

# My Hardy's

*We'll get you feeling good!*



Get a superbody  
this winter



Supercharge your  
immune system over  
the cooler months

NATURALLY KIWI  
SINCE 1986

# Feel good as gold this winter!

by Karin Spicer N.D  
Lifestream Naturopath



Locked away under the skin of the **New Zealand grown gold kiwifruit**, in its golden flesh, is a powerhouse of nutrients including vitamins, minerals, folate, dietary fibre and antioxidants.

Recent research has also shown that this specific kiwifruit is a powerful wholefood prebiotic that helps to restore the good bacteria for a balanced gut microbiome. Having a balanced microbiome helps to strengthen our immunity and supports optimal gut health.

**NEW Lifestream Kiwi Bio-Boost** contains the key active Livaux™ which is derived entirely from premium New Zealand gold kiwifruit, exclusively sourced from Zespri® approved growers. This unique wholefood prebiotic is combined with the probiotic *Bacillus coagulans* Unique IS2™ to provide a daily boost for immunity and digestion, and support for bowel health and regularity.

#### How does Livaux™ work?

We have a specific beneficial 'superhero' bacteria in our gut, which is one of the most abundant types of good bacteria, called F. Prau. Having low levels of this important bacteria can have an effect on our immunity, digestion and bowel health. Scientific research shows that the best way to support healthy levels of this beneficial bacteria is to feed it with the specific wholefood prebiotic fibre; Livaux™, from New Zealand gold kiwifruit.

#### Why does Kiwi Bio-Boost also include the probiotic *Bacillus coagulans* Unique IS2™?

This specific probiotic has been scientifically researched and is shown to survive the acidic conditions of the stomach because it naturally has its own protective coat. When these effective probiotics get to the gut they quickly start multiplying and increasing our good bacteria for added immune and digestive support.

#### Lifestream Kiwi Bio-Boost provides:

1. A bioavailable, non GMO, wholefood source of vitamins, minerals, fibre and antioxidants from New Zealand gold kiwifruit
2. Wholefood prebiotic support for a balanced gut microbiome
3. Probiotics for the growth of beneficial gut bacteria




#### How can Lifestream Kiwi Bio-Boost support your health?

- ✓ Boosts the immune system
- ✓ Aids healthy digestive function
- ✓ Provides gentle support for bowel regularity
- ✓ Supports year-round optimal daily wellbeing

Available in vege capsules for adults containing the wholefood goodness of 2 gold kiwifruit and a yummy natural berry flavoured chewable tablet for kids with the wholefood goodness of 1 gold kiwifruit and no artificial ingredients or added sugar.

Keep your family feeling good as gold with Lifestream Kiwi Bio-Boost.



Visit us at [lifestream.co.nz](https://lifestream.co.nz)   [lifestreamwholefoods](https://www.facebook.com/lifestreamwholefoods)  100% New Zealand Owned

Lifestream International Ltd, Auckland. Always read the label and use only as directed. If symptoms persist see your healthcare professional. Livaux™ is a registered trademark of Anagenix.

# All about immunity



As we roll towards winter, now is a great time to look at our immunity. This issue of Hardy's magazine focuses on ways in which we can best support the body's immune system, so it can take care of us in turn.

During the colder months, it's often easier to 'catch' ailments like coughs, colds and flu; how often have you found yourself blaming a cough that drags out for weeks on having 'a low immune system'?

Immunodeficiency disorders prevent your body from fighting infections and diseases. Put simply, it's when your body's ability to defend itself is compromised, making it easier for you to catch viruses and infections.

There are two types of immunodeficiency disorders; those you are born with, and those we acquire. I discovered I had Coeliac Disease later in life, at the age of 48. I consider myself one of the lucky ones however – simply by removing gluten from my diet, and eating foods that are as close to nature as possible, I can live a happy, healthy life.

Whether you have an existing autoimmune disorder, or you want to keep yourself healthy, it's vital to ensure you feed your body what it needs. My store cupboard always contains foods and supplements containing zinc, vitamin C, vitamin D, a green drink and an immune-boosting probiotic; closer to winter I also keep some of my favourite immunity boosting herbal blends on rotation too – I buy a different one each time just to keep everything ticking along nicely! A spoonful of Mana Kai raw honey on my oats, smoothies or simply off the spoon is one of my favourite secret ingredients too.

Whatever else you do this winter, make sure you look after your immune system. Not only will you get through the colder months with fewer coughs and colds, but you may also help protect yourself against longer-term issues too.

I hope you enjoy this issue.

Love and light,

Diana Burgess - Naturopath

## CONTENTS

- 4 Get a superboddy this winter
- 5 Guard your gut
- 7 Blitz the body burden
- 9 Staying happy for health
- 10 Raw cheesecake recipe
- 12 Hot picks
- 14 New to Hardy's



BE  
IN  
TO

# Win this winter

Purchase any Nutri-Life product  
and go into the DRAW TO WIN

- 1 of 3 Nutri-Life Health Packs -





# Get a Superbody this Winter!

Wouldn't that be fantastic? But I'm not talking about getting Elle MacPherson's perfect figure, or suffering through a vampire facial. You can get a superbody by boosting your immunity, so you have the best possible chance of becoming – and remaining – fighting fit this winter.

A strong immunity system is the reason we humans have survived living on Earth this long. Our immune systems are genetically programmed to protect our physical body from any foreign invaders, but in recent times, things have started to change, and autoimmune diseases are now on the rise.

The reasons why our immune systems would suddenly stop protecting our body, and instead start attacking it, are very mysterious, and much research is being done around trying to discover a definitive answer to this strange phenomenon. However, many scientists believe our bodies may turn on themselves due to three main factors:

- **Genetics:** Look at your family history to see if there is any family history of autoimmune disorders.
- **Infections:** Anything that attacks the body can cause the immune system to react and become compromised.
- **Environment:** This includes our diet, and the toxins that exist around us. Even our emotions can affect our immunity. That inner chatter!

## What is an Autoimmune Disease?

An autoimmune disease occurs when our immune systems get confused, and instead of protecting us from infections, it attacks our own body's tissues. Immune deficiency diseases decrease the body's ability to fight bugs, leaving us vulnerable to infection. Common autoimmune diseases include rheumatoid arthritis, irritable bowel disorders, celiac disease, type 1 diabetes, lupus, multiple sclerosis and psoriasis.

## Guard your Gut

Our health is ruled by our environment – what we eat, drink, absorb, think, breathe, put on our skin and even where we live. And our environment is becoming increasingly toxic.

Imagine what happens in your body – a body designed to grow and thrive on what nature provides – when it's introduced to an artificial food additive, the chemicals in our personal care products, or the pesticides used in farming? Your immune system is going to go into overdrive to protect you from what it perceives as a poison – and once it's fired up, sometimes it just keeps on attacking what it still thinks of as a problem.

To protect your immune system, start with your gut. Inflammation is a common feature in autoimmune diseases, so eating anti-inflammatory foods is an effective way of helping your immune system work for you.

## TOP 5 GUT-FRIENDLY FOODS

DAIRY-FREE FERMENTED FOODS ( SUCH AS KIMCHI & KOMBUCHA)



MEAT & FISH (FREE RANGE)



KUMARA



OLIVE, AVOCADO & COCONUT OILS



COCONUT MILK



## Foods to Avoid

- Nightshade vegetables like tomato, eggplant, capsicum and potatoes
- Gluten (check all supplements to ensure they are gluten free)
- Dairy
- Legumes, such as beans and peanuts
- Sugar, including sugar replacements

It's not just what we ingest that affects our immune system; stress plays a factor too. Scientific research in 2018 showed people who have suffered from stress-related disorders like post-traumatic stress disorder (PTSD) are also at risk. An American study of over 100,000 people diagnosed with stress-related disorders were found to be more likely to be diagnosed with an autoimmune disease, or multiple immune diseases than someone who had never had one.

So how do we stop our body from going into that 'over-protective' mode when faced with toxins in our food, our household products and even in the air we breathe? Modifying our lifestyles can have a huge effect on our immune system, and a few simple changes can make a very big difference.



### 5 Simple Immune Boosters

1. Eat foods that nourish and revitalise your liver such as broccoli and cruciferous vegies, green tea, beets and berries are all great for detoxing. A daily spirulina supplement is a great liver booster.
2. Only use stainless steel or glass water bottles, and avoid paper, plastic or foam cups
3. Keep moving! Daily exercise helps get the blood pumping, which helps purge harmful substances
4. Reduce screen time. Try to take a break from screens for at least 5 minutes every hour, and use earpieces instead of holding screens close to your face.
5. Take a good immunity-boosting supplement like Viralex to help strengthen your body's defences.



**Check the ingredients lists on food, personal care and cleaning items. If you don't recognise an ingredient, don't buy it!**

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LANGUAGE



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SUPPORT FOR  
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This scientifically formulated magnesium & passionflower combination provides a multi-action effect that may calm the mind & relax the body to support healthy sleeping patterns



Always read the label and use as directed. If symptoms persist, see your healthcare professional. Dietary supplements are not a replacement for a balanced diet. Metagenics (NZ) Limited, Auckland.

# Blitz the Body Burden

It's never been so important for us to protect ourselves against external toxins

Our bodies are designed to detoxify, but accumulated toxins can result in an avalanche of autoimmune disorders. BPA – the chemical found in water bottles, food containers and toys; prescription medications, pesticides, MSG in food, even personal care products like shampoo and deodorants are all loaded with toxins – and we are exposed to them every day.

Dr Patrick Kingsley, the United Kingdom's leading multiple sclerosis expert, reported that out of almost 4000 patients, only five were found not to have mercury poisoning. Workers who were exposed for prolonged periods to silica dust, asbestos, dioxin and lead at the World Trade Centre after 9/11 have suffered a range of autoimmune diseases, including rheumatoid arthritis (37% of subjects).

To minimise your exposure to common toxins, avoid plastic containers, and don't ever use them in the microwave! Look for care products marked as being paraben-free and fragrance-free; anything

which lists 'fragrance' or 'parfum' in the ingredients is likely to include potentially harmful chemicals.

## Step up the Supplements

Almost three quarters of our immunity is linked to gut health, so make sure you're taking a good probiotic, especially if you've been prescribed antibiotics. As we head into winter, there are plenty of immunity-boosting herbal blends in store which can help you fight off any nasty bugs; talk to your in-store Hardy's expert to find out more about which supplements may be right for you.

It's vital to ensure that not only do we feed ourselves the right ingredients; they need to be really good quality ingredients. At Hardy's we only stock top quality supplements that are free from nasties like extra binders or fillers. A low-quality fish oil can actually be harmful, which is why all our fish oil supplements have no detectible mercury in them.

## Top Immunity-boosting Supplements

- **Vitamin C.** Our body can't store this essential vitamin, so taking a daily supplement will keep the coffers filled!
- **Probiotics.** A healthy gut is the best route to a healthy immune system. Talk to your Hardy's in-store consultant to find the right probiotic for your body.
- **Turmeric.** Adding an extra shot of turmeric when you're stressed, or during flu season, can give your immune system the boost it needs.
- **Ginger.** Another mighty shield in your body's defence against invasions, ginger is thought to protect against inflammation, gut issues and brain function.
- **Zinc.** This mineral plays a vital role in the body, but many Kiwis, especially the younger generation, have a zinc deficiency. According to New Zealand's most recent National Nutrition Survey in 2008, our median daily intake should be 12.9mg for men, and 9mg for women.

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# WILD FOR SALMON OIL



## Solgar Wild Alaskan Full Spectrum Omega:

- Pure Salmon oil, sustainably wild caught is from MS Certified fishery
- Undergoes testing and processes not only for mercury but other heavy metals
- Not diluted with other fish or vegetable oils
- Contains natural sourced mixed Tocopherols, Rosemary Extract, Clary Sage Oil, Thyme Oil are to ensure oil freshness
- Sustainable packaging, a coloured glass bottle to ensure light protection
- Natural source of EPA and DHA plus Omegas 5, 6, 7 & 9
- Two softgel capsules provides 2400 mg of Wild Alaskan Salmon oil per day
- Provides 5g of Vitamin D3 and Astaxanthin 20g per serve

It is well known that we need Omega oil for our general health and well-being. The only way to get enough omega oil, especially the highly valued Omega 3 is from our diet. Unfortunately most of us don't get enough or get the right balance of these oils. When we are deficient in Omega oils, our skin can become dry, scaly or bumpy, we might experience joint stiffness, mood swings and brain fog.

Some people opt for plant based Omega 3 sources such as flax or chia seeds, without realising these choices are poorly converted in the body with less than 5% Omega 3 becoming bioavailable.

**One type of fish oil outshines the rest with a higher level of DHA; it is Wild Salmon Oil.**

Fish oil contains two types of omega-3 fatty acids: EPA and DHA. Ordinary fish oils contain a 3:2 ratio of EPA: DHA, but Wild Salmon Oil has both EPA and DHA, it is higher in DHA. Wild Salmon Oil has a different essential fatty acid profile to ordinary fish oil – it contains the full spectrum of essential fatty acids. These other omega fats – 5 through to 9, perform a variety of functions and help to contribute to our overall

healthy balance of essential fatty acids. They also help contribute to supporting heart health, balanced blood sugar, healthy skin, healthy cell structure and growth, restful sleep, and a healthy immune system.

In addition Wild Salmon Oil has a natural source of Vitamin D and antioxidant Astaxanthin. Astaxanthin is powerful carotenoid pigment that can help fight free radicals, supporting skin, eye and brain health. Vitamin D helps support a healthy immune system, mood balance and calcium absorption.

## Not all Salmon is equal:

The Omega 3 oil content can vary depending on what salmon eat. Farmed salmon eat man-made feed, often made from fish meal, soy, corn and vegetable oils thus their omega 6 ratio to omega 3 is much higher.

Wild Salmon are free to swim the cold, pristine clean waters of Alaska and choose a natural diet, which is almost exclusively based on Astaxanthin-rich plankton. Thus giving a better nutritional profile to the omega oil and has become more highly prized than farmed salmon oil.

**SO GO WILD!**  
**GO SOLGAR WILD ALASKAN FULL SPECTRUM OMEGA**





# Staying happy for health

Winter is beautiful; it's a time for many of Earth's flora and fauna to rest and rejuvenate in time for spring.

For us humans, however, it can be a time when we can feel more down than usual; shorter daylight hours and colder temperatures can see us hunkering down, often retreating into ourselves as we struggle to maintain the cheer and warmth of summer.

Seasonal Affective Disorder, or SAD, is a recognised winter-season mood disorder that was first diagnosed in Scandinavia – a region known for its long, dark winters. Generally developed in adulthood, it's more common in women, and people over 20; however kids and teens can also suffer. SAD is linked to our circadian rhythm – our natural body clock that controls energy flow.

## What is SAD?

SAD symptoms include lethargy, anxiety, overeating and oversleeping, sugar and carb cravings, difficulty concentrating, feeling withdrawn and the loss of sex drive. One of the easiest therapies for SAD is light; simply getting outside during daylight hours for longer, or remaining in artificial light for longer, can help; there have also been good results from the intake of flax, Vitamin D supplements and fish liver oils. Talk to your Hardy's in-store specialist about the best options for you.



We all  
**SMILE**  
in the same  
**LANGUAGE**



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# Food for thought

Everyone loves cheesecake! Here is a delicious raw recipe packed with plant based polyphenols and good fats to assist your brain function and mood.

Not only is this delicious but it's also:

- raw
- gluten free
- dairy free (vegan)
- antioxidant
- high in vitamin C
- rich in polyphenols
- high in fibre
- high in good fats

## AREPA NEUROBERRY

Neuroberry® is a unique variety of freeze dried New Zealand Blackcurrant shown to support neurological health and reduce mental fatigue. They are a rich source of Vitamin-C and contain some of the highest levels of anthocyanins (the colour compound) compared to any berry commercially available in NZ. Snack on these little gems or add them to your cereal, smoothie, yoghurt or raw baking.



Great for toppings!



## Spoil Yourself

### NEUROBERRY RAW CHEESECAKE

#### YOU WILL NEED:

- 2 Tbsp Cacao powder
- 2 Tbsp Arepa Nootropic Powder
- 1/2 cup dates
- 1/4 cup almond milk or coconut milk
- 1.5 Tbsp maple syrup
- Pinch of salt
- 1/2 tsp vanilla extract
- 4 Tbsp coconut oil
- 3/4 cup almonds
- 1 cup cashew nuts raw (Soaked for 3 hours)



Check this recipe out online!

<https://drinkarepa.com/blogs/mindful-blog/neuroberry-cheesecake-recipe>

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### MULTI-SYSTEM DEFENCE

Ultimate immunity, System Well is an all in one formulation offering multi-system defence. Cellular, circulatory, digestive, respiratory and systemic.

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Pharmcare NZ, Auckland

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Hemp Hearts are a complete and delicious protein source, containing all essential amino acids, which are the building blocks for all protein in our bodies.

Hemp seed oil contains an optimal ratio of Omega 6, 3 & 9, including GLA, which works to boost metabolism, support immunity and promote heart health.

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#### ESTER C

Provides 24 hour immune support, is non acidic and stomach friendly.

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Includes Hardy's Sleepy Spray and Hardy's Relaxation Spray.

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Any 2 for \$29.90

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Featuring trust codes, for full traceability, Mana Kai's UMF Manuka Honey is a luxurious, creamy honey. This high-grade honey is widely recognised for its unique beneficial qualities. This natural superfood contains an abundance of nutritional properties to help support you through the cooler months.



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A great syrup for when the kids succumb to sniffles and noses start to run! Children's Ear Nose & Throat helps dry sinus passages and soothes heavy heads and dry throats. This yummy minty flavoured syrup includes high strength Echinacea, Elder and Pelargonium to support recovery from winter bugs. Suitable for ages 0-12 years.



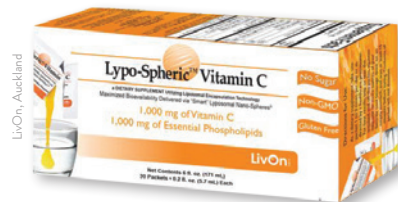
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## SENSATIONAL C

LivOn LypoSpheric Vitamin C is much more efficient than other oral forms of Vitamin C. This exciting new supplement supports a healthy immune system and optimal overall health.

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Better than bottled water right from your tap;  
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# VITAMIN C *from the tree*

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Beautifully formulated, this is a unique blend made from certified organic, raw and freeze-dried super-fruit powders rich in organic vitamin C. Being a food source, its potency comes from the synergy of the complete vitamin C complex including co-factors - a biochemical complex that was alive and growing and subject to sunlight. An added bonus with vitamin C from the tree, is that it naturally contains a long list of synergistic nutrients including, more vitamins, minerals, polyphenols (including bioflavonoids and anthocyanins) and also other strong antioxidants like ellagic acid.

Amalaki an exceptional general tonic, leads the formula with its valuable health enhancing attributes. This revered Ayurvedic herb adds 'Rasayana' (unique adaptogenic and rejuvenating-anti-ageing qualities) to the mix.

The other star ingredients in this great formula are Camu Camu, Acerola, Blackcurrant and Rosehip.

Vitamin C from the tree is 100% PURE! It contains no synthetic ascorbic acid, tapioca starch, maltodextrin, gluten, sugar, dairy, soy, yeast, artificial colouring, free flow agents, flavourings, sweeteners or preservatives.

In sourcing the best organic ingredients Vitamin C from the tree work with suppliers including those that are committed to organics, sustainability, conservation of biodiversity, fair trade and high levels of quality control.

Each tsp (3g) is calculated to contain 150mg of vitamin C, according to recent research this is around the daily amount required to maintain optimal plasma vitamin C concentrations in the body. Vitamin C helps to protect against cardiovascular disease, free radical damage, eye disease, fatigue and much more...

The NATURALLY POWERFUL way to boost your vitamin C levels and immune system this winter.

So come in to Hardy's and get some today!



For more information visit [www.vitaminfromthetree.co.nz](http://www.vitaminfromthetree.co.nz)

# HARDY'S NEWS

# New Stores

HORMONES  
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We now have Hormonal  
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- Opening deals
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### Hardy's Glenfield

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### Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd, (09) 424 3882

### Hardy's NorthWest

Northwest Shopping Mall, (09) 416 9605

### Hardy's Pakuranga

Shop 117 Pakuranga Plaza, (09) 576 5843

### Hardy's Taupo

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### Hardy's Paihia

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Real Vitamins Ltd, Auckland



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