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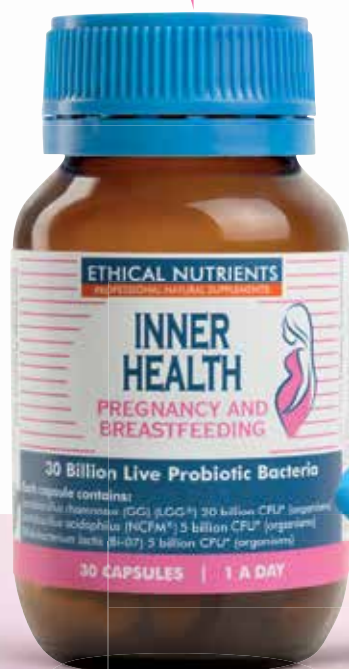
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# EDITOR'S NOTE

The days may be getting shorter again, but autumn remains our favourite time of the year. It's still nice enough to enjoy plenty of time outside (albeit more rugged up than we have been – but who doesn't love a chance to don gumboots, coats and pretty scarves?)

Either way, it's time to start getting cosy and to work on keeping well for the winter ahead. In this issue, we explore some of the best ways to do that, including balancing your gut bacteria to boost your immune system (page 8-9) and establishing healthy sleep hygiene habits (page 22-23) to ensure your body is well-rested and able to function at its best.

We enjoyed exploring some of the many old wives' tales and myths around sleep, including the oft-recommended warm mug of milk – as well as keeping up with some of the latest research into sleep architecture, both here and overseas.

In this issue we also take a look at protein, both the type that can aid sleep (we've even learnt the best ingredients for a midnight snack!) and how getting more protein into our diet can also work to support weight management, make muscle and increase our metabolisms, which most of us will find helpful as we're tempted to hibernate a little more over the winter months.

Lastly, turn to page 11 for a deeper understanding of gluten, and the whole world of whole grains that represent healthy options whether you need to eat a gluten-free diet, or not. There's heaps covered here, but if you have any other burning questions, don't hesitate to pop in to speak to one of our Hardy's experts in store too.

Until next time, stay happy and healthy,

*Your Hardy's Team*



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# HEALTHFUL HINTS

## QUINOA

### PRONOUNCED: 'KEEN-WAH'

While it's possible to get some protein intake from plant-based foods, not many provide a 'complete' protein source (one that contains all nine essential amino acids). Quinoa bucks this trend.

Gaining in popularity over the last couple of years, quinoa is one of only a few plant foods that is considered a complete protein, meaning it is well utilised by the body.

Not only that, quinoa also contains plenty of calcium, magnesium and manganese. A slowly digested (low GI) and rarely allergenic grain, quinoa is a great wheat-free alternative and can be used as a cereal for breakfast, as part of a salad at lunch or subtly flavoured as a side dish for dinner. On its own it has a subtle nutty taste and cooks up much like rice.



## THE HUMBLE GREEN PEA

### PLEASE PASS THE PEAS

When it comes to legumes, peas are richly nutritious little powerhouses. They're not really thought of as an overly exotic or sophisticated vegetable, but they should be! These starchy little balls of goodness are low in fat, but high in protein, fibre and a unique assortment of health-protective phytonutrients, many of which deliver serious antioxidant and anti-inflammatory benefits. The humble green pea is a good source of vitamin K, manganese, dietary fibre, vitamin B1, copper, vitamin C, phosphorus and folate.

*When it comes to protein possibilities, you may also come across peas, as pea protein isolate is a popular and hypoallergenic option that is particularly popular with vegetarians and vegans.*

### SAY HELLO TO SELENIUM WITH BRAZIL NUTS

Often overlooked in a raw nut mix, Brazil nuts are one of the most under-rated nuts nutritionally. Although high in calories, like other nuts, Brazil nuts contain good amounts of vitamins, minerals and antioxidants. Prized for their exceptionally high levels of selenium – for good reason, as they are the highest natural source of this mineral – just 2 Brazil nuts a day enable you to get all the selenium you need.

Selenium is an important trace element, essential to our wellbeing. Acting as a powerful antioxidant, selenium helps to regulate blood pressure and keep our immune system healthy. It is also a constituent of more than two dozen selenoproteins that play critical roles in reproduction, thyroid hormone metabolism, DNA synthesis and protection from oxidative damage and infection.



# YOGA POSTURES TO PROMOTE SLEEP



Yoga can be both invigorating and energising, and relaxing and calming – it all comes down to which poses you practice. If you're looking to calm the body and mind at the end of a stressful day, yoga can help. Look to child's pose...

1. Start on your hands and knees and spread your knees wide, while keeping your big toes touching, then rest your buttocks on your heels.
2. Sit up straight and lengthen your spine, while taking a deep breath in.

3. On your exhalation, bow forward so your chest comes to rest between your thighs and your forehead comes to the floor. Let your upper back broaden and relax your lower back – allow all tension from your neck, shoulders, arms and neck to drain away. Keep your eyes closed.

4. Breathe softly. For deeper relaxation, bring your arms back to rest alongside your thighs, with your palms facing up.

5. To release, gently and slowly straighten up to sit back on your heels.

This calming posture brings you inward and slows your heart rate and breath, much like your body does when you slip into sleep. It also works to relax the spinal nerves, which are at the heart of the whole nervous system, and supports the pituitary gland, which regulates hormones like serotonin and melatonin that play an important part in sleep.

## SLEEPY SNACKS

If you're keen for a late night snack that will help to send you to the land of snooze, check out the goodies in your fruit bowl. Bananas contain potassium and magnesium, which are both natural muscle relaxants, as well as the amino acid L-tryptophan, which gets converted to 5HTP in the brain and works to regulate the brain's levels of serotonin and melatonin, thus regulating sleep patterns.

Similarly, tart cherries are one of the few natural sources of melatonin, which is responsible for the regulation of the body's internal clock and sleep-wake cycle. Available in both juice and capsule form, tart cherry increases levels of melatonin in the body and research has found it can improve both the quality of your sleep and its duration.

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# TO SLEEP PERCHANCE TO DREAM

We all know that a good night's sleep is vital to our health and wellbeing, as we have all experienced the brain fog, lethargy (and sometimes worse!) that comes from not getting enough sleep. Despite that knowledge however, many of us still have problems with sleep, including simply not getting enough sleep or the experience of sleep disorders like insomnia or obstructive sleep apnoea.

**In fact, research by the Sleep Wake Research Centre at Massey University's Wellington Campus has found that a quarter of New Zealanders do not get the recommended seven to nine hours sleep per night.**

You know the common scenario: you stay up late on weeknights answering emails or watching a movie, yet you still have to rise with your alarm the next day. You're not getting enough zzzzs, but it's almost the weekend, so you'll catch up then. It might seem like a good theory, but studies are showing that it takes more than two full nights of sleep to recover from substantial sleep loss.

No-one knows this better than new mums. For the first weeks (and months!) of babies' life, it's common to need to get up at least a couple – and sometimes a lot more! – times in the night. Sometimes getting more than three hours sleep in a row is impossible. And when the baby does miraculously sleep through the night, it's not a magic salve to the sleep-deprivation; it takes some time to feel like you're on an even keel again.

Findings have shown that even a case of short-term sleep debt – missing ten hours of sleep over the course of week – would require you to add three to four extra sleep hours in the weekend, and an extra hour or two every night the following week until you have repaid the debt fully.

To understand how our sleep is affecting us, it helps to have some understanding of



sleep architecture. Similar studies at Harvard University have used encephalography (EEG) to trace brain waves of volunteers as they sleep. Not only did this confirm their thoughts about REM (rapid eye movement) and non-REM sleep, it enabled them to identify that a typical night's sleep consists of four or five REM/non-REM cycles.

During REM sleep, our brain waves are faster, compared to the slow and synchronised brain waves of our non-REM sleep. However, researchers also identified that we go through a continuum of four stages as we fall into non-REM sleep. By stage four (the slow-wave sleep that renders us virtually dead to the world), our breathing is considerably slower, and our blood pressure and heart rate drop as much as 30%. In the first parts of stage four sleep, our pituitary releases a pulse of growth hormone that stimulates tissue growth and repair.

The research has found that most stage four sleep occurs during the first two to three hours that we're asleep, with our percentage of REM sleep taking over as morning approaches. This explains why it's hard to feel like you're getting a good quality sleep when you're woken multiple times during the night, or not long after you've nodded off.

According to Dr Karyn O'Keeffe, from Massey University's Sleep/Wake Research

Centre, New Zealanders' sleep problems aren't just restricted to short sleep. "A survey of 4,000 New Zealanders showed that approximately half of us never, or rarely, wake feeling refreshed in the morning and have difficulty getting back to sleep when we wake in the middle of the night," she explains. Another third of us have difficulty falling asleep at night.

Research is currently underway at Massey University's Sleep/Wake Centre to examine how our sleep changes as we develop and age, and how this influences our health, wellbeing and social participation here in New Zealand. Philippa Gander, Professor and Director of the Sleep/Wake Research Centre is a world leader in the science of chronobiology – the study of biological timing mechanisms. Having spent time working both at Harvard and NASA, she returned to New Zealand to establish the research hub in Wellington. Although we're set up to have sleep occupy a third of the daily cycle of our circadian biological clocks, she believes that because the world we've created operates 24/7, around the clock, this is having an impact on our health. The research at Massey will continue to focus on identifying factors that affect sleep health at different ages and stages of life, as well as working to develop and implement strategies that will help us improve our sleep.





by long-term insomnia. Someone could be suffering from insomnia if they have trouble falling asleep, wake up a lot during the night, or if they habitually wake too early and can't get back to sleep. Understandably, these sorts of sleeping difficulties, over a long period of time, can have a big effect on our alertness, mood and performance.

**In more recent years, there have been huge advancements in non-pharmacological support for sleep.**

Adopting positive sleep hygiene practices, like those explored on page 23, can help and there are also supplements available that encourage the body's production of melatonin, the sleep hormone, and calming amino acid tryptophan.

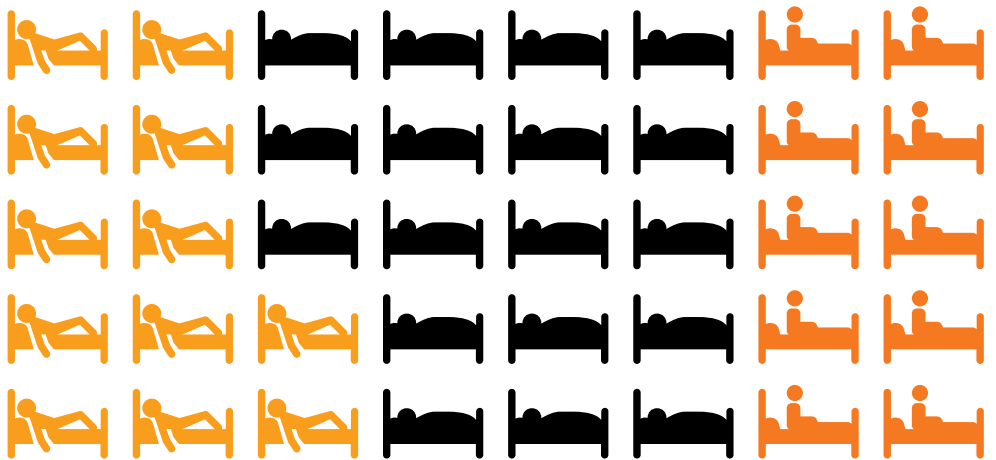
Researchers at Massey University's Sleep/Wake Centre have developed a treatment programme based around cognitive behavioural therapy for insomnia, which is a group therapy approach that's being used successfully in Australia, the UK, the US, Canada, China and the Netherlands.

Talk to a Hardy's expert if you'd like to explore support for a better night's sleep. It's certainly worth the effort. As Dr O'Keeffe reminds us: "There is evidence that New Zealanders who report getting enough sleep have a better quality of life and overall wellbeing."

Dr Lawrence Epstein, regional medical director of the Harvard-affiliated Sleep Health Centres agrees. His advice is to avoid regarding sleep as an indulgence or luxury, but instead recognise that adequate sleep is just as important for our health as diet and exercise.

In the meantime, the research at Harvard provides some clues. In looking at and charting sleep cycles, they have found that our sleep architecture changes over time. At 20 years old, we spend an average of 7.5 hours sleeping each night and have about 90 minutes each of REM and deep sleep and 18 minutes of wakefulness during the night. However, by the time we are 60, we're only sleeping an average of 6.2 hours a night and our REM sleep has fallen to 75 minutes, with our deep sleep only at about 40 minutes, and with 44 minutes of wakefulness. So, although we don't outgrow our need for sleep, it does become harder to come by as we age.

According to the research done by Massey University, 30% of Kiwis regularly have difficulty falling asleep and 25% are affected



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# GO WITH YOUR GUT

Balance and immune boosting for winter wellness

Listen to your gut. No doubt you've been told that at some point. However, we quite often take our digestive system for granted, unless it actually does something to cause us discomfort.

When it comes to optimising your overall health, and boosting your immunity though, it pays to start with our gut.

Inside your gut exists a garden of bacteria, which sounds gross, but it isn't. This eco-system can significantly affect your health, as well as your mental and emotional wellbeing; in fact, the health (or otherwise!) of your gut affects your entire body.

Our gut health is not only important for our overall wellbeing, but it's also vital for our immune system to be functioning as it should. Consider this: the gut, in many ways, acts as your body's second brain. Researchers have found that the relationship between the gut and the brain plays an important part not only in gastrointestinal function, but also your emotions and intuitive decision-making. That's right; how our stomach is doing can impact on our moods.

Both the brain and the gut are the only organs in the human body with their own nervous systems. The small intestine alone has as many neurons as the spinal cord. Moreover, the gut produces 95% of the body's serotonin and contains more neurotransmitters than the brain. Everyone, at some point in their lives, experiences butterflies in their stomachs due to nerves, as well as gut instincts or feelings when they have to make decisions or trust their intuition. The Japanese even go so far as to say that the gut is the seat of the mind and soul.

So it's no wonder that when something gets in the way of your gut-brain connection, your health suffers. The connection is even



more obvious when we consider the fact that 80% of the cells that make up your immune system live within the walls of your gut.

It follows then that if the bacteria in your gut is out of balance, your immunity suffers. There are so many conditions that can all stem from poor gut health – from allergies to arthritis and mood disorders – so it really is important to make sure our gut is performing as well as it should be.

The mass industrialisation of the food industry over the last century has dramatically changed our diets and we're now exposed to an increasing array of highly processed, high sugar and low fibre foods that wreak havoc on our digestive systems.

Studies have proven that the food we put into our bodies not only feeds our fat cells, but also significantly affects our gastrointestinal system. A diet that consists of low-nutrient food allows harmful bacteria and yeast to grow in the gut, which upsets the balance of your digestive ecosystem.

*There are a range of other factors that can also knock your system off balance, including:*

- The overuse of medications, such as anti-inflammatories, antibiotics, acid blocking drugs, and steroids. These can damage the gut and block normal digestive function.
- Infections and parasites, including yeast overgrowth and small intestinal bacteria overgrowth (SIBO).
- Nutritional deficiencies, which can impact on how well our body can utilise the foods we consume.
- Stress can alter the gut's nervous system and contribute to inadequate digestive enzyme function or leaky gut syndrome.

With a bit of planning and time, it's possible to restore the health of your gastrointestinal system and doing so will have a positive effect on your entire body, mood, memory and immunity. Healing your gut will allow the body to build a stronger immune system, as well as produce the right kind of bacteria that tells your brain that it's okay to feel good again.



So, we've established that, for optimal immunity and health, your gut must be healthy – but how do we support it to work properly?

The first thing to consider is your diet. Make sure you're getting a good balance of fibre-rich vegetables, low-sugar fruits, wholegrains and legumes. Try removing anything that causes an allergic reaction or that your body finds hard to digest for a while, and then introduce these foods back into your diet gradually, seeing how you feel.

It can also help to consider supplementation. Digestive enzymes, prebiotics, and in some cases, anti-inflammatory support like omega 3 or zinc can help the digestive system heal. A good quality probiotic is also beneficial, refurbishing the gut with good bacteria. There are a range of probiotic supplements available, so talk to a Hardy's expert in store about the best option to balance your gut's flora. Options exist for the whole family too, with Inner Health Immune Booster for Kids providing support for even the littlest tummies.

A photograph of a Nuzest Good Green Stuff Multi Vitamin Bar. The packaging is white and green, featuring the Nuzest logo and the product name. A circular badge highlights '75+ INGREDIENTS'. A red circular badge at the bottom right says 'BUY 2 GET ONE FREE! Until 31 May'. The bar is shown against a background of fresh green leaves and blueberries.

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# GOING DEEPER INTO GLUTEN

There's been lots of buzz about gluten in recent years, but how many of us know exactly what it is - and why do so many people seem to have a problem with it?

Let's start at the beginning... Gluten is a naturally occurring protein found in the endosperm (the tissue of a seed that is ground to make flour) of the 'big three' grains - wheat, barley and rye. Gluten is formed when the proteins glutenin and gliadin combine with water. If you've ever eaten the (generally crumblier) gluten free alternatives, you'll have some idea of the fact that gluten is elastic in nature and works to help foods hold their shape and bind together.

Gluten has an opposite role to play in the body, stimulating the production of a protein called zonulin. Zonulin regulates the tight junctions between cell walls of the digestive tract, which acts as a barrier between us and the outside world. For many of us, the hydrochloric acid in our stomach breaks down gluten proteins so that the body can utilise them. However, too much zonulin can loosen these junctions, allowing undigested food particles and other inflammatory substances to pass into the bloodstream. (You may have heard of this referred to as leaky gut syndrome.)

## GUTS ABOUT GLUTEN

Those with coeliac disease, who represent about 1% of the population, are unable to tolerate even a small amount of gluten. Just 50 grams, or something the size of one small crouton, is enough to trigger an immune response that damages the lining of the small intestine. Studies have shown undigested gluten protein to be such an irritant that it can inflame intestinal villi and allow other proteins and toxins to leak into the lymphatic system.

For coeliac disease sufferers the results can include bloating, fatigue, brain fog, digestive discomfort and lowered immunity. This

immune response can also interfere with the absorption of other nutrients from food, causing a host of symptoms and, in some cases, leading to problems with infertility and osteoporosis.

It's likely that you know at least someone else who is gluten sensitive or intolerant, or facing challenges with breaking it down in times of stress, dehydration or liver congestion. For these people, gluten can cause the same sort of symptoms as it does for those with coeliac disease, although without the associated intestinal damage. Gluten-containing grains have also been known to cause skin problems, like rashes and eczema, inflammatory joint pain, migraines, and thyroid disorders.

## STEPS TOWARDS A SOLUTION

Unless you're a coeliac, or have a diagnosed problem with gluten specifically, the solution may not need to mean abstaining from all gluten and, if you do choose to, it's worth considering the alternatives.

There is a whole spectrum of gluten-containing foods available, and not all of them are processed white bread. Whole grains, many of which contain gluten, are a rich source of fibre, which the bowel needs to work properly. They also contain a whole

host of other vitamins and minerals. Rolled oats are an ideal example, as is a natural rye or spelt bread.

Just as gluten-containing products run the gamut from whole and unprocessed to super refined, so too do gluten free offerings. Brown rice, buckwheat or quinoa will have a very different nutritional profile than gluten free white bread; it's certainly not as simple as being healthy simply because it is gluten-free.

Modern food manufacturing may have made many advances, but the processing and refining of foods strips almost all the fibre, vitamins and minerals from the ingredients, so they become virtually empty calories. Whether you are eating gluten or not, opt for less refined options, as these will deliver maximum nutrients. Look for whole grains and consider other nutrient-dense carbohydrates like kumara, pumpkin, beetroot, carrots and parsnip.

*Restricted diets can, in some cases, create nutritional deficiencies, so talk to a Hardy's expert in store if you're concerned about what you might be missing.*



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# SLEEP WELL FOR WINTER WELLNESS

With winter around the corner, we need to start preparing our bodies for the colder months ahead, just like animals getting set for hibernation. The key focus now is on getting your immune system as strong as it can be so you're fighting fit to fend off winter ills and chills. Your immune system is effectively a network of cells, tissues, and organs that work together to defend the body against nasty foreign invaders, such as bacteria, parasites and fungi that cause infections.

**So, how do you keep it in tip-top condition? The answer starts with slowing down...**

Chances are you've experienced that time when you've had more than usual going on, and inevitably you wind up unwell. When we're stressed or busy, we often don't get enough sleep, which can have a profound effect on our immune system. A new study by the University of Washington Medicine Sleep Center in Seattle is the first to show suppressed immune gene expression in chronic sleep deprivation.

We've long understood that people who don't sleep as much have a less potent immune system, but this study of identical twins also included blood sample analyses, which revealed weaker immune responses – as measured by white blood cell activity – in those who got less sleep. Sleep is regenerative and supports immune pathway protein production that ensures our immune system functions properly. While we're asleep, the immune system releases protein cytokines to fight off infection and other antibodies. When you are unwell, you need more of these proteins, which requires that our bodies are getting ample sleep.



## VITAL VITAMINS FOR IMMUNITY AND SLEEP

The connection between sleep and our immune systems is so significant that many of the vitamins that are essential for our immune systems also help to aid our sleep, and vice versa.

No discussion of immunity is complete without the appearance of vitamin C, which stimulates the formation of antibodies to ward off unwelcome visitors that invade the body. What is less known is that vitamin C is also an essential nutrient for serotonin production. The 'happy chemical' in our brains, serotonin interacts with its fellow hormone, melatonin, and can have a significant impact on how well (or otherwise) we sleep. Not only that, vitamin C also works to lower cortisol, the stress hormone, in the body, which can also help you have a more restful and restorative (and hence, immune boosting) sleep.

Vitamin D strengthens the sleep-immunity connection even further. An absolute necessity for good health and disease prevention, vitamin D is often described as a

"miracle nutrient" for your immune system. It's a busy little beaver, enabling your body to produce well over 200 antimicrobial peptides that are indispensable in fighting off a range of infections. A growing body of research, however is also showing that vitamin D plays an important role in how well we sleep. People who are deficient in vitamin D often experience excessive daytime sleepiness. Because not many foods contain much vitamin D, supplementation or getting outside each day, to soak up some from the sun, can help. On page 23, we explore further the impact that spending some time outside each day, even on cloudy days, can have on our sleep quality, so take yourself for a stroll around the block at lunchtime, or take your tea break out on the deck when possible.

With winter around the corner, the optimum preparation may not involve squirreling away acorns for the cold months ahead, but it is the time to put some positive lifestyle changes in place to ensure your sleep habits are supporting your immune system to keep you feeling fabulous. If you'd like to talk further about your family's winter wellness, pop in-store to see one of our Hardy's experts.



# HAPPY & HEALTHY SWEET TREATS

Sometimes you just need a little something sweet... Whether you're looking for an after-dinner nibble, a pick me up for mid-afternoon or some Easter eats with a healthy twist, we've put together our favourite sweet treat recipes below.



## CHOCOLATEY HAZELNUT SPREAD

(Makes 2 cups)

A great alternative to the usual chocolate spreads that you and your kids will love!

### Ingredients

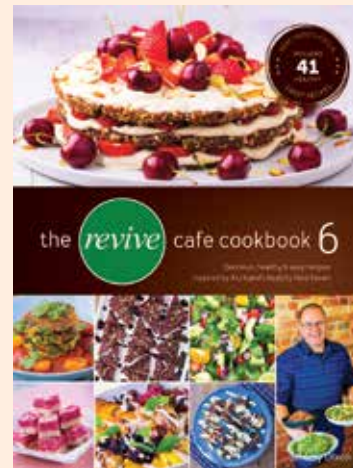
- 2 cups hazelnuts
- ¼ cup carob
- ½ cup date puree
- 1 cup almond milk
- ½ tsp salt

1. Place hazelnuts into an oven dish and roast in oven at 175C for 15 minutes or until golden brown.
2. Place hazelnuts into food processor and process to a fine crumb. This can take a few minutes and you may have to scrape the hazelnuts from the side of the bowl a few times.
3. Add remaining ingredients and blend until smooth.
4. Place hazelnut and carob spread into a clean jar and store in refrigerator.

**Tips:** Stored in the refrigerator this spread will keep fresh for 12 days. Food processors vary – if the texture is gritty you may need to add a little water.

## TRY EVEN MORE HEALTHY TREAT RECIPES!

The Revive Café Cookbook 6 by Jeremy Dixon, Revive Concepts Limited RRP \$30.00



## AMAZING VELVET BROWNIE SLICE

(Makes 12 serves)

### Ingredients

- 1 cup cashew nuts
- 1 cup almonds
- 1 cup dates
- ¼ cup honey
- 2 cups grated beetroot
- 1 cup coconut
- 1 tsp ground ginger
- ¼ cup carob powder
- 2 Tbsp lemon juice
- ¼ cup melted coconut oil

### Topping

- 1 Tbsp carob powder
- 1 tsp water
- Chopped peanuts

1. Mix cashew nuts and almonds in food processor until you have small pieces. Add dates and honey and pulse to mix through.



2. Place beetroot into strainer and press to drain out liquid.
3. Add beetroot, coconut, ginger, carob, lemon juice and coconut oil to food processor and pulse until mix is well combined.
4. Place mix into a lined 20x30cm (8x12in) baking tray and press evenly into tray.
5. Place baking tray in freezer for about 1 hour. Slice into squares and then into triangles. Store in refrigerator.
6. Mix the topping ingredients in a cup. You may have to alter quantities to get a spoonable yet thick mixture.
7. Drizzle the topping over the slice.





## CREAMY RAW FRUIT & NUT TORTE WITH CHERRIES & STRAWBERRIES

### Ingredients

#### Date layers

- ¼ cup cashew nuts
- ¼ cup almonds
- ¼ cup brazil nuts
- 3 cups dates
- 1½ cups dried apricots
- 3 Tbsp carob powder
- 12 strawberries, sliced

#### Cashew cream

- 2 cups cashew nuts
- 1¼ cups water

#### Garnish

- Strawberries
- Cherries
- Sliced almonds

1. Cut 3 circles out of baking paper that will fit into a non-stick spring form 21cm (8in) round tin.

2. Put all nuts, dates, apricots and carob powder into a food processor and process until well combined.
3. Put one sheet of paper into the bottom of the tin. Put 2½ cups of mixture into the tin and press down firmly.
4. Repeat so you have three layers in the tin, separated by baking paper.
5. Put in the freezer to firm up for at least 1 hour. You can keep this in the freezer for several weeks until you are ready to assemble and serve.
6. Make the cashew nut cream by blending together the cashew nuts and water. Slice strawberries ready for assembly.
7. Transfer the top layer to the serving plate. Smother with cashew cream. Keep cream away from the edges as it will spread once the next layers are on. Layer on the strawberries. Repeat for all three layers.
8. Garnish top layer with bigger pieces of fruit and a sprinkle of nuts.

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# HEALTHY HAIR & HAPPY SKIN

A harsh winter can wreak havoc on the strength of our hair and the appearance of our skin. But you can prepare your body for the onslaught of the chilly season and rid yourself of tired, dry skin and 'straw like' tresses for good!

Cold winds, air conditioning units, forced air heating and low temperatures can dry out skin – and the extreme shift from cold outdoor to warm indoor temperatures means that any surface moisture evaporates from our hair, leaving it brittle and vulnerable. Our hair is hygroscopic, which means that it absorbs moisture from the environment. While it's warm and humid that's no problem, but winter air is dry, which can wreak havoc with your locks.

These external factors have a significant impact on our skin and hair in the colder months, but what goes into our bodies has an important part to play in keeping the damage at bay.

## HYDRATE, HYDRATE, HYDRATE

Staying hydrated is a huge part of having healthy hair and vibrant skin. Our skin is an

organ and, like any other part of the body, is made up of cells, which are at least in part comprised of water. In fact, our skin is 64% water and without enough hydration, it can't function at its best.

The unfortunate truth for our skin is that water will reach all the other organs in the body first, so even slight dehydration can make the skin look (and feel!) dry, tight or flaky. Sipping away may just be the way to luscious locks too! In hydrating the body, water helps to regulate the circulatory system, which feeds hair follicles and stimulates their growth.

## OH YES, OMEGA

Omega 3 essential fatty acids are another vital ingredient for keeping your hair and skin looking and feeling great. Composed of three fats – ALA, alpha-linolenic acid, EPA, eicosapentenoic acid and DHA, docosahexaenoic acid – omega 3s cannot be made in the body, so need to be consumed either through supplementation or the foods we eat.

Essential fatty acids decrease melanin synthesis in the skin, helping to improve and maintain proper skin tone to help the skin look revitalised and radiant, and feel soft and smooth. Similarly, the active DHA and EPA components of omega 3s fight problems of dry and brittle hair, and itchy or flaky scalp, by providing nourishment to hair follicles and making hair strong and healthy.

## LET'S SPEAK ABOUT SILICA

A lesser known mineral, which can do wonderful things when it comes to promoting the health of our skin and hair, is silica. Comprised of silicon and oxygen, silica is found in leafy green vegetables, onions and wholegrains, or available as a supplement. As a compound, it is essential for bone growth and the development of the body, but it's also one of the biggest parts of collagen, the connective tissue that makes up our skin. When we're young, we have abundant

amounts of silica in our bodies, but this decreases as we get older and our bodies deposit more calcium in its place.

Silica works not only to rebuild and regenerate the connective tissue in our skin, but the enhanced collagen production ensures the outer cell layers of the skin are healthy and less likely to get inflamed. Silica promotes the proper balance of calcium and magnesium in the body, which helps with the balance of our hormones. When it comes specifically to our hair, silica bonds with many of the other minerals in the body, taking them to the peripherals of the body, like our hair, skin and nails.

This ensures they have the vital nutrients necessary for growth and vitality.

*If you want to protect your hair and skin ahead of the harsh winter, and continue looking your radiant best, talk to a Hardy's expert today.*



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# TIRING TRYPTOPHAN

How some proteins  
promote sleepiness

Cast your mind back to Christmas Day and that satisfied, sleepy feeling that you enjoyed after tucking into your festive feast... It could just have been a case of overindulgence, or a symptom of how early your household got up to see what Santa had left, however there are also certain compounds in foods that promote tiredness.

Chief among these is an amino acid called tryptophan, which is present in high levels in egg whites, nuts, seeds, tofu, cheese, red meat and chicken – as well as the turkey that you may have tucked into during the holiday celebrations. While the temptation of an after-lunch lie-down might have been strong on that day, you don't need to worry about nodding off next time you consume the foods above; that's not all tryptophan is good for. Let's take a closer look at how it works...

**An essential amino acid, tryptophan isn't naturally produced in the human body, so we need to get it from the foods we eat, or through supplementation.**

Our bodies create it by utilising the proteins that we consume as the building blocks to tryptophan.

Because tryptophan is a precursor to the neurotransmitters serotonin and melatonin, it acts like a natural mood regulator – influencing our natural sleep cycles and our body's stress response. In its ability to help the body produce and balance certain hormones naturally, tryptophan is prized for its calm-inducing effects and, because it helps make other essential amino acids more readily available in the body, tryptophan can lift people's moods while decreasing the production of stress hormones.

As well as inducing sleep and lessening anxiety, tryptophan-rich foods and supplements stimulate the release of growth hormones and can even help us burn more body fat. Importantly, tryptophan – and its important by-product, 5HTP (5-hydroxytryptophan) – works in the brain and central nervous system to



## MAGNESIUM

No discussion of sleep could be complete without a mention of magnesium. While magnesium is a naturally occurring mineral found in many foods, our bodies often struggle to absorb as much as we need from what we eat. Here magnesium (amino acids) chelate comes in. As a highly absorbable form, magnesium chelate is bound to multiple amino acids, making it more likely to survive the passage from the stomach intact, to where it can be absorbed in the intestinal tract and utilised by the body.

increase the body's production of feel-good serotonin. Because serotonin is the calming chemical that's released when we eat certain carbohydrates, supplementing with tryptophan is believed to help reduce food cravings for carbs and balance blood sugar levels in the body.

## BEFORE BEDTIME

Your mother may have told you not to go to bed with a full stomach, but you don't want to slide between the sheets starving either. The best bedtime snack to get a good night's sleep that enables you to function with lots of energy during the day contains a mixture of both carbohydrates and protein.

While you possibly don't want to tuck into a steak right before bedtime, there are other high-tryptophan foods that make a good bedtime snack. Dried dates, a handful of

almonds, some oats and yoghurt, or a bit of quality dark chocolate are all good sources – and it seems like Nana was on to something with the cup of warm milk when you woke up in the night; milk is replete with tired-inducing tryptophan to take you back to the land of zzzzs.

Amino acid therapy may be somewhat of an emerging field, however 5HTP, as well as eating more foods high in tryptophan, has already been proven to help with sleep disorders, mood disorders, migraines and tension headaches, PMS and menopausal symptoms – among other conditions.

*If you are looking for support for a better sleep or are considering options to manage stress or boost your mood naturally, talk to a Hardy's expert in-store.*



# PRIORITISING PROTEIN

## Weight management, muscle gain and your metabolism

Low-carb, high protein. The Atkins Diet first popularised this theory as the secret to weight management. And while its tenets may carry some validity, fad diets rarely connect the dots between actions and outcomes – what’s really happening in your body between maintaining those new drastic eating habits and hitting your target weight?

Here we’ll explore the science behind protein’s role in weight loss, investigating other factors at play including muscle gain, digestion, and metabolism rate. As you make nutrition decisions, balance is key – and defining a healthy ratio of protein to other nutrients is dependent on your exercise habits and your body’s ability to digest what you consume.

First, let’s clarify that high protein diets don’t always lead to a smaller number on the scale. Rather, paired with exercise, protein plays a role in increasing your body’s ratio of muscle to fat. Defined as the thermic effect, digesting protein demands more energy than breaking down other nutrients, so the process of eating protein burns more kilojoules than when you consume carbohydrates and fats. And this slower digestion makes you feel full for longer, which can also help curb overeating.

In isolation, eating more protein won’t help your body burn excess kilojoules; here’s where your muscles and exercise come in.



### STRONG IS THE NEW SKINNY: CHOOSE MUSCLE GAIN OVER WEIGHT LOSS

Losing weight shouldn’t always be the ultimate desired outcome – because after all, muscle does weigh more than fat. When you consume fewer kilojoules than you burn, you’re not fuelling your muscles. While you may be losing weight, you could actually be increasing your body fat percentage, as cutting kilojoules and protein intake decreases muscle mass. Your muscles naturally shed proteins every day, but won’t be able to replenish them quickly enough for maintenance and strengthening without enough protein in your diet.



### MUSCLE DEFINITION: STRENGTH DEFINES YOUR METABOLIC RATE.

Our metabolism is greatly dependent on muscle mass, and it can be sped up by the winning combination of weight training and replacing carb-heavy foods with lean protein.

Your muscles burn kilojoules, but fat cannot. A fast metabolism burns more kilojoules simply by supporting basic bodily functions (your basal metabolic rate). Even when you’re resting, your body is breathing, building cells and digesting food, so stronger muscles and a higher metabolic rate means you’ll torch kilojoules even in between periods of activity.

Your metabolic rate is determined by some genetic factors outside of your control – such as gender, age and body type. But it can also be boosted by daily exercise and increased physical activity. We all know someone who can seemingly eat whatever they want and never gain a bit of weight. But for others, our metabolisms begin to slow as we age and as our muscles weaken due to decreased activity. Keep up your protein intake and add strength training to your exercise regime to avoid the dip.





## DIGESTING PROTEIN: NOT AS EASY AS IT SOUNDS

Our bodies have to work harder to digest proteins, so to reap all the benefits of consuming the ideal amount of lean protein, the digestive system has to keep up. Enzymes and stomach acid have the difficult job of ‘tag teaming’ the breakdown of proteins you consume. The hydrochloric acid in our stomach triggers enzymes to activate and convert proteins into amino acids, which are then transported to the small intestine, where they’re carried through our blood to other parts of the body.



## SO HOW MUCH PROTEIN IS RIGHT FOR ME? IT’S LESS THAN YOU MAY THINK.

Of course each person is different, but as a general rule of thumb, lean protein should make up 11-15% of your daily energy intake – about 25 to 30 grams per meal. A recent study conducted by Sports Medicine revealed that to gain muscle at the same time as losing fat, consuming between 2.3 and 3.1 grams of protein per kilogram of your body weight is ideal.

Note that this is relatively low, despite being defined as “high-protein.” Remember that although lower in fat and carbs, lean protein still translates into kilojoules, so too much can be detrimental to weight management goals. Moderation is key, so maintain a balanced diet. Your body needs nutrients from carbohydrates and fats as well to carry out important functions.



## WHAT KIND OF PROTEINS ARE BEST?

Foods considered to be complete proteins, meaning they contain all nine amino acids your body needs to build muscle, are ideal

for strengthening your body. Food sources are great, or look to a protein powder in a smoothie, or mixed into your breakfast, for an easy way to ensure you are getting enough. Nuzest’s Clean Lean Protein is derived from golden peas, making it a 100% vegetable protein. With all the essential amino acids, it is well absorbed and utilised within the body.



## WHEN SHOULD I PLAN MY PROTEIN?

It’s best if you can spread your consumption of protein throughout the day. Having a bit at every meal (or every four hours) is ideal, as your body can only absorb 1 to 10 grams of protein per hour. Some studies support eating a high protein breakfast too. When it’s at its hungriest after a long rest, your body will begin to draw fuel from muscle tissue unless you replace its protein levels. This can also help to regulate your appetite throughout the day.

However, this isn’t always a smooth process, as enzymes require specific, highly acidic conditions. To top it all off, as our bodies age, they produce fewer enzymes. With that in mind, it’s important not to overload our bodies with animal proteins that are too difficult to fully absorb. Consider consuming more easily-digestible plant-based proteins, as well as fermented foods to rebalance your internal ecosystem.

While prioritising protein can lead to a slimmer physique, the real benefit is much more sustainable. The increase in both metabolic rate and lean muscle mass contributes to your long-term health goals. For maintainable results, be realistic with yourself. Don’t be overly restrictive, or put your body at risk by depleting other nutrient sources. Protein is important as part of a balanced diet that is ideally combined with some moderate exercise.



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# IRON MAIDEN

Life is full of stresses and 'to do' lists and there's not many of us who wouldn't say that we could do with a bit more energy.

If you're feeling drained without any real reason, experiencing more hair and nail breakages or feeling more out of breath when exercising, you could be lacking in iron.

Helping the blood carry oxygen from our lungs around the body, and helping our muscles to store and use oxygen, iron is a vital mineral that the body needs to function properly. It's also what gives us a lot of our energy. Despite its importance though, iron deficiency is one of the most common dietary deficiencies in the world today.

It is estimated that a staggering:

**20%** of New Zealand women are iron deficient and  
**3%** of New Zealand men have an iron deficiency.  
– numbers that are increasing.

Children are at risk too; in fact, it is estimated that 25% of children have some degree of iron deficiency. Children's iron stores tend to get depleted by growth spurts and sweating as they usually engage in higher levels of activity than the rest of us.

By this virtue, athletes, or anyone who does high intensity exercise, can also be at greater risk of iron deficiency. Severe iron deficiency is called anaemia, and can also be caused by heavy menstrual blood flow, not well-functioning kidneys and a lack of vitamin A.

## INGESTING MORE IRON

Before you get ready to tuck into a mammoth sized steak to get your iron, it's worth noting that eating more iron doesn't necessarily mean that your body will absorb it. It's a common misconception that our body absorbs all the iron we eat, so getting your daily intake of iron is more complicated than just eating well.

It's important to eat iron rich foods that contain heme iron specifically. Heme iron is the form of iron that is most easily absorbed by the body, and is generally found in red meat. Aim for lean cuts of steak, lamb and even venison, for a boost.

Getting a good intake of iron isn't just about red meat either. Many may be surprised to know this, but mollusks actually boast the highest levels of iron from any food source. This is your invitation to indulge in all those delectable delicacies like raw oysters, clams, and mussels.

Stock up on dark leafy greens, like spinach, kale and silverbeet, for a vegetable source of iron. You'll also find iron packed into pumpkin seeds, nuts, tofu and, perhaps best of all, dark chocolate and cocoa powder.

Seafood isn't the only thing from the sea that provides a rich source of iron either. Spirulina, which is effectively a natural algae, is one of nature's most nutrient-dense superfoods. A

popular choice for vegans and vegetarians, spirulina is one of the best plant sources of iron, with a highly absorbable form that's gentle on the digestive system.

For a lot of people, their daily diet will not be sufficient to provide them with all the iron that they need. If you think that you may be low in iron, talk to a Hardy's expert about supplementation. Many people may only need supplementation for six or eight weeks to restore levels, however with many types of supplements available, all with different levels of absorption and efficacy, it's essential to get some advice.

One of our favourite products is Ethical Nutrients Iron Max. Iron Max is high strength, well absorbed iron that also contains vitamin C, vitamin B12, vitamin B6 and folic acid, cofactors important for the production of normal red blood cells in the body.

## TOP TIP

Iron competes with other nutrients for absorption, so take your iron supplement on an empty stomach half an hour before food, coffee, tea or other medications.



# MAGICAL FIXES & FANCIFUL MYTHS

## Sorting out your sleep

Sound sleep seems like it should be something that comes naturally, but in our modern, fast-paced lives, it often doesn't.

From here has sprung a proliferation of well-meaning advice geared towards supporting us to get a better sleep. But how do you sort the facts from the fiction? We're here with the science (or not, in some cases!) behind some of the most popular sleep myths.

### IS LAVENDER REALLY SOOTHING?

Lavender oil has long been considered a relaxing herb and it is often used in aromatherapy to ease anxiety and combat insomnia. But can this humble purple plant really calm us?

It seems the science for this one stacks up. New research carried out by psychologists at Wesleyan University used brain scans to monitor the sleep cycles of both men and women who had sniffed lavender oil for a time before bedtime one night, and distilled water the next. They found that lavender increased slow-wave sleep, the deep slumber that helps the heartbeat to slow and the muscles to relax. It's also the phase that the brain uses to organise memory.

### DOES CHEESE BEFORE BED GIVE YOU NIGHTMARES?

If you enjoy a few slices of cheese before you hit the hay, don't fret – it appears that this claim falls in the fiction category. However, while bad dreams specifically don't seem to result after a late-night cheesy snack, cheese before bed does make people more likely to remember their dreams. This is thought to be due to the role that the amino acid tryptophan plays in stabilising sleep patterns and reducing stress.

What is also interesting is that it is believed that different cheese results in different dreams too. Blue cheese is thought to lead to the most bizarre and vivid dreams, while Cheshire and Red Leicester cheese lead to the most peaceful sleeps, with nostalgic dreams related to one's childhood, or relaxed nights with no dreams at all.

### DOES CHAMOMILE SEND YOU TO THE LAND OF SNOOZE?



When it comes to the calming properties of chamomile tea, the science supports the fact that this herb can, in fact, help with sleep.

A study published in the journal 'European Neuropsychopharmacology' found that the phytochemicals in chamomile contribute to its anxiolytic and sedative qualities. According to the research, the phytochemicals have three effects on the central nervous system. Firstly, they bind to gamma aminobutyric acid (GABA) receptors in the brain, which promote calm and the onset of sleep. Secondly, the active phytochemicals affect the monoamine neurotransmitters in the brain, including serotonin, which is strongly involved in sleep. Lastly, by acting on the neuroendocrine system, chamomile can help the body release more melatonin, which works to maintain the sleep-wake cycle.

### WHAT'S WITH THE CUP OF WARM MILK?



Chances are that as a child, if you were struggling to sleep, your parents or grandparents would have offered you a cup of warm milk. (And if not, you have doubtless seen this in the movies!) When it comes to whether this one works, the answer is complicated. Chances are that rather than any great chemical reaction, the psychological association with milk (infants fall asleep after breastfeeding, after all) or the comfort of the habit itself is what helps you nod off.

First, let's tackle the warmth aspect. While it's true that being warm helps to lull us off to dreamland, it's not really possible to do this from within the body. Research by the Netherlands Institute for Neuroscience found that sleep is induced more rapidly when skin temperature rises, so the only way that warm milk could possibly help here would be if you bathed in it...

That said, milk contains tryptophan, which can impact on the first stage of actually falling asleep. However, for tryptophan to have any effect, it needs to cross the blood-brain barrier. The ideal bedtime snack then, to send you to the land of nod, is not just made up of protein, but instead contains

both carbohydrates and protein. The insulin released by the carbohydrate content makes tryptophan more available to the brain. This combination also encourages the brain to produce serotonin, which is also calming.

### HOW DO SCREENS AFFECT OUR SLEEP?



From old wives' tales to modern afflictions, there is now much talk about the impact that our devices are having on our sleep. Not only have our devices become smaller, faster and fancier, they are also getting brighter and 'bluer'. Studies have shown that the blue light from our screens decreases our body's release of the melatonin we need to make to get to sleep. One study found that two hours of exposure to a tablet screen at night reduced melatonin levels by 22% while another put this figure at closer to 55%. Either way, if we're trawling the net before bedtime, light passes through the retina into the hypothalamus and delays the release of this sleep-inducing hormone. Effectively, our devices are tricking our brains into thinking it's still daylight.

The experts suggest between 30 minutes and two hours (the amount of time before bed that your body produces melatonin) of technology-free time before you want to go to sleep. There are also now apps that reduce the blue light effect. F.lux uses your location and adapts your computer's screen to the current time of the day. Your computer is designed to look like the sun, however this software subtly shifts your screen to warmer light at night. Similarly, Apple has created 'Night Shift', which lets you set a time at night for your phone to change colours, cutting down the jarring blue light.

While the red and orange hues are believed to have less impact on the body, it's not just the blue light that is upsetting our circadian rhythms. Technology often leads to cognitive overstimulation, causing neurons to race; not to mention stress, which can lead to the release of cortisol. Either way, this is the exact opposite of what our bodies (and minds) should be doing as we try to wind down for sleep.



## HEALTHY HABITS TO HELP YOU SLEEP

So, how do we set the scene for the best night's sleep? As the science here attests, routine can be a positive promoter of sleep. You may not have heard the term much, but 'sleep hygiene' refers to the practices and habits that are necessary to achieve optimum night-time sleep quality and full day-time alertness. So, what habits should be part of positive sleep hygiene?

According to the National Sleep Foundation, one of the most important sleep hygiene practices is to spend an appropriate amount of time asleep in bed. This seems obvious, but it's important not

to spend too much, or too little. In fact, studies have linked too much sleep (more than nine hours) on a regular basis to an increased risk of diabetes, heart disease and stroke, as well as cognitive impairment, increased pain and inflammation and depression. The sweet spot, from a sleep perspective, is to aim for between seven and a maximum of nine hours sleep a night.

The other part of this is considering what else you're doing in bed. We don't need too many details here, but consider this... A recent study found that roughly half of people working in New York City regularly

read or responded to emails in bed. Similarly, a survey in the UK found 57% of employees clock up between two to six hours of work in bed a week, mostly taking place right before they try to go to sleep. Aside from the problems of decreased melatonin due to devices, this practice interferes with building positive sleep associations. Remove anything from your bedroom that doesn't help you to relax, including exercise equipment or reminders of work-related stress. Instead aim to create a relaxing haven that feels peaceful and soothing.



## OTHER POSITIVE PILLARS OF SLEEP HYGIENE

### RELAXING ROUTINE TO WIND DOWN:

We're all creatures of habit, so establishing a routine that promotes relaxation is incredibly positive for sleep. Although there are some obvious things to avoid, there is less research around what should be a part of your routine. Go with whatever you find relaxing and make it consistent. Whether you have a bath or a hot shower, pour a herbal tea, or do some gentle stretches, doing some of the same things each evening – at around the same time – will cue your body towards sleep.

### STICK TO A FAIRLY CONSISTENT BEDTIME:

Consistent sleep and wake times are important for your body clock, or circadian rhythms to function at their best. Consider what time you need to get up each morning to work best for

your work and family routine, then work back from there to pick a bed time that ensures you get enough zzzs. Commit to going to bed at the same time for at least two weeks and see if you see a difference.

### EXERCISE DAILY, BUT NOT TOO LATE AT NIGHT:

Research has found that even as little as 10 minutes of aerobic exercise a day can drastically improve night-time sleep quality. Exercise increases our heart rate and body temperature and releases epinephrine (adrenaline) in the body, so some find it can adversely affect their sleep if they work out too late in the day. If this is you, try to allow a few hours between your sweat session and sleep-time; however, studies haven't found a conclusive link for most people. That said, a study in the Journal of Physiology found that the effect of exercise on

regulating circadian rhythms was most profound for people working out in the middle of the day. Either way, some exercise is better than none, even if you can't fit it into your lunchtime.

### GET OUTSIDE:

It turns out that we are just as sensitive to seasonal changes in daylight as animals are! In winter, when we spend longer periods indoors, and rely more heavily on electrical lighting for hours in the evening, up to a two hour delay can occur in our internal clocks. Think about when you go camping; chances are you head to bed and rise more in line with the sun. Weekends at home, however, often see us staying up late and sleeping in, which shifts our circadian clocks later. Just a little more time outdoors in the natural light can have a profound effect on our sleep patterns.

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# NEWS & EVENTS

## WORLD HEALTH DAY – APRIL 7, 2017

Celebrated every year to mark the anniversary of the founding of the World Health Organization (WHO), World Health Day is a global event that works to mobilise action around a specific health issue of concern. 2017's campaign centres around depression, with the goal that more people with depression seek and get help.



Sadly, despite how far we've come, the stigma surrounding mental illness remains a barrier to people seeking help. However, talking about how they're feeling is a vital component of recovery. While depression affects people from all ages and walks of life, WHO believe that adolescents, women of childbearing age (particularly following childbirth) and adults over 60 are disproportionately affected. The good news is that depression can be effectively treated. As the campaign slogan goes: "Let's Talk".



## WE'VE GOT A NEW ADDITION TO THE FAMILY!

It's that time of year... the time when we need our immune systems to be functioning at their best in order to keep winter bugs at bay. Just in time, we've added Good Health Viralex Kids to our range of immune-boosting offerings. These chewable tablets contain clinically researched ingredients that have seen children have less days off daycare and school, which is good for all the family!

Even the fussiest little eaters will love the delicious berry flavour and the chewable tablet is child-friendly, especially with the cute kiwi embossed on each. It's not just about appealing to the wee ones though. Mum and Dad can rest assured that they're not only supporting their children's general health and wellbeing, but providing immunity for winter wellness and speedy recovery if any bugs do come to play. Not only that, the Viralex brand is trusted and well-known in the natural health world. We're excited to have this as part of our offering.

## LIPSTICK SO HEALTHY YOU COULD EAT IT

Did you know that, over the course of her lifetime, a woman may ingest 3 kilograms of lipstick through her skin or via swallowing! It makes you wonder what's in them...

Inspired by natural health supplements, Antipodes have launched a new range of natural lipsticks with edible ingredients. From avocado pear, evening primrose seed, argan nut and calendula flower, to shea butter and vitamin E, the Moisture-Boost Natural Lipstick range are moisturising and healthier for both your lips and your body.

## NEW FROM NUZEST

New from Nuzest is Kids Good Stuff. We all know it can be tricky to get enough healthy and balanced nutrition into our little people, but this product makes that less of a worry. Packed full of vitamins and minerals, Kids Good Stuff is a superblend of the essential nutrients they need for wellness, growth and development. Just some of the special ingredients in Kids Good Stuff include:

- Lecithin, for healthy brain development
- Digestive enzymes, to help break down food
- Prebiotics and probiotics, for happy little tummies
- Protein, for stronger bodies and the ability to heal and repair
- Trace minerals for the development of bones, teeth, skin and nails
- Bioflavonoids, to help keep nasty bugs at bay
- And phytonutrients, that are only available from real food, to help with their general health.



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Natural Lipsticks



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Glenfield, (09) 443 1896

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LynnMall, 3058 Great North Road, New Lynn, (09) 827 670

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Westfield Manukau City, Great South Rd and Manukau Station Rd,  
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Northwest Shopping Centre, 1-7 Fred Taylor Drive,  
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Westfield St Lukes, 80 St Lukes Rd, St Lukes, (09) 846 4477

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Sylvia Park, 286 Mount Wellington Hwy,  
Mount Wellington, (09) 573 0310

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### BAY OF PLENTY

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### TAUPO

HARDY'S TAUPO

37 Horomatangi Street, (07) 378 9057

### WELLINGTON

HARDY'S QUEENSGATE

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