to support digestive comfort by breaking down the main groups of proteins, carbohydrates and fats, respectively.
- The enzyme phytase has been shown to support and improve the absorption of calcium and magnesium, which are important minerals for helping your baby to develop.
- Ginger is a long-used botanical ingredient that can help to settle a queasy stomach.
- Cellulase, glucoamylase, lactase, maltase, xylanase, invertase and pectinase are specific enzymes that work together to help your body digest different components of food properly, for all-round optimal benefit.

BRAIN FOOD

With your digestion in order, and peace of mind that you're getting all the good bits from what you consume, you can focus on other nutrients that are vital for both you and your baby's health. You have probably heard about omega 3



essential fatty acids (EFAs) – good fats that are essential for optimal health.

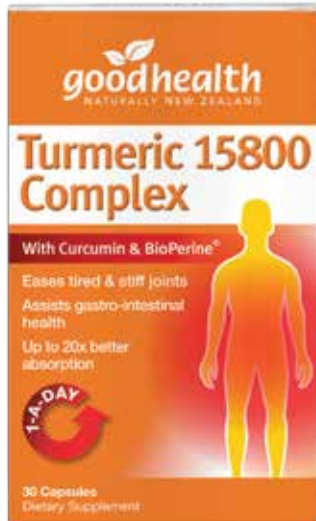
DHA (docosahexaenoic acid) is an omega-3 fatty acid that cannot be produced by the body, but is an essential nutrient required by both mothers and babies. DHA makes up 20% of the human brain and nervous system – and because most of the brain's development occurs whilst in the womb, the demand for DHA increases during pregnancy. Studies have shown that children whose mothers took DHA supplements during pregnancy have a higher IQ than average. DHA has also been found to support normal birth weight; eye, nervous system and immune system development; and may help to prevent postnatal depression in mums.

Evidence suggests the safest and most effective way to obtain EFAs daily is through a high-quality fish oil supplement but, with so many on the market, it can be hard to know what product to take before, during or after pregnancy. Come in store and talk to a Hardy's expert who can help you find one that is specifically designed for this period of your life and has a higher DHA to EPA ratio.

Turmeric 15800 Complex

Good Health Turmeric 15800 Complex provides powerful herbal antiinflammatory support to ease tired and stiff joints and assist gastro-intestinal health as well as cardiovascular health.

Turmeric 15800 Complex has Curcumin and BioPerine® for better absorption.



WOW!
30 capsules
\$29.90
save \$5.50

Omega 3 Fish Oil 1500mg

Fish oil is a primary source of the important omega 3 fatty acids EPA & DHA often deficient in today's diets. EPA & DHA have been shown to provide many positive health benefits including:

- ✓ Support for the cardiovascular system & joints
- ✓ Essential nutrients for brain & nervous system

ODOURLESS & LOW REFLUX

MERCURY & HEAVY METAL TESTED



WOW!
200 capsules
\$19.90
save \$20

Viralex® Attack

Rapid Immune Defence

- ✓ Fight winter ills and chills
- ✓ Natural and fast acting formula
- ✓ EpiCor® is clinically researched to strengthen the bodies immune defences by:
 - Increasing antioxidant protection
 - Supporting the immune response



WOW!
30 capsules
\$21.40
save \$8

Starts working in 2 HOURS

CLINICALLY RESEARCHED EPICOR

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

HOME DETOX



If you've got little ones or pets at home, you'll know how tricky it can be to keep inquisitive paws and mouths away from household products. It can make for some pretty scary close calls too, with some traditional cleaning products being highly toxic in even the smallest amounts.

One way to maintain some peace of mind is to switch out those cleaners for more natural alternatives. That's not to say that you should let your bub play freely with your new bottle of eco-friendly detergent, obviously – but some of the stress can certainly be lessened!

You don't need to spend big bucks, either. While there are lots of gorgeous options available, you can also get back to basics and use all sorts of things that you'll already have in your home. Here are some ways to keep your home looking 'spick and span', while looking out for your family and our natural world.

FROM THE KITCHEN, FOR THE KITCHEN

Baking soda is your new best friend in pursuit of a clean and healthy home. Its gritty texture and alkaline nature make it ideal for scrubbing surfaces clean and shiny. You can get the tarnish off silver with a baking soda and warm water solution, you can remove odours from clothing if you add it to your load of washing, or you can mix up a paste with cold water to remove surface rust. And once you've done all of that, you can use the leftovers for some delicious home baking. What's not to love about this simple and unassuming pantry product?

Vinegar is another product that can be worth its weight in gold when it comes to cleaning. Load up a spray bottle with half water, half vinegar and go wild. Add it to carpet spills after you've soaked up as much liquid as possible, spritz it on windows to get them squeaky clean, spray it along doorways, windowsills and countertops to keep ants away; or just clean down surfaces like the benchtop with the solution.

HOUSEHOLD ESSENTIALS

Essential oils can upgrade your household cleaning from simple to sparkling, and make the place that much more fragrant. We know that many essential oils have therapeutic benefits, but they've got practical benefits for your home to boot!

Just 3–6 drops of your favourite essential oil on the inside of a toilet paper tube is an easy way to make your bathroom smell gorgeous, with the scent wafting every time the roll is turned. To get lovely laundry loads, add 5–10 drops of a citrus or lavender oil to a dampened facecloth, then add it to your regular dryer load for clean, fresh clothes and linens.

That's not all though... Orange oil can help remove chewing gum from all sorts of places, lemon oil can help protect shower doors from grime building up, tea-tree oil can help you best deal with scuffed floors. And that's just the beginning. There's a whole host of concoctions that you can whip up with a few well-chosen bottles and some water and vinegar. Just make sure you buy the real-deal stuff and steer clear of dilutions and substitutions!

HEALTHY AT HOME

There's more to home life than just shiny surfaces and tidy cupboards. Keeping your family healthy and safe is the most important thing of all. So here are a few ways that you can harness essential oils to help deal with everyday ills and spills.

- **Lavender** can be used for a number of ailments and sticky situations. Burns, cuts, rashes and scrapes can benefit from a touch of lavender, as can fevers or anxious moments.
- **Tea Tree Oil** combines with water to make an effective antiseptic wash – and diffusing the oil is a good way to combat airborne germs and bugs. For wee ones, local wonder-flower manuka is a milder substitute.
- **Eucalyptus** is a well-known respiratory aid – why do you think so many fancy tissues come imbued with it? But all you need is the oil – you can inhale it on a cloth, or in a decongesting steam. Or add some to a carrier oil, such as sweet almond oil, and use it as a chest rub.
- **Peppermint** – or spearmint for bubs – has a wonderful cooling sensation on sprains and strains. Or dab a little on your forehead for headaches – you might find your head calming down much more quickly than it usually would.



Digest Pregnancy 90s: rrp \$59.50
Prenatal DHA 90s: rrp \$66.50

Keep your glow

Digest Pregnancy provides enzymes to aid digestion and ginger to reduce nausea & Prenatal DHA provides omega-3 nutrition for a healthy pregnancy

ENZYMEDICA **NORDIC**
— The Enzyme Experts — **NATURALS**





KEEP YOUR HEART TICKING ALONG NICELY

In February this year, the Heart Foundation announced that New Zealand’s heart disease mortality rate, while declining, is still much higher than the OECD average. As a country, we’ve come a long way in terms of our fight against heart disease, with the associated mortality rate dropping by 53% in the last 23 years. However, according to the OECD, New Zealand loses 138 lives per 100,000 to heart disease, which puts us 18% higher than the OECD average and well behind the UK, Australia and Canada.

While there isn’t yet research in New Zealand to fully explain the discrepancy (although the Heart Foundation are working on it!), it’s

likely that it comes down to multiple factors, from New Zealand’s rates of smoking and obesity, to access to treatment and uptake of medicines.

Genetics and lifestyle both play a role in our cardiovascular health, but it is comforting to know that there are things that you can do to optimise your heart health and keep your ticker ticking along the way that it should.

You’ve likely heard much ado about cholesterol, especially as it relates to our cardiovascular health. A lipid (fat) produced by the body, cholesterol is often labelled the ‘baddie’ in the heart health world, but just like riding a bike, it’s all about balance. Manufactured in the liver, as well as derived from the food we eat, cholesterol is vital for the structure and function of cell membranes in the body, not to mention the formation of many hormones and the manufacturing of vitamin D.

Cholesterol itself can’t move around the body alone and instead relies on transporters in the form of lipoproteins. Low-density lipoproteins (LDL) deposit cholesterol in various tissues and arteries, which isn’t so helpful, while high-density lipoproteins (HDL) are responsible for transporting cholesterol back to the



liver to be broken down and excreted, thus helping the body to maintain healthy blood cholesterol levels.

You may have heard of ‘good’ (HDL) cholesterol and ‘bad’ (LDL) cholesterol before, and the functions outlined above explain why they’ve inherited those nicknames. When it comes to heart health, the important thing is to keep your LDL:HDL ratio in a healthy balance, with higher levels of the ‘good’ and lower levels of the ‘bad’ cholesterol.

So how do you do that? When it comes to diet, the advice is pretty simple! Limit processed foods and takeaways that are high in saturated and trans-fats and aim to include unsaturated fats – such as those found in avocado, oily fish, nuts and seeds – into your meals. A sprinkle of nuts and seeds atop your cereal or salad is a good start, or try a tin of tuna or dash of olive oil with some sliced avocado on your lunchtime salad. A fibre-rich diet including more than two serves of fresh fruit and five serves of vegetables daily, as well as whole grains and legumes, is also a positive step towards optimal heart health.





lifestream[®]

NUTRITION TO LIVE BY

A POWERFUL WHOLEFOOD IMMUNITY COMBO

Lifestream Natural Vitamin C and Vitamin D3 provides a knock-out combo to combat ills and chills this winter

- ✓ Bioavailable natural Vitamin C immune support boosted with naturally occurring bioflavonoids and antioxidant co-factors
- ✓ Tropical flavoured wholefood Vitamin D3 supports a strong healthy immune system, nervous system and mood
- ✓ Plant based, bioavailable and sustainable



OTHER TIPS FOR CHOLESTEROL BALANCE

- ⊗ Maintain a healthy body weight. You should aim to have your body mass index (BMI) in the healthy range, which spans from 18.5 to 24.9
- ⊗ Aim for 30 minutes of moderate intensity physical activity – such as brisk walking, a bike ride, or swimming lengths – most days of the week
- ⊗ Quit smoking
- ⊗ Decrease alcohol consumption to what is considered ‘moderate’ levels (1 standard drink per day for women and 2 standard drinks per day for men)

\$6 OFF
Plus a free
**VITAMIN D3
SPRAY**



Visit us at www.lifestream.co.nz

f lifestreamwholefoods

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



You are probably familiar with many of the B-Complex and Multi-Vitamin supplements that are on the market. Most of them are in a tablet form but recently Skybright launched its Liquid Supplement Range - superior liquid formulations that contain a balanced range of vitamins, minerals and enzymes essential for health and wellbeing.

WHY CHOOSE A LIQUID?

Generally, high quality liquid supplements are absorbed very quickly in to the bloodstream. Liquids are simpler than tablets for the body to digest, making the nutrients more bio-available. This means the body receives the benefits right away.

In particular, liquids are a great alternative for people who may have trouble absorbing nutrients or for those who have difficulty swallowing tablets. Liquids can also be added to juice, water or to a smoothie to make a wholesome breakfast or lunch-on-the-run that is packed with good nutrition.

SKYBRIGHT'S B-VITAMIN COMPLEX AND ADVANCED MULTIPLE

We often hear our bodies trying to tell us stuff. Like 'take it easy', 'I need more sleep' or 'I can't keep up'. Our bodies need us to slow down and recharge but we often just don't have the time to stop and listen.

This is when supplementing your diet with a B-Vitamin Complex or a Multi-Vitamin can help.

B-Vitamins are a group of essential nutrients that help us convert our food into fuel, allowing us to stay energised throughout the day. B-Vitamins promote energy production in the body to support brain function and a healthy nervous system. We get our B-Vitamins from a wide variety of foods in our diet - main sources include nuts, legumes and wholegrains, milk products, eggs, chicken, green leafy veges and fruit. But if our dietary intake is inadequate or stresses in our lifestyle are increasing demands, a supplement may help. Skybright's B-Vitamin Complex provides a mega-dose of B-Vitamins in one dose, along with Siberian Ginseng for an added energy boost.

A Multi-Vitamin supplement can be just as vital for the body's proper function and maintenance. Our bodies require a broad range of nutrients every single day to perform the thousands of functions that allow us to achieve optimal health and wellbeing. Everyday stresses and strains, an inadequate diet, excess alcohol, smoking, too little (or too much) exercise, not enough sleep, not enough sunshine, illness can all deplete our nutrient stores and are all reasons why a good quality, liquid Multi-Vitamin supplement should be taken daily to support optimal health.

Always read the label and use as directed. Vitamins are supplementary to a balanced diet. TAPS PP8076

Skybright B-Vitamin Complex and Advanced Multiple Liquid Supplements

- Are 100% Vegetarian and Dairy Free
- Contain no artificial colours or flavouring
- Contain no soy derivatives, gluten, salt or yeast

Visit www.skybright.co.nz for more information

Head to your nearest Hardy's Health Store for your FREE instore taste test!

NUTS ABOUT NUT BUTTERS!



One of the culinary trends we're loving currently is the proliferation of nut butter. Gone are the days when peanut butter was our only option when it came to nutty spreads and, while humble peanut butter might still 'rule the roost' (or roast!), we think it's worth exploring some of the others also.

Almond, cashew, brazil nut and even 'ABC' (a combination of the three) butters abound. Some have additional goodies like flaxseed (also called linseed) added, and there are even things like sunflower butter (made with sunflower seeds) and tahini (sesame seeds) commercially available. It seems that seeds are getting in on the buttery action! High in protein and a range of other nutrients (especially vitamin E, minerals and antioxidants), alternative nut – and seed – butters are a good option. They're packed full of healthy fats that help keep you feeling satisfied and, in the case of concoctions with additional flaxseeds, there's plenty of omega 3 essential fatty acids contained within them as well.

There are a range of options available in the supermarket, or you can have a go at making them yourself! If you do buy commercial brands, be a conscious consumer. Much like you would for peanut butter, check the ingredients for other sneaky additions – like extra sugar and salt – and avoid brands with excessive levels.

However you get your hands on them, nut butters are fantastic for a whole range of things. As well as the tried and true toast topping, here are just a few of our favourite uses:

- Add a spoonful of your favourite nut butter to your smoothie for an additional protein hit.
- Use it in baking, or as the binding ingredient when you make 'bliss balls'.
- Spread some onto carrot or celery sticks, or slices of apple or banana, for a healthy snack for you or the kids.
- Use them to make dressings and sauces. We love cashew butter for a delicious vegan alfredo!
- Mix them into a dip, to give your spreads some added nutritional goodness. Keep your hummus traditional by incorporating tahini into your favourite recipe, or whizz some roasted beetroot with sunflower butter for a nutritious winter nibble.

NUTTY NUTRITION

Almonds: Hailed as one of the 'superfoods', almonds are 13% protein. Actually a stone fruit - when you get right down to it - almonds are a great source of magnesium, which can help with muscle relaxation and support a good night sleep, as well as being an excellent source of fibre and vitamins B and E.

Cashews: Not as high in fibre as other nuts,

cashews still have heaps to offer when it comes to nutrition. They are packed full of antioxidant vitamin E, as well as B6, which supports the nervous and endocrine systems. Also bursting with minerals like copper, zinc, magnesium and iron, these buttery sweet nuts are popular for good reason.

Brazil nuts: As well as high levels of vitamin E, like other nuts, brazil nuts are an exceptionally good source of selenium - a powerful antioxidant that helps to fight damaging free radicals in the body. Named after their place of origin in the dense Amazon rainforest, these nuts are also packed full of B vitamins, folate, iron, phosphorous, calcium and zinc.

Wild card – walnuts: Not commonly available in the supermarket, but if you go the DIY nut butter route, walnuts may well be worth giving a try. Walnuts have more omega 3 content than any other nut.

MAKE IT YOURSELF!

If you want to have a whirl at making your own nut or seed butters, it's fairly simple...

1. Put 200g of whatever nut/s you choose in a food processor and pulse until quite fine.
2. Add a tablespoon or two of a mild-tasting oil, like sunflower, and process until you have a creamy paste.
3. Add 1–2 teaspoons of honey and ½ teaspoon of flaky sea salt.
4. If you'd rather a 'crunchy' texture, add a few more nuts at the end of processing.
5. Then, enjoy! You can also store your nut butter in an airtight container or a jar in the fridge for up to 2 weeks.

NEWS AND EVENTS

NEW STORE OPENING: BETHLEHEM TOWN CENTRE

We're super excited to announce a new addition to the Hardy's family! We'll have a sparkly new store in Bethlehem Town Centre in Tauranga, opening its doors in June. We're in good company in such a bustling shopping complex and our store will feature the new-look branding and fit-out too, so it's set to be a special destination. As always, there will be only the best quality products in natural health available as well as an expert team to help you walk out feeling amazing, so pop in and visit us soon!

SUPPORTING SYRIAN REFUGEES

20 June 2016 is the United Nation's World Refugee Day and, this year, Kiwi organisation CWS are doing something to really make a difference. Running from 16-20 June, Operation Refugee will provide participants with rations for five days that are similar to what Syrian refugees are living on, in a bid to raise money to support those people in need in both Lebanon and Jordan.

Operation Refugee is one part of an ongoing project to support the record number of people fleeing their homes because of persecution and war. The money raised will provide food rations and coupons, free medical days, support for children and training and tuition for young students. For more information, or to support the project, head to www.cwsoperationrefugee.nz

CELEBRATING WORLD BREASTFEEDING WEEK

While breastfeeding can be a polarising topic and is simply not an option for some women and their families, early August marks World Breastfeeding Week. This year's theme encourages people to think about valuing wellbeing from the start of life, which is definitely a sentiment that we can get behind.

In New Zealand, Women's Health Action holds the contract with the Ministry of Health for the protection, promotion and support of breastfeeding. Offering advocacy, resources and support, Women's Health Action are also behind the annual 'Big Latch On' event - happening on Friday 5th and Saturday 6th of August 2016. Keep an eye on their website (womens-health.org.nz) or their Facebook page for more information.

JINGLING WINNER!

We were thrilled with all the the fantastic responses to our 'Bring Back The Jingle' competition. We thoroughly enjoyed working through all your entries and seeing what talent exists in the Hardy's family.

Our winner was Catalina Smith, who made her video all by herself in the hopes of winning her grandma a year's worth of health products, which she has succeeded in doing! Well done to Cat and her lucky grandma.

AS SEEN ON TV: NEW THOMPSON'S JUNIOR RANGE

Check out the new Thompson's range of herbal liquid formulations. They taste great (which any parent knows is vital!) and are formulated with quality ingredients to provide kids with support for healthy immune function, avoiding allergens, battling winter ills and chills and improved sleep.

CELEBRITY SLIM FITBIT WINNERS

CONGRATULATIONS TO THE WINNERS OF OUR CELEBRITY SLIM FITBIT COMPETITION:

Dayna Hardy	Deidre Tippett
Alison Pink	Alicia Walton
Kiani Tahere	Sasha Cairncross
Melanie Meyer	Anna Perkins
Carol Manunui	Paula Nicholson
Debbie Sanson	Lillian Nelson
Lauren Wyllie	Cheiko Smith
Raj Kankaparambil	Flordeliza Serna
Linda Neuwzerling	Mary Kusabs
Glen Boyce	Alan Lee
Kay Fell	John Lee
Julie Jaggard	Chanel Gray
Rachel Hessey	Ann Evans
Debbie Stickland	Michelle Pearce
Cameron Twigden	Zoe Stevens
Ethan Hills	Karen Hutchins
Tracy Pedro	Kay Fell
Jennifer Curel	Julie Jaggard
Larissa O'neill	Tracy Pedro



NUTRITION TO LIVE BY

NEW LOOK SAME FANTASTIC DIGESTIVE SUPPORT

Lifestream biogenic Aloe Vera, the original digestive tonic, has had a makeover

- ✓ Pure aloe vera helps soothe and heal the entire digestive tract
- ✓ Gentle support for bowel regularity and bloating
- ✓ Aloe and peppermint for soothing relief from lower intestinal discomfort



GIFT WITH
PURCHASE

STORE LOCATIONS

NORTH ISLAND

NORTHLAND

HARDY'S KERIKERI 69 Kerikeri Rd, (09) 401 7126
 HARDY'S WHANGAREI The Strand Arcade, 23-25 Vine Street, (09) 438 3188

AUCKLAND

HARDY'S GLENFIELD Westfield Glenfield, Glenfield Rd and Downing St, Glenfield, (09) 443 1896
 HARDY'S LYNNMALL LynnMall, 3058 Great North Road, New Lynn, (09) 827 670
 HARDY'S MANUKAU Westfield Manukau City, Great South Rd and Manukau Station Rd, Manukau, (09) 262 1827
 HARDY'S NEWMARKET Westfield Newmarket, 277 Broadway, (09) 529 0864
 HARDY'S NORTHWEST Northwest Shopping Centre, 1-7 Fred Taylor Drive, Massey, (09) 416 9605
 HARDY'S PAKURANGA Pakuranga Plaza, Aylesbury St, Pakuranga, (09) 576 5843
 HARDY'S ST LUKES Westfield St Lukes, 80 St Lukes Rd, St Lukes, (09) 846 4477
 HARDY'S SYLVIA PARK Sylvia Park, 286 Mount Wellington Hwy, Mount Wellington, (09)573 0310
 HARDY'S VULCAN LANE 31 Vulcan Lane, Auckland, (09) 2555 900
 HARDY'S WHANGAPARAOA The Plaza, Whangaparaoa Rd, (09) 424 3882

HAMILTON

HARDY'S CHARTWELL Westfield Chartwell, Cnr Comries and Hukanui Rds, (07) 854 8342
 HARDY'S CENTRE PLACE Centre Place, 501 Victoris St, (07) 839 2522
 HARDY'S THE BASE The Base, Maahanga Drive, (07) 847 0340

BAY OF PLENTY

HARDY'S BAYFAIR Bayfair Shopping Centre, Cnr Maunganui & Girven Roads, (07) 574 3430
 HARDY'S BETHLEHEM Bethlehem Town Centre (07) 574 3430

TAUPO

HARDY'S TAUPO 37 Horomatangi Street, (07) 378 9057

TARANAKI

HARDY'S NEW PLYMOUTH Centre City Shopping Centre, 11 Gill St, (06) 759 4342

PALMERSTON NORTH

HARDY'S FEILDING 102 Ferguson St, (06) 323 8301
 HARDY'S PALMERSTON NORTH The Plaza Shopping Centre, Church St, (06) 356 7860

WELLINGTON

HARDY'S COASTLANDS Coastlands Shopping Town, Paraparaumu, (04) 296 1227
 HARDY'S LAMBTON SQUARE 180 Lambton Quay, (04) 472 6969
 HARDY'S QUEENSGATE Westfield, Queens Dr, Lower Hutt, (04) 586 2098

SOUTH ISLAND

NELSON

HARDY'S RICHMOND Richmond Mall, 216 Queen St, (03) 544 5769

CHRISTCHURCH

HARDY'S NORTHLANDS Northlands Mall, Main North Road, Papanui, (03) 354 1630

QUEENSTOWN

HARDY'S FIVE MILE Five Mile Shopping Centre, Frankton, Queenstown, (03) 441 4225



Hardy's
 Discover the best store near you

FEEL GOOD LOOK GREAT ALL YEAR ROUND

SAVE ON THIS SPECIAL 12-DAY STARTER PACK

- Your Wellness Guide: meal advice & planner, recipes, exercise tips
- 120g jar of Good Green Stuff
- 2x 225g jars of Clean Lean Protein
- Nuzest Smart Shaker
- All in a neat gift box

ONLY \$99.80

INTRODUCING THE CLEAN LEAN WEIGHT MANAGEMENT SYSTEM

All the advice that you need and the products you love, in an easy-to-follow system. Designed to help you feel your best and find your ideal body shape.

- ✓ Based on real food
- ✓ Lose weight fast- naturally
- ✓ Improve your energy levels
- ✓ Release cravings
- ✓ Stay feeling fuller for longer



VEGAN • PALEO • GLUTEN FREE • DAIRY FREE • SOY FREE • GMO FREE
NO ADDED SUGARS. NO ARTIFICIAL COLOURS, FLAVOURS OR PRESERVATIVES

* From June to August 2016, while stocks last.