

August/September 2015

My Hardy's

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and get ready for

Spring



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Real Food Pledge

Fabulous
Fish Oil

Not All Probiotic Strains Are The Same

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Want to assist healthy digestion and immunity?

Do you suffer from gas or bloating?

Have you recently taken antibiotics?



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If symptoms persist consult your healthcare professional.



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Editor's Note

We're so excited that Spring is here and we're saying "sayonara" to the coldest weather and the shortened, dark days. We're excited to get moving again, enjoying beach and bush walks, making use of some of NZ's great bike tracks, and other activities with the kids. We were interested to talk to Alzheimer's Auckland for this issue, and learnt more about the effects of physical exercise as a way of slowing down the effects of dementia.

It's common at this time of the year to feel like your body (both inside and out) can do with a bit of rehabilitation and now is the perfect time to do it, so you're feeling in tip top condition coming into summer. As well as getting moving, a safe and well managed detox is an excellent way to ease the load on your system and give it a kick start. If you feel that your insides need some extra support, talk to one of your local Hardy's experts about whether probiotics could be a good option to bring your gut back into balance.

Having your insides in good working order is known to have a significant effect on getting you glowing on the outside, but we also enjoyed exploring the strategies we compiled for this issue's beauty feature on pages 16 and 17. In particular, the trick that we've all got hooked on is dry brushing of the skin. Now that it's not so cold, we're giving our skin a good once over before we hit the shower and can already see the difference in the reduction of that lemon peel looking cellulite. We're all set to be seeing you all on the beach soon!

Until next time, stay happy and healthy...

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Healthful Hints

**Families
that play together
stay together**

The health benefits of being active, and particularly spending time outside, are well documented; physical activity gets the blood flowing and releases 'feel good' chemicals in the body and, if you're in the great outdoors, you'll have the added benefit of boosting vitamin D levels in the body.

If your family has spent too much of the cold season hibernating, now is the time to get moving! The warmer weather brings with it heaps of opportunities to do so outside too.

Most local boards have information about green spaces in the community. Get out with the kids to explore nearby parks or see whether there are bike trails in your area. If you're lucky enough to be close to the beach, time a trip at low-tide to comb the rock pools or set up a cricket game on the sand.

Other ideas for getting all of the family active:

- Challenge each other to a game of mini golf, or take a trip to the driving range
 - Set your kids a challenge of designing a 'mini Olympics' that everyone in the family has to take part in
- Hire rollerskates or rollerblades and do a wheeled tour of your area
- Visit the zoo, as there's a fair amount of walking involved to see all the animals there are to see
- Get out the tennis rackets for a hit around on the driveway or your local courts, or set up a swingball set in the backyard and get a tournament going
- Make sure you've got a ball of some sort in the boot and add in a kick or throw around somewhere in as part of long car trips.

Drink
GREEN TEA
before swallowing
SUPPLEMENTS

Green tea extract is a popular weight loss supplement for women trying to slim down their waistlines.

But what many women don't realise is that these supplements sometimes come in high doses. When green tea extract is taken in high doses over time, it may lead to liver toxicity. In the last decade, dozens of people have been diagnosed with liver toxicity as a result. Who'd have thought weight loss could be so unhealthy?

Luckily, new research has proven hopeful in the fight against liver toxicity. In a recent study, scientists found that taking small doses of green tea polyphenol epigallocatechin-3-gallate (EGCG), could reduce liver toxicity by 75%.¹ What this tells us is that if you're planning on taking a green tea supplement for your weight loss, then it may be best to start by drinking green tea. "We believe this study indicates that those who are chronic green tea consumers would be less sensitive to potential liver toxicity from green tea based dietary supplements," says Associate Professor Josh Lambert. "If you are going to take green tea supplements, drinking green tea for several weeks or months ahead of time may reduce your potential side effects."



¹ <http://www.sciencedaily.com/releases/2015/02/150204112008.htm>

Good Morning

Finish winter well with this 3 step healthy morning routine.

1

Wake Up Your Mind

They say that some people wake up on the wrong side of the bed, but after a restless night of sleep, or with stressful thoughts about the day ahead, many of us have a negative attitude before we even get one foot on the ground!

Don't spend your morning groggy and grumpy that you had to get up. Instead, ask yourself this one crucial question: What is your intention for today? You've begun a new day with a fresh slate, so it's up to you to decide how you want the day to play out. Think of a word or phrase that will motivate you, and keep repeating it to yourself throughout the day.

2

Wake Up Your Body

Okay, so your mind is (somewhat) clear, now what? Next it's time to wake up your body. The tissue, muscles, bones, and organs in your body all need movement to increase the circulation and kickstart your digestive system. During the night our bodies don't tend to get a lot of movement, so our connective tissue needs to be reinvigorated. Try wiggling your fingers, followed by your toes, arms, legs, and lastly your spine.

3

Wake Up Your Tummy

Breakfast is the most important meal of the day, after all. It's the time when we literally 'break our fast' since the dinnertime meal the day before. A healthy breakfast will give you fuel and energy for the day ahead.

Smoothies are a popular option for a quick and healthy breakfast. They can be as nutrient dense as you'd like, simply blend together your favourite nuts, fruits, and vegetables. If you're feeling a bit stuck for inspiration, try this combination: a handful of kale, one banana, a handful of blueberries, a teaspoon of chia seeds, a couple of dates, and a cup of dairy free milk or water.

Clear away those *dark dreary days* with these *fresh* face masks

The Dirt On Bentonite Clay

Natural clays have been used to heal skin infections for hundreds of years. When applied to the skin as a topical paste, clay can draw out toxins and bind them together so that they get cleaned away. This makes clay great for treating a variety of topical maladies.

Bentonite is a type of natural clay formed from aged volcanic ash. When mixed with water, it swells open like a porous sponge. Toxins can then be drawn into the sponge. This makes bentonite great for using externally as a clay poultice, a mud pack, in the bath or in skin care formulas.

There are many different types of bentonite, so choose a product that has been properly processed and purified.

Basic Face Mask

- Bentonite clay
- Warm water

Mix together to form a paste. Apply to your face in a circular motion until all skin is covered. Allow to dry. Rinse off with a face cloth and warm water, and pat dry with a clean towel.

Great for all skin types.

Cool Cucumber Mask

- Half a cucumber
- 1 tbsp of honey
- 1 tsp of bentonite clay

Blend ingredients to make a paste. Add additional clay if needed. Smooth over your face and leave for 20 minutes. Rinse off with a face cloth and warm water. Pat dry with a clean towel.

Great for all skin types, especially acne-prone skin.



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Spring Clean Your Body FROM THE INSIDE OUT

Detoxing doesn't have to be a drag. The benefits of a system cleanse are so good, you'll wonder why you didn't do it before!

WHY SHOULD I DO A DETOX?

Modern life clogs our bodies with contaminants: food, pollution, chemicals, microbes and more. Over time, this can lead to a congested liver and lymphatic system.

Sluggish bowels, skin rashes, poor digestion and fatigue are all possible signs that your body is in need of a spring clean.

WHERE TO START:

Diet is the most important factor in a detox. Your body has a better chance of clearing out old toxins if it's not having to focus on new ones in your food and drink everyday.

- Eat plenty of fresh fruits and vegetables (raw or with minimal cooking) everyday.
- High-fibre foods (nuts, brown rice) keep your blood sugar stable and your bowels regular. Chia seeds are an excellent source of fibre and are great in smoothies.
- Reduce mucus-forming foods like dairy, gluten, egg, and processed foods for better cleansing.
- Kick-start your digestion each morning with a cleansing glass of hot water with lemon juice or cider vinegar.
- Drink pure spring water (at least 1.5L a day!) and herbal teas over caffeine or carbonated drinks.
- Choose chemical-free toothpastes, shampoos, lotions and other personal care items to minimise the toxic load on your body.
- Breathe! A daily breathing ritual helps to cleanse the body by opening detoxification channels.
- Chlorella: A powerful microalgae, chlorella is a rich source of chlorophyll which helps to cleanse the blood of heavy metals and chemicals, as well as refreshing the bowel and breath.

POWERFUL PROBIOTICS:

High-potency, multi-strain, dairy-free probiotics are essential following a detox in order to repopulate the gut with good bacteria and kill off any harmful microbes.

See our [probiotics article on page 11](#) for more info

HERBAL HELP:

Herbs are a natural, safe means of detoxifying the body. Different herbs help different organs, so it's important to know which to choose.

- Milk thistle is the "liver herb" due to its ability to support healthy levels of glutathione. Glutathione is the most essential component of the detoxification system, helping to carry toxins out of the body and protect our cells from oxidative stress. Milk thistle also helps to stabilise cell membranes and prevent toxins from entering hepatocytes (liver cells). It is also instrumental in stimulating liver cell renewal.

Try **Thompsons Milk Thistle**; a therapeutic dose in a one-a-day capsule.

- Globe Artichoke and Dandelion root also work well with milk thistle, supporting healthy bile production which in turn transports toxins out of the body.
- Black Walnut, Wormwood and Pau d'arco support the elimination of pathogens.
- Aloe Vera: A cooling juice, aloe vera helps to lubricate and soothe the digestive tract during a detox.

Try taking 20-80mls of **Lifestream's Biogenic Aloe Vera** juice daily as a digestive tonic.

- Psyllium husk: Nature's "intestinal broom", psyllium husk absorbs water and toxins in the bowel so that they can be swept out of the body.

Hardy's recommends **Nature's Way Thisilyn Cleanse Kit**. It is a comprehensive 15 day cleansing programme, including 3 products to effectively assist with the 3 phases of cleansing.

This cleanse is based on the clinically proven benefit of Thisilyn - the world's best milk thistle seed extract plus other valuable herbs and important nutrients to help support liver, blood, lymphatics and bowel cleansing and function.

THE NITTY-GRITTY OF DETOXING

A thorough detox won't happen overnight. Although everyone is different, it may take anything from a week to a month to really see results. It's a good idea to plan ahead so that your detoxification fits into your lifestyle.

Beware that as your body flushes out toxins, you may experience headaches, nausea, fatigue and skin rashes. This is the 'bad stuff' coming to the surface. Keep drinking plenty of water and eating well, and this will eventually pass.

For more information or product advice, pop into Hardy's to chat with our friendly staff.

DETOX FOR SPRING

with our Stress Support Pack



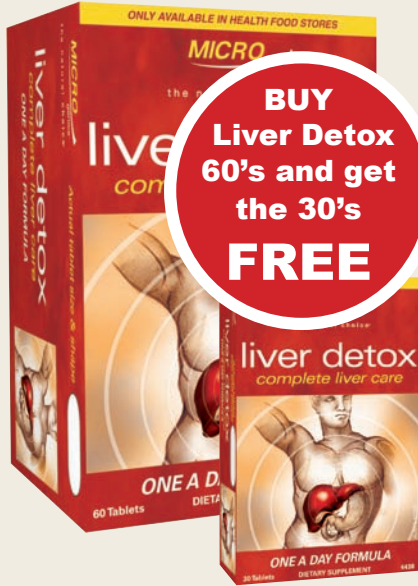
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Hardy's have carefully selected what we believe to be the very best combination of products to support stress, helping you to live the healthy and happy life you deserve.

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Physical Activity & The Brain

You'd be forgiven for thinking (looking at the media) that being physically fit is only about losing weight or staying in shape. Although being physically active is hugely important for how your body looks and feels, it has another astounding benefit: helping protect against Alzheimer's and other types of dementia.

BRAIN BUILDING

Dementia occurs as a result of physical changes in the structure of the brain. It affects thinking, behaviour and the ability to perform everyday tasks, and because dementia is a progressive disease, symptoms will gradually worsen over time.

Although it is well known that physical activity can help to keep hypertension, diabetes, high cholesterol and obesity at bay, what has been less publicised is the positive effect of exercise on brain health. In fact, the Alzheimers Disease International (ADI) World Alzheimers Report (2014) suggested that physical activity may be associated with up to a 40% reduction in the risk of dementia. Fitness levels can actually increase the size of the hippocampus and prefrontal cortex, which are the areas where memory formation and complex thinking take place, meaning that physical activity can therefore help our brains continue to grow, and help prevent cognitive decline.

WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN

Recent studies have suggested that losing weight and keeping your blood pressure and cholesterol levels in check can have a significant impact on your risk of developing dementia. According to one study of 1,000 people over 11 years, those with worse heart function were more than twice as likely to develop dementia than those with healthy hearts.

The good news is that unlike genetics and age,

which are both factors in developing dementia, you can do something about heart health. As Julie Martin, General Manager of Alzheimers Auckland, shares, "Getting physically active can improve cardiovascular health. Combined with improved detection and treatment of diabetes and hypertension and a reduction in obesity levels, this can only be good for brain health." Likewise, eating a heart friendly diet rich in green, leafy vegetables, fish, and whole grains can have a real impact on your heart health, and thus your brain health. If you have trouble incorporating enough fish into your diet, try **Ethical Nutrients Hi Strength Fish Oil**, which can help to support a healthy cardiovascular system and healthy cognitive function.

EXERCISE AND DEMENTIA

For those who already have dementia, exercise can both slow down the effects of the condition and even help them maintain their independence for longer. Group exercise is a fantastic option, as it gives people with dementia a chance to socialise, gain confidence, and maintain their physical fitness in a safe environment.

Julie Martin shares that walking groups are always popular: "For people living with dementia there is evidence that regular walking can improve cognitive function, attention and overall physical health. It therefore not only becomes an activity that is good for health and wellbeing but one that can be viewed as a therapeutic intervention; much better than taking medication!"

Top Tips FOR PROTECTING AGAINST DEMENTIA

• Integrate exercise into your daily life. Take the stairs instead of the lift, walk to work or plan exercise into your calendar each day - thirty minutes of moderate activity is best!

- Exercise with other people - start a walking group with friends and neighbours or look for one in your area (check out walkers.meetup.com as a start)
- Eat a heart healthy diet. A Mediterranean diet has been shown to have great effects on the heart and brain.

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Probiotics

WHY DO WE NEED PROBIOTICS?

The human gastrointestinal tract is home to more than 400 bacterial species, both beneficial and harmful. These bacteria actually outnumber human cells in your body 10:1¹.

Probiotics are good bacteria that when introduced to the gastrointestinal system, help recolonise the gut with beneficial organisms. When in balance, these good organisms help to maintain wellbeing, from immune health right through to digestive function.

However, when certain species of 'bad' bacteria overgrow, they can cause uncomfortable symptoms or even become harmful. This overgrowth can occur due to reduced levels of competitive organisms (beneficial bacteria).

Basically, probiotics:

- Break down foodstuffs (carbohydrates and cellulose).
- Modulate our immune system and enhance the "defence barrier" of the intestines.

WHEN SHOULD I TAKE A PROBIOTIC?

Diet, lifestyle and certain medications can influence the balance of good and bad bacteria in the gut. Antibiotics may kill off many of the beneficial microorganisms in the gut, which can lead to antibiotic-associated diarrhoea. If you have recently taken antibiotics, suffer from gas, flatulence and bloating, or wish to maintain a healthy immune system, then a probiotic supplement may be of benefit, to maintain the levels of healthy bacteria that may have been disrupted.

SYMPTOMS OF POOR GUT MICROFLORA:

- Increased flatulence
- Diarrhoea and/or constipation
- Bad breath, burping, nausea
- Indigestion
- Irritability or mood swings
- Recurrent infections
- Fatigue

CHOOSING A GOOD QUALITY PROBIOTIC

Once you know what probiotic is best for your needs, ensure that you get the most out of your supplement by choosing a high quality product. Fluctuations in temperature, heat, moisture and light can kill good bacteria. For this reason, in the fridge is the best choice for keeping your probiotic potent. Choose a probiotic that uses well researched, human strains of bacteria which are acid and bile resistant and will survive the journey through the gut, to the intestine where they are needed.

To be

EFFECTIVE

a product must:

- be enteric-coated to survive passage through gut
- last its stated shelf-life
- contain more than one strain to ensure greater chance of colonisation
- contain a mixture of strains to better suppress pathogens

Pro = promoting; Biotics = life: microorganisms throughout our body

DECIPHERING THE LABEL

Each strain is listed by genus, species and alphanumeric designation, e.g *Lactobacillus rhamnosus* GG:

- Lactobacillus = genus/family
- Rhamnosus = particular species
- GG = specific strain within species
- CFU = colony-forming unit: refers to the number of active, live organisms – not the total number (i.e, dead, inactive)

WHICH STRAINS TREAT WHAT?

Different probiotic strains exert different health benefits. The following probiotic strains have been shown to produce specific results. Dose, species and strain must be considered when choosing a probiotic for your requirements.

- *Lactobacillus acidophilus* (NCFM®) is a comprehensively studied probiotic that may assist in the support of a healthy digestive system following the use of antibiotics. It also supports the maintenance and restoration of healthy microflora in the digestive system. *Lactobacilli* prevent 'bad' bacteria from taking up residence in (or sticking to) our gut lining. It also helps to strengthen the gut wall and decrease pathogens in the urinary and intestinal tract.

- *Bifidobacterium lactis* (Bi-07) in combination with *Lactobacillus acidophilus* assists in the maintenance of general wellbeing and healthy digestive function. *Bifidobacteria* inhibit potential pathogens, reduce blood ammonia levels, and produce vitamins and digestive enzymes.

HOW TO TAKE PROBIOTICS:

- Take 1-3 a day with food for best absorption .
- If taking antibiotics, take probiotics at least two hours away from antibiotics.

WHAT ABOUT PREBIOTICS?

Prebiotics feed beneficial gut flora and help create healthy conditions for them to grow.

- Examples: Psyllium husk, slippery elm, aloe vera juice, raw garlic and onion, inulin.

¹ www.gutmicrobiotawatch.org

Recommended products



NATURE'S WAY
Primadophilus Reuteri 90 caps with FREE 30 caps



LIFESTREAM
Probiotics Advanced 60 caps with FREE Spirulina Powder 100gm



LIFESTREAM
Aloe Vera Juice 1.25L with FREE 250mls

If you feel like you could benefit from using a probiotic, talk to a Hardy's expert. They will help you find a high quality, strain specific product that is suitable for your needs.

Smile on the inside

with Nature's Way® Primadophilus® Reuteri



Trust the Leaf®



A superior multi-strain probiotic to support overall gut health, including:

- Healthy bowel movement
- Optimal food digestion
- Nutrient absorption
- Healthy immune function

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8 Things You May Not Know About

Turmeric & Curcumin



Turmeric has been used for thousands of years, both as a food and as a medicine. The reasons for its efficacy, however, may come as a bit of a surprise. What most people don't realise is that some form of inflammation is a common, underlying factor present in just about every chronic health condition, despite the many different symptoms that each of us might have.

We often think of inflammation in terms of an injury, like a sprained ankle or the swollen joints seen in arthritis, but did you know that chronic inflammation is also present in health conditions like irritable bowel disease (IBS), Alzheimer's, chronic stiffness, eczema, asthma, and chronic fatigue syndrome (CFS)? It follows then that if you reduce inflammation, you're well on your way to healing your body.

We love turmeric, with its active ingredient curcumin, as a way to reduce inflammation in the body. But that's not all of this special spice's health benefits. Read on for 8 things you possibly didn't know about turmeric and curcumin...

1. Turmeric is a powerful antioxidant

The curcumin in turmeric has very strong antioxidant properties, providing high levels of antioxidant protection to the cells. In fact, studies have found curcumin's antioxidant properties to be 13 times higher than blueberries.

2. Turmeric can be effective for a range of gastrointestinal disorders

Curcumin is one of nature's most powerful anti-inflammatory herbs. Its carminative properties help to soothe and protect the stomach lining, which in turn can relieve flatulence, intestinal spasms and pain. As a digestive tonic, it can also help with symptoms of gastrointestinal distress such as heartburn, nausea and belching. Studies have shown that curcumin is particularly beneficial for inflammatory bowel diseases such as peptic ulcers and irritable bowel syndrome.

3. Turmeric is a great digestive and liver tonic

Since ancient times, turmeric has traditionally been used to support liver function and digestive problems. Those cavemen were onto something, as turmeric helps to increase bile flow, which is essential for the breakdown of dietary fats.

4. Turmeric may help to protect against Alzheimer's disease

Inflammation and oxidative damage play a major role in Alzheimer's disease, a key feature of which is a build-up of protein tangles called Amyloid plaques. Because it can cross the blood-brain barrier, it is thought that curcumin may help to clear these plaques and reduce the resulting inflammation.

5. Turmeric leads to various improvements that could lower your risk of heart disease

Curcumin may have benefits for heart health. Several studies suggest curcumin leads to improvements in the function of the lining of the blood vessels; necessary for regulating blood pressure, and blood clotting.

6. Turmeric may help lower high cholesterol levels

Studies have found that turmeric can help to reduce high cholesterol levels, namely supporting a decrease in LDL (the bad) cholesterol, an increase in HDL (the good) cholesterol and a decrease in the oxidation of both LDL and HDL cholesterol.

7. Turmeric may be useful in lowering the risk of brain diseases

Curcumin can increase levels of Brain-Derived Neurotropic Factor (BDNF), a type of growth hormone that functions in the brain. Common brain disorders have been linked to decreased levels of this hormone.

8. Turmeric has anti microbial properties

As well as its anti-inflammatory properties, turmeric has also been found to have powerful antimicrobial activity against bacteria, fungi and viruses.

Because curcumin is generally poorly absorbed into the bloodstream, it is important to look for a supplement source that also contains BioPerine, a substance thought to enhance the absorption of curcumin by 2000%. Without this substance, most of the curcumin tends to just pass through the digestive tract. Talk to a Hardy's expert in store about a suitable product for you.

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Stress less

These days, it seems that nearly everyone is being chased by the stress demon. Some admit it, some don't. But unless you're a yogi living in a cave in the Himalayas, the reality is that you'll be suffering from stress in some way.

And if you're tense, fatigued, not sleeping, sick or getting sick often, it's even more likely that stress is a factor. Why?

Stress causes the adrenal glands to produce cortisol. Cortisol is good in small amounts – it helps to activate the “fight or flight” response, and also helps to prevent inflammation. (This is why corticosteroids are prescribed for conditions such as eczema because they use a synthetic cortisol-like compound for treating inflammation).

Unfortunately, elevated cortisol over a long period of time (as in chronic stress) can have some nasty effects on the body.

Being in a “ready-to-pounce” state over a long period of time means the adrenal glands are producing cortisol non-stop. And when cortisol is chronically elevated, it keeps responding to unabated inflammation. When inflammation is present, but not due to bacteria or viruses, other problems arise: the body can start fighting its own cells. This leads to increased susceptibility to colds and other infections, as well as gastrointestinal issues.

What's more, all that work is actually rather tiring for the adrenal glands. Exhausted adrenal glands eventually produce less cortisol, and less cortisol means more inflammation. Inflammation is the precursor for bacteria, viruses and disease.

Signs That You're Stressed

- Poor sleeping patterns or insomnia
- Loss of appetite
- Frequent infections
- Difficulty concentrating
- Headaches
- Muscle tension or pain
- Dizziness
- Irritability
- Constipation

We can't avoid acute stress – it's just a part of everyday life. But we can reduce the effect that stress has on the body by eating good wholesome food, taking 'time out' to relax, and supplementing with the right nutrients.

Magnesium

Think of magnesium as the ultimate relaxation mineral. In fact, stress depletes magnesium: that knotted-up feeling in your gut, neck and shoulders is a sign of low magnesium. Required for over 300 biochemical processes in the body, magnesium is your “go-to” for reducing stress levels, muscular spasms and tension.

B Vitamins

Each of the B vitamins has a critical role in stress management. B5 alone is the ‘anti-stress’ vitamin, whilst B3 and B6 are essential for the body's synthesis of mood-boosting serotonin. Taken as a complex, B vitamins work synergistically to relieve stress, metabolise energy from food and produce the hormones your body needs to function.

Herbs

Rhodiola: As a herbal “adaptogen”, rhodiola increases the body's resistance to stress whilst promoting recovery. It also boosts mental and physical stamina and energy.

Withania: Like rhodiola, withania aids physical performance and endurance. It also nourishes the adrenal glands, supporting their response to acute stress.

What Else Can I Do?

- Examine the stressors in your life – work, family, your health? How can you manage them better?
- Fuel your body! Starting the day with a wholesome breakfast is the first step towards boosting your body's ability to cope with stress. Protein, complex carbohydrates and iron will help to keep your metabolism firing.
- Make evenings stress-free. Put your work away. Spend time with loved ones. Drink caffeine-free herbal tea (chamomile, passionflower, peppermint)
- Lack of sleep makes matters worse. Try to get 7 to 8 hours a night.
- Rhythmic breathing, regular exercise, meditation, Yoga and Tai Chi are excellent for relaxing the mind and body.
- Limit sugar, alcohol and caffeine: they only deplete your body of nutrients and burn out adrenal glands.

The Bottom Line?

Stress doesn't have to be fought with or endured. Take steps to minimise the things that make stress worse by preparing your mind and body to deal with it. The trick is to not to let it get on top of you!

KEEP CALM AND SOOTHE DIGESTION



Lifestream Advanced Bowel Support provides the perfect digestive blend of Aloe Vera with the well researched digestive tonic, peppermint oil to provide soothing support for gastrointestinal discomfort.

- ✓ Supports smooth, & efficient digestion
- ✓ Supports digestive comfort
- ✓ Helps calm bloating and wind

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

IRON IN ORDER?

Iron is one of the important nutrients that our body needs to work properly, yet many people struggle to find the right balance. Excessively high or very low levels of iron can both cause health problems in the long term.

(FE)ELING LOW IN IRON?

Women are more likely to experience low levels of iron, and there are several reasons for this. Firstly, menstrual bleeding causes regular blood loss, the most common cause of iron deficiency in women of childbearing age. If you have particularly heavy periods or are pregnant then you might be even more likely to have low iron stores. Women who regularly eat foods rich in iron will sometimes find that it's still not enough during pregnancy, and their doctors may recommend they take an iron supplement.

Vegetarians and other people who traditionally get their iron sources from plants should also be mindful that it can be harder for the body to absorb nonheme iron, which is the type of iron derived from plants.

IRON MEN

Men are more likely to suffer from having excessively high levels of iron. Although low iron levels are often cast in the spotlight as a health villain, high levels can be just as

damaging. Dr. Joseph Mercola knows from personal experience how dangerous that can be: "If I had known what I [know now] when I first started my medical training, my dad would not have type 1 diabetes... He needed to be placed on insulin as his very high iron levels had destroyed his pancreas' natural ability to make insulin."

Aside from type 1 diabetes, high iron levels are also believed to be connected to heart attacks. There are no warning symptoms of excess iron in the early stages, so it's something that's good to be aware of and keep an eye on with routine blood tests.

Contrary to what you might imagine, high iron levels aren't only caused by genetics; various environmental conditions can contribute as well. Cooking acidic foods in iron pots and pans can lead to higher iron absorption. Also watch out for processed foods (like cereal and white bread) that have added iron. Lastly, be careful which vitamins and mineral supplements you choose to take, as iron is frequently one of the ingredients.



Iron's role in transporting oxygen around the body is critical. Furthermore, iron makes up an important part of haemoglobin, (the oxygen carrying component of red blood cells), which takes oxygen from the lungs and spreads it around the body's tissues. That's not all iron is good for either. It plays a direct part in energy production, muscle function, DNA synthesis, and the strength of your immune system.

YOU ARE WHAT YOU EAT

We get most of the iron we need from food, and our body carefully monitors its levels of iron. The body can actually absorb more iron when demand for it is high, or less if your iron stores are already adequate. Pretty clever, right?

If you're high in iron then there are some key food groups that you could benefit from eating. First off, it's important to cut down on the meat (sorry, lads)! Try to avoid foods high in vitamin C too, as this will only encourage iron absorption. Beetroot, chocolate, wheat bran, rhubarb, strawberries, oregano, basil and parsley can help impair the absorption of nonheme (plant based) iron.

Eggs and calcium rich foods will be your new best friends too. It's thought that one boiled egg can reduce the iron absorption of a meal by as much as 28% because it contains phosvitin, which binds itself to iron. Foods high in calcium similarly restrict how much heme and nonheme iron is absorbed.

On the other hand, if you think that you might fall into the other camp and be a bit iron deficient, try eating more of these foods: beef, lamb, shellfish, kidney beans, leafy green vegetables, tofu, soybeans, lentils, pinto beans, chickpeas, oatmeal, and quinoa.

Be aware too that there are vitamins (such as vitamin C) and supplements, which can promote or hinder iron absorption. It's best to seek the advice of a Hardy's consultant before taking any iron related supplements. Your local Hardy's consultants are always more than happy to discuss any symptoms you may have, or the iron level results from a blood test, so come in store today, they'd love to hear.

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 Supplementary to a balanced diet.

SUPPLEMENTS FOR THE SKIN

It's not all about what you put on your body; supplements can help our skin too. You will have heard about the benefits of essential fatty acids for the body and brain, but did you know they're beneficial for your skin too? Essential fatty acids are the building blocks of healthy cell membranes, helping to produce the skin's natural oil barrier, which is critical in keeping our skin hydrated, plumper and younger looking.

Alpha-linolenic acid (an omega 3 fatty acid) and linoleic acid (an omega 6 fatty acid) are not made in the body, so we need to get them from the foods we eat. Foods like tuna, salmon, walnuts and canola oil pack an omega punch, while flaxseed oil is a rich source of both ALA and LA, as well as oleic acid.

Collagen can help too as, unfortunately, from about the age of 25, our bodies produce less and less collagen, which in turn leads to brittle nails, wrinkles, and loose skin. In order to keep looking your best, it's good to try and replenish these stores. **NeoCell Super Collagen + C Tablets** contain hydrolysed collagen, which has a 90% absorption rate, and may help to maintain your youthful looking skin and hair.



HEALTHY HAIR

The repairing qualities of collagen can help our hair too. Following the cold temperatures and wild winds, it's common for our locks to look a little dull by the end of winter. Collagen fights off the free radicals that are running rife at this time of the year. These can affect your hair's texture, growth and thickness, meaning that as well as improving the appearance of your skin, collagen's also a major component in healthy hair growth.

Dry hair can also be a result of over washing or too many heat tools, which tend to get even more use during the winter months.

Harsh shampoos don't help either. In fact, as consumers, we're becoming ever more discerning about what we apply to our hair (and rub into our skin), looking to avoid nasty ingredients and chemical laden formulations.

At Hardy's, we love **Holistic Hair**, a New Zealand range of products that keep the hair healthy with aromatherapy blends and certified organic ingredients from nature. Excellent for providing your hair with a little rehab, Holistic Hair Sensitive Shampoo is specifically designed with pure essential oils and plant derived ingredients to be a delicate and gentle alternative hair cleanser without altering your scalp's natural pH balance.



The harsh winter weather can wreak havoc on our bodies, in particular our hair and our largest organ, the skin. With spring comes a reprieve and now, more than ever, our body needs our care. Never fear, we'll see you into spring with top tips for sprucing up your skin, getting rid of 'straw like' tresses and looking and feeling 'bright eyed and bushy tailed'.

Spring Fling:

GIVE YOUR BODY A BREAK WITH THESE BEAUTY BOOSTERS

SPRING SKIN

Our skin can look a bit lacklustre if we're not moving. With many of us doing less exercise in the winter, coupled with the dehydrating effects of heat pumps on high, our skin is no doubt, by now, in need of some TLC.

The first step is to get moving again. Make the most of the longer days and slightly warmer mornings to go for a quick walk around the block and get your heart rate pumping. The boost to your circulation will transport good nutrients into the skin cells and help you look more refreshed.

Another way to speed the skin smoothing effects of good circulation is with a technique called dry brushing. Our skin is not only our largest organ, it's also an organ of elimination; in fact, almost one third of the body's toxins are excreted through the skin. Dry brushing helps to kickstart the lymphatic system, which helps to remove toxins from your body.

Using a natural bristle brush with a long handle (so that it can reach all areas of your body), brush your skin in long, sweeping movements. Starting at your feet, work up the body, brushing several times in each area and overlapping as you go. Once you've brushed your entire body (taking special care over sensitive areas), have a shower, then pat dry your skin and apply a natural oil, like rosehip or coconut oil.

DARE TO BARE

If that fickle, skin dimpling curse of cellulite is making you hesitant to shed the winter layers this season, try a natural fluid balancing oil on the skin following dry brushing. **Absolute Essentials Cell Slim Body Oil** is a great option, assisting healthy fluid exchange in areas of water retention and supporting healthy cell activity for visibly smooth, toned skin. You can also make your own beauty blend using **Absolute Essentials Essential Oils**.

Whether you blend your own, or buy a mix, dehydrated post-winter skin tends to be thirsty. Dry skin tends to age faster, so give your skin a drink of antioxidant rich oils. **Antipodes Divine Face Oil** blends organic avocado and rosehip oil to nourish your spring skin and help to reduce the appearance of fine lines.



Make your own Beauty Blend

- Combine 1/3 cup of jojoba oil with:
- 40 drops juniper oil
 - 20 drops grapefruit oil
 - 10 drops geranium oil
 - 10 drops rosemary oil
 - 10 drops black pepper oil
 - 5 drops rose oil

Vigorously shake the oils together and massage the concoction into your skin. Not only does the act of massaging the oil stimulate circulation, the heating action of the massage works the blend deeper into your skin. You can also pour ¼ cup of the oil into a hot bath and soak in it for 30 minutes. We love this combination as juniper oil is thought to be a natural diuretic and geranium essential oil is excellent for the youthful appearance of the skin.



SEEING YOU RIGHT THIS SEASON

When it comes to our appearance, what goes into your body is just as important as what's happening on the outside. You can use all the beauty products in the world, but one of the most effective ways to look your best will always be with the use of good old fashioned water. Staying hydrated is a huge part of having glowing skin, healthy hair and best of all, bright eyes. So, get drinking (water, that is).

If you want to improve the effects of hydration, you could also consider a detox. Our bodies have a robust detoxification system built in, between the liver and kidney, lungs, intestines and even our skin, but our bodies aren't always up to the detoxification challenges we throw their way. This can manifest in poor digestion, insomnia and fatigue as well as dull skin and dark rings around the eyes.

Done right, a detox eases the toxic load put on the body by heavy foods, alcohol, smoking and other general lifestyle factors, allowing the body a chance to regenerate and cleanse optimally. There are a range of options available, from the **Lifestream Cleanse**, which encourages the bowel's own detoxification with natural superfoods like aloe vera, to the digestive support provided by milk thistle in both the **Natures Way Thisilyn Cleanse** or **MICROgenics Liver Detox** tablets. Talk to a Hardy's expert in your local store about the best sort of detox support for you.



Nature's essential oils work wonders for your scalp and hair



Cleanse, clarify, tone and soothe with holistic hair's sensitive shampoo and conditioner range.

Formulated to help an itchy flaky scalp and condition your hair with chamomile, neroli and evening primrose.

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An intensely moisturising shampoo and conditioner range. Combines avocado oil with lavender, palma rosa and geranium.

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Fabulous Fish Oil



Fats are the building blocks of our bodies – every one of the body’s 100 trillion+ cells needs high-quality fat to function. The brain alone is made up of 60% fat - most of which is DHA, an omega 3 fat.

WHY SUPPLEMENT?

Most modern diets are high in processed foods, which contain poor-quality omega 6 oils. These oils can cause our cell membranes to become rigid and stiff, slowing down their ability to communicate. Good-quality omega 3 oils are needed to nourish the cell membranes, improving quality and function. Cells high in omega 3 cool the body more quickly, reducing the risk of disease.

Low levels of omega 3 fats are marked by:

- Dry, flaky, scaling skin
- Soft, brittle nails
- Stiff joints
- Little bumps on the backs of your upper arms

WHAT GOOD-QUALITY OMEGA-3 FATS DO:

- Support healthy balanced levels between the “bad fats” (triglycerides) in the blood and the “good fats” (HDL). Omega 3 also makes the blood less viscous, supporting cardiovascular health.
- Cools and soothes joints.
- Supports healthy brain function. DHA helps the brain to function properly, supporting mental clarity, focus and happiness.
- Other studies have shown that omega 3 is beneficial for baby’s development and respiratory health.

HOW TO CHOOSE A QUALITY FISH OIL SUPPLEMENT:

Fish oils are for sale everywhere – but not all of them are good. Good fish oils should meet these criteria:

- Potency: A high potency of omega 3 and a guarantee that it contains that potency.
- Studies indicate that the anti-inflammatory dose of fish oil is 2.7g or more daily.
- To reduce elevated triglyceride levels, the recommendation is 1–4.6 g/day.
- Purity tested, and free of heavy metals and other contaminants.
- Freshness: Fish oil can oxidise and become rancid; these can actually do more harm than good! Bottles should be made of dark glass and capsules should also be dark-coloured.
- Bioavailability: The less processed the oil, the better your body can absorb it. Processing denatures the structure of the oil, which makes it more difficult for your cells to take in.

Look for:

- A high concentration of omega 3.
- Purity guaranteed.
- Heavy metal tested.
- Enteric-coated (if capsules).
- Third-party testing and/or approval.

WHO NEEDS FISH OIL?

- Everyone! The World Health Organization recommends a daily EPA and DHA intake of 0.3-0.5 grams.
- Dosages of omega 3 depend on the condition to be treated. Higher doses are recommended for those suffering from joint mobility problems, skin disorders and other ailments.
- A lower ratio of omega 6 to omega 3 fatty acids has been shown to reduce the risk of many chronic diseases.

HOW AND WHEN TO TAKE FISH OIL:

For optimal absorption in a single dose, liquid fish oil is your best bet. However, if you prefer capsules, choose a high-quality brand and take 2-3 times per day with food.

Hardy’s Recommends:



GOOD HEALTH
Krill Oil 750mg 30’s
SAVE \$9.50*



ETHICAL NUTRIENTS
Hi Strength Fish Oil

*Promotional offer valid from 1st August - 30th September 2015

If you’re not sure about which fish oil to choose, please visit us at your local Hardy’s store and talk to one of our experts. We are always happy to give suggestions and help!

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Making up FOR MEDICATION

When you take medication, the tendency is to think that you're making yourself healthier. While this might be true to some extent, did you know that many pharmaceutical medications may also deplete the body of essential vitamins and minerals?

Until the advent of a 'one pill fixes all' miracle remedy (who knows what the future will hold?), it's hugely important for us to make sure we balance important medications with all the vital things our bodies need.

Have a look at the list below, then come and talk to one of the Hardy's experts in store, to see whether you could benefit from considering supplementation to make up for the possible depletion of essential nutrients.



IF YOU TAKE ANTIDEPRESSANTS...

You may not have sufficient Coenzyme Q10 or vitamin B2. Coenzyme Q10 (or CoQ10) is an antioxidant needed for basic cell function. It also helps to harvest energy producing adenosine triphosphate (ATP) from the food we eat. In fact, 75% of the body's energy is produced this way. It follows then that when CoQ10 levels are low and ATP production drops, energy levels dip. It's common to experience physical and mental fatigue – which sure won't help what you're trying to treat!

CoQ10 supplementation can be a good solution, or add beef, poultry or fatty fish to your diet for a boost. A small 100g serving of cooked beef contains 2.6 milligrams of CoQ10, while the same amount of chicken contains 1.4 milligrams. Luckily for all you vegetarians out there, not all CoQ10 comes from animal sources. 100g of peanuts will provide 0.8 milligrams of CoQ10, with sesame seeds and pistachios packing almost as much of a nutritional punch. Similarly, you can get 1.3 milligrams from a tablespoon of soybean or canola oil.

IF YOU TAKE ANTIBIOTICS...

You could be low in bifidobacteria bifidum and lactobacillus acidophilus (friendly beneficial bacteria in the gut), as well as potassium and B vitamins. About one trillion bacteria, or 1.4 to 1.8kg of beneficial bacteria, live in the gut, but because antibiotics are not very selective, they kill good bacteria as well as the bug they are being used to treat, leading to imbalances. Talk about friendly fire!

If the bacteria in your gut is out of balance, common symptoms could include bowel irregularities, overgrowth of unfriendly organisms, and chronic bad breath. Intestinal gas could also be suggesting there's more bad bacteria in there than good. A probiotic supplement may help, as these live forms of good bacteria and yeast work to break otherwise indigestible sugars, proteins and fats into short chain fatty acids. Good intestinal flora also helps to regulate bowel movements, minimise bloating and gas and balance pH levels in the intestines. Look for a probiotic that specifically has bifidobacteria bifidum and lactobacillus acidophilus or talk to one of our experts in store today.

IF YOU TAKE ANTI INFLAMMATORIES...

You might be deficient in folic acid, iron, vitamin C, calcium and selenium. Non steroidal anti inflammatory drugs work by blocking the special enzymes Cox-1 and Cox-2 that play a key role in making prostaglandins. The benefit is that when the body is not making as many prostaglandins, you tend to have less swelling and less pain.

However, one of the side effects can be that iron, which is absorbed from the small intestine, becomes depleted, which can cause a weakened immune system and tiredness. The body needs iron for red blood cells to carry oxygen to your organs and tissues, so that they can heal efficiently and protect themselves, so stock up on liver, beef and lamb, soybeans, kidney beans and lentils, quinoa, and leafy green vegetables or ask a Hardy's expert for their advice when it comes to supplementation.



IF YOU TAKE ORAL CONTRACEPTIVES OR HORMONE REPLACEMENT THERAPY...

You could be low in folic acid, magnesium or a range of B vitamins. Folic acid, otherwise known as vitamin B9, helps the body to repair and make DNA, as well as to produce red blood cells, and convert food into energy. To boost your folic acid levels, up your intake of citrus juices and dark green vegetables, or talk to a Hardy's expert about whether a supplement might be right for you.

Similarly, magnesium is vital for our energy needs, as it regulates over 300 biochemical reactions in the body. Chief among them are energy production, building new proteins and cells and balancing the minerals that are necessary to maintain our cells. Muscle tension and stiffness, or trouble sleeping can all be signs of a deficiency in magnesium. Oral contraceptives and oestrogen replacement

therapy are thought to reduce magnesium levels in the body by increasing the amount of magnesium lost through excretion by the kidneys.

Raw spinach, pumpkin seeds, soy beans and brown rice are all good sources of magnesium. However, Dr Carolyn Dean, an expert on magnesium therapy and author of *The Magnesium Miracle*, says, "I'm convinced that to get enough magnesium today, you need to take supplements." For advice tailored to you, come and talk to a Hardy's expert in store.

“ I'm convinced that to get enough magnesium today, you need to take supplements. ”

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FEELING STRESSED? BUSY STUDYING? SUFFERING PMT?

NEURO NUTRIENTS is a unique formulation of specific herbs, amino acids and vitamins, all associated with improved brain function.

This product would have particular application for the elderly, who may experience mental fogging. Students, especially during times of intense study, business people who need a sharp mind and mental clarity to help them perform better through brain taxing days, females experiencing emotional ups and downs and anyone who feels they need support for mental agility and mood stability, will benefit from Solgar's Neuro Nutrients.

The formula provides equal amounts of three amino acids L-Phenylalanine, L-Tyrosine and L-Glutamine. These amino acids are key components in the production of several important brain 'fuels'. Many studies have shown the effectiveness of each of these amino acids for supporting mental agility and activity, balanced mood, brain health and mental clarity.

Choline Bitartrate and Soya Lecithin (providing phosphatidyl-choline) are important presentations of choline required by the body to produce an essential brain chemical called Acetylcholine, important for healthy brain function.

The inclusion of Vitamins C, B-1, B-2, B-3, and B-6 as Pyridoxal-5-Phosphate are vital to the effectiveness of the formula. Several metabolic processes are required to allow brain 'nutrients' such as the amino acids and Acetylcholine to enter the brain through the blood-brain barrier. The vitamins listed above are important catalysts that allow this transfer of nutrients to occur efficiently.

Ginkgo biloba has been included because it has been shown to support circulation and in particular, circulation to the brain.

**Gift with purchase while stocks last.

SOLGAR | It's Your Choice

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

RECIPIES FROM Real Food Pledge



WIN a Real Food Pledge Cookbook

Check out the details on our Facebook page. Terms & Conditions apply.
[Facebook.com/hardyshealthstores](https://www.facebook.com/hardyshealthstores)

Over the last year or so, there has been a clear movement towards “real food” and, conversely, efforts taken by many to avoid the abundance of processed food now available to us. A pioneer of this movement is Caralee. Driven by constant food intolerances and digestive disturbances, Caralee decided that she needed to make a change and, in mid 2013, Real Food Pledge was born.

Adopting a belief in eating food that is made by nature, rather than food that is made in a factory, Caralee’s philosophy is all about getting back to the basics and simplifying the relationship we have with food. She’s spent the last couple of years experimenting and developing recipes for dishes that both her and her family love to eat. Using fresh, real ingredients and a pinch of creativity, all of Caralee’s recipes are gluten, grain, sugar and dairy free, but packed full of nourishing goodness.

Rosemary & Sea Salt Seed Crackers



We love the **Rosemary & Sea Salt Seed Crackers** as the perfect savoury afternoon, or pre dinner snack. They’re even great as a handy thing to grab for alongside your salad or soup for lunch, and they’re super easy to make too!

Simply place 1 cup of sunflower seeds in a food processor and blitz until they’re well ground into flour. Add ½ cup of sesame seeds, ¼ cup of flaxseeds, a sprig of rosemary, ½ tsp of sea salt, 2 tbsp of melted coconut oil and 1/3 cup of water into the blender and pulse a couple of times until the mixture is combined and it forms a dough.

Place a large piece of baking paper on the bench and scrape the dough out onto it. Place another piece of baking paper on top and, with a rolling pin, roll out the dough between the two pieces of paper, until it is thin like a pizza crust.

Remove the top layer of paper, then transfer the bottom layer and the dough onto a baking tray. Score the crackers into desired sizes with a pizza cutter or knife, then bake at 180/350° for 20 to 25 minutes or until golden brown. Remove from oven and allow them to cool before breaking them into crackers. These are scrummy served with your favourite dip.

Roast Beetroot Dip

We love Caralee’s **Roast Beetroot Dip** for a delicious way to get the benefit of the superfood qualities of beetroot. The dark red root vegetable packs a powerful antioxidant punch and is a good source of iron and folic acid, nitrates and magnesium.

Preheat the oven to 180/350° and peel 2 large beetroots, cutting the head and roots off. Cut the beets into quarters and place on a baking tray, then splash with olive oil. Bake for approximately 40 minutes, until nicely roasted and a skewer could easily go through the beetroot. Then remove the tray from the oven and allow to cool.

Finely chop 2 garlic cloves. Drizzle some olive oil in a pan on the stove and heat over a medium heat. Sauté the garlic for a minute, then add ½ cup of walnuts and roast these together with the garlic for a few minutes.

When all the ingredients are cooled, place the beetroot, garlic and walnuts with 1 cup of coriander and some salt and pepper in a food processor, blitzing until the dip is a smooth paste. Taste and then season with more salt and pepper, if desired.

For more, check out Caralee’s book ‘Real Food Pledge’, which is available from all good bookstores around New Zealand, or directly from the website www.realfoodpledge.com.



OUR ALOE VERA IS JUST THE TONIC

Lifestream Aloe Vera is the perfect every-day support for digestive function, bowel regularity and a healthy immune system.

- ✓ Helps calm bloating
- ✓ Promotes smooth digestion
- ✓ Helps maintain friendly intestinal bacteria



Meet the *experts*



Karin,
Hardy's
St Lukes

Tell us a bit about your background

I'm a Naturopath, Herbalist and Life Coach. I do allergy and iridology consultations at the shop, as well as managing and working on the floor at Hardy's St Lukes.

Why did you decide to join the Hardy's team and how long have you been there?

Before joining the team at Hardy's, I'd been a customer in the store, and the staff were always so helpful. What I enjoy about working at Hardy's is that we sell with integrity. Everyone gets a mini consult so they get the right products, and they all walk out knowing how to take them and what results to expect. I have made a lot of good friends working here, among both customers and staff. I'm excited to say I've just celebrated my 10 year anniversary of working at Hardy's!

What would you recommend for a spring detox?

My favorite Spring/Autumn detox is the Thisilyn Cleanse - it supports detoxification of the kidneys, lymphatic system and liver. Eat plenty of veges, fruit and brown rice. Chicken and fish are ok if you wish but take a holiday from red meat and dairy, and drink 2.5-3 litres of filtered or spring water daily. At the end of a detox it is important to use probiotics to put the good bacteria into your system. Spring and autumn are good times to do a detox and twice a year, every year is a good goal for great health.



Amanda,
Hardy's
Taupo

What is your background in and where did you work before this?

I have just been appointed Manager of Hardy's Taupo, with a background in sales and management; I'm also qualified in massage and aromatherapy. I am a mother of two and I am originally from the South Island.

How has your previous experience and training helped you in your current job?

I try to live with a holistic approach, whether with food, supplements and overall well being. My massage and aromatherapy training and experience have given me an insight into helping people identify factors which are affecting their bodies. And my past experience with retail and marketing sales is bringing it all together.

What's your favourite thing about working at Hardy's Taupo?

I have two favourite things about working at Hardy's Taupo. One, the customers; the fantastic locals who trust us with ailments, and the tourists; who support our tourist destination. Secondly, the staff here. What an amazing group of women; Sandy - Medical Herbalist, Ngaire - Naturopath, Morgen - Registered Nurse, Lorraine - 20+ years in retail health.



Anna,
Hardy's
Richmond

What is your background? What kind of qualifications do you have?

For most of my career I have been involved in scientific roles, such as a Laboratory Technician, as well as quality assurance work for natural medicine producers. In 2013 I completed a Bachelor of Natural Medicine (qualifying as a Medical Herbalist and a Naturopath).

What got you into the industry and why do you still love it?

My passion for natural medicine was ignited while attending an introductory herbal medicine course, taught by Carole Fisher and Ange Palmer. I was incredibly inspired by the wisdom and knowledge (both traditional and research based), that these woman imparted. I continue to love the natural medicine field as there is always something to learn and discover.

What kinds of health problems have you helped some of your Hardy's customers with?

Natural medicine is beneficial for many health issues. In particular, I have noted that hormonal imbalances, like menopausal and premenstrual issues, respond very well to herbal medicine. Also, I have seen that people experiencing issues such as anxiety, stress and sleep difficulties can find considerable improvement with the appropriate use of natural medicines.

CHOICE IS EVERYTHING

The multivitamin you take everyday should be more than an everyday vitamin.

VM2000 IS A MULTIVITAMIN and mineral formula, containing high dose B vitamins to aid energy, stress resistance and mental function, along with vital nutrients for immune and liver health.

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WE GROW, HARVEST AND EXTRACT FRESH AT THE SOURCE

Our fresh-Picked™ Olive Leaf Extract comes from a real place – our own specialist olive leaf plantations in South East Queensland, which are amongst the largest in the world. We have over 560,000 olive trees from which we produce the world's best quality Olive Leaf Extract.

WE ONLY USE FRESH LEAVES – FRESH-PICKED™

We use the best grove management practices to grow our olive trees, then we harvest the leaves at sunrise and extract before noon to retain maximum leaf freshness before bottling.

SCIENTIFIC RESEARCH

Our Olive leaf Extract is often used in scientific research. With the Comvita brand you can trust you are getting a high-grade olive leaf extract – the same extract used by researchers worldwide.

Why it's good for you.

ANTIOXIDANT POWER

Comvita® Fresh-Picked™ Olive Leaf Extract is five times more powerful in antioxidant activity than the equivalent amount of Vitamin C (as ascorbic acid) based upon the ORAC test method.*

IMMUNE SUPPORT

Olive Leaf Extract is traditionally used to support the immune system. Taking 15mLs of Comvita® Fresh-Picked™ Olive Leaf Extract daily may help boost your immune system to guard against winter ills and chills.

BLOOD SUGAR SUPPORT

Comvita® Fresh-Picked™ Olive Leaf Extract is scientifically researched to support the maintenance of normal blood sugar balance in healthy individuals.

GENERAL WELLBEING

Just 15mLs per day for adults in your morning juice or smoothie is a great way to help maintain your general well-being all year round.

- Grown, harvested and extracted on our farm in Queensland Australia
- Fresh-Picked™
- Scientifically Supported
- No artificial colours, flavours or preservatives
- Great for the whole family
- Available in natural and peppermint.

SERVING SUGGESTION

Blend 15mLs of Comvita® Fresh-Picked™ Olive Leaf Extract in your morning juice or smoothie for a daily antioxidant boost.

NEW RRP
\$40.40
SAVE \$11.60



Share Nature. Share Life.

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

News & Events

DAFFODIL DAY – FRIDAY 29TH AUGUST

Bright, sunny daffodils aren't just a sign that spring is on its way. Daffodil Day is one of the most important awareness campaigns in New Zealand, helping to raise funds for the Cancer Society.

Most New Zealanders will know someone who has had cancer or is currently battling it. Daffodil Day represents the hope there is for the one in three New Zealanders affected by cancer. Donations go towards scientific research into the causes and treatment for cancer, as well as providing support services and information for those affected.

So "dig deep and don a daff" this Daffodil Day!



CELEBRATIONS & MILESTONES AT HARDY'S

The Hardy's staff are one big family, spread across the country. We love to celebrate with our staff members when they reach big milestones, so please let us extend our congratulations to the following people:



Congratulations

KARIN at Hardy's St Lukes and LORRAINE at Hardy's Palmerston North have both reached an amazing 10 years with Hardy's! Thank you for being such loyal members of the Hardy's family. We have many others that have passed the 10 year milestone, so welcome to their club!

SAVE OUR SIGHT MONTH

Did you know that 75% of the world's blindness is preventable?

In fact, more than 70,000 New Zealanders aged 40 years and older have glaucoma – and at least half don't even know they have it. **Untreated, glaucoma will cause loss of sight.**

Each and every one of us is at risk from sunlight-related eye damage, especially cataracts and age-related macular degeneration.

September is Save our Sight Month, which encourages New Zealanders to really think about their eye health. The New Zealand Association of Optometrists recommends protecting eyes by wearing sunglasses that block 100% of UV rays and scheduling an eye exam every two years.

Maintaining good eye health is made even easier with **Radiance Eye Focus**, which contains the patented FloraGLO marigold flower extract. This provides powerful antioxidants lutein and zeaxanthin, required for keeping our eye tissues healthy – especially the macular, retina and lens.

Look out for your eyes!

YOUR NATURAL CHOICE FOR HAYFEVER DEFENCE

Ki's new Hayfever Control Formula has natural, herbal ingredients which support the body's response to allergens. Build your immunity and support your allergen defences. After all it makes sense, that nature helps clear the problem it creates in the first place.



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

Martin & Pleasance
Natural Medicine Since 1855

Ki
"Astragalus (Rhina-mp)"
CHC70720-05/15

★ PREMIUM QUALITY ★

100% Raw Organic Virgin Coconut Oil

NIUGINI ORGANICS



AMAZING HEALTH BENEFITS!

Beat the winter blues with coconut oil

\$2 OFF

Ask for it by name in your local Hardy's Store

Store Locations

NORTH ISLAND

NORTHLAND

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

AUCKLAND

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

HAMILTON

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

BAY OF PLENTY

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

TAUPO

Taupo	37 Horomatangi Street, (07) 378 9057
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TARANAKI

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

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

WELLINGTON

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

SOUTH ISLAND

NELSON

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

Northlands	Northlands Mall, Main North Road, Papanui, (03) 354 1630
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Talk to the experts - Call us today on 0800 HARDYS (427 397)

www.hardys.co.nz



Introducing



silica®

Naturally
CLEAR

Skin Support System



The Qsilica Naturally Clear range works from the inside and out to promote healthy, clear skin. Natural ingredients provide gentle and effective support to heal blemishes and encourage skin repair.

- ✓ Helps address the internal and external causes of pimples and blemishes
- ✓ Cleanses, treats and helps repair skin naturally
- ✓ Supports normal hormonal activity
- ✓ Helps calm & soothe irritated skin

Cleaner, Spot
Treatment,
Supplement
and Starter Kit
available

The Qsilica
Naturally Clear
range is suitable for adults
and children 12+ who
experience the frustrating
and difficult symptoms of
problem skin

Always read the label. Supplementary
to a balanced diet

SCIENCE MEETS NATURE


lifestream®
nature's richest superfoods

Available from Hardys stores nationwide