

My Hardy's

We'll get you feeling good!

Get
Proactive
this Winter

Move
towards a
better you!





Nucell+ with Good Cell Health will provide the Energy to do what you Love.

Nucell+ is providing Nature's Solution to Good Cell Health with a range of products to support your energy, immunity and help detox the body.

Our Fulvic is nature's vehicle for transporting minerals and nutrients to your living cells.

Our Collagens, Vitamins and Supplements are minerals and nutrients which support your body system.



Embrace the season

Those of you who know me will know that Winter has never been my favourite season. However, after spending time in Wanaka and Central Otago, enjoying those crisp Winter days, my opinion has changed. I have a new found appreciation for wrapping up, getting out and enjoying nature. There's something a little magical in bundling up in a scarf and beanie, and feeling the cold, fresh air on your face. It also inspired the theme of our Winter magazine, which is all about being active without pain.

Love and Light,

Diana

Diana Burgess - Naturopath



Proudly produced by
PUMPT
ADVERTISING

CONTENTS

- 4 Moving towards a better you
- 6 The road to mobility
- 7 Dancing in the rain
- 8 Lifestyle treatment plan
- 11 Petercise (exercise with your pet)
- 12 Benefits of pets
- 13 Move pain free wellness plan
- 15 Diana's helpful hints (food choices)
- 16 Good green vitality
- 17 Love the skin you're in
- 18 Hot picks - celebrate winter
- 20 Glow up breakfast bowl (recipe)
- 21 The power of hemp (connect)
- 22 Hardy's News - new stores!

For products shown in this edition of My Hardy's magazine, the following applies: Always read the label and use as directed. If symptoms persist see your healthcare professional.

Vitamins are supplementary to a balanced diet. TAPS PP7519
Autumn deals available from 1 June 2021 to 31 August 2021.

Enjoy *moving* around beautiful NZ



LAKE WANAKA, NEW ZEALAND

Moving towards a better you



Looking back on this last year, I'm sure we can all agree that lockdowns have taught us a few things and certainly highlighted some issues in our everyday lives – both good and bad.

The time is now

The lockdowns have been my inspiration to get out and about with my hubby, Vince, in our motor home, visiting new and interesting walks and cycle trails we'd never seen before. We have always enjoyed the New Zealand outdoors, and welcomed these opportunities to enjoy the beauty and calm of nature, making new friends along the way.

Unfortunately for me, these trips also brought home the reality of just how many people there are who are battling mobility issues each and every day.

It saddened me to see men and women as young as in their 40's and 50's, struggling to breathe and walk, in obvious pain and discomfort. Left unchecked, these same people will experience further deterioration in their flexibility, agility and strength, reducing mobility even further when they should be enjoying their golden years.

Movement contributes so much to our overall wellbeing, from mental and hormonal health, to cardiovascular strength, immunity and body composition.

Fortunately, the introduction of a few lifestyle changes now can greatly impact our mobility a few years down the line.

ARNICA PLUS CREAM

A higher strength cream supports the body's natural response to injury, fatigue and bruising. Aids normal muscle recovery after strenuous exercise and exertion.

Naturo Pharm Ltd, Rotorua



Pic by Phil Bensemann



The Road to Mobility

Begins with a Single Step

Getting started is often the hardest obstacle to overcome, and it needn't be. Take a step back and identify one single thing that you can do differently. Then just do it.

It may be something as simple as taking a flight of stairs over an elevator on your way to work in the morning. Or taking a stroll on the beach every Sunday afternoon. It may feel like there is no way that one small change can make a difference, but that one small change impacts in a number of ways.

The human brain needs an action repeated 40 times to establish it as a habit. So start by picking one small thing that you can start immediately and dive in. Don't allow your brain time to come up with excuses (because it will). Focus on how easy it is to achieve that one small thing. And one day, you'll suddenly realise that it's become a part of your everyday routine. And that means it's time to take the next small step.

In the My Hardy's Summer 2019 issue, I featured an article called "**The Power of 8%**" in which I wrote about a book called "Get Real Well Soon" by Michael Brosnan. If you are feeling overwhelmed about getting your health back to an optimal level, the full issue is on our website - I would urge you to read it. It certainly impacted hugely on my road to recovery.

The Power of 8% is the simple principal of improving the things you do slowly and methodically in 8% increments. It's only 8% - everyone can do that! Drink 8% more water every day. Easy! Consume 8% more fresh fruits and veggies in all the colours of the rainbow. Done! Reduce coffee / alcohol / chocolate by 8%. No problem! Up my exercise routine by 8%. Feeling fantastic!

So stop everything you're doing right now and take a moment to think about that one small step you're going to take to improve your health and wellbeing.

Simple ways to improve mobility, flexibility and longevity.

Spend some time each day on the floor, moving like a toddler, getting up and down, crawling, rolling around and stretching. Practice the Asian Squat as research shows this simple technique will increase your life span, reduce lower back pain, improve digestion and bowel function and so much more. Most importantly listen to your body. Think of mindful movement as medicine. If it feels good, do more. Do not push through any pain.

Dancing in the Rain

Good habits can be formed at any age and it's never too late, or early, to implement them. Inspire your children through your actions by forming healthy, sustainable habits. **Stay positive, eat well and move!**

GET YOUR FAMILY MOVING

Winter does not mean that you must stay indoors and limit movement. On a crisp Winter's day, don't forget to get fresh air and enjoy the nature around you. A spot of gardening, a walk around the block, exercising under your favourite tree or taking the dog for a run in the park, are activities we can all enjoy in the colder months. Just make sure you are wrapped up warm, or embrace the elements and dance in the rain.

If your family prefers to stay indoors, then limit screen time and try something active, such as cooking or baking. You can follow yoga routines on YouTube, try your hand at painting or something crafty, play games like Twister or physically challenging console games to get the heart pumping - the ideas are limitless.

**PREVENTION
IS BETTER THAN
CURE**

- DESIDERIUS ERASMUS



ORGANIC CALENDULA BABY

Soothing skincare for babies Unfragranced and gentle for delicate skin.

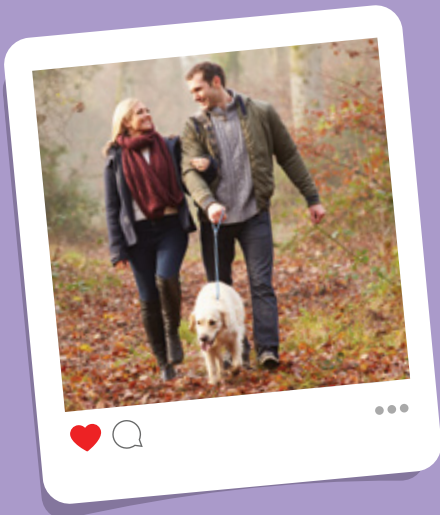
We have harnessed the beneficial properties of this unique, sacred flower in combination with carefully selected natural extracts and ingredients, to develop a range of products completely free from perfume, colour and alcohol, to ensure they are as mild and gentle as possible.

This brand new range of products can help to moisturise, replenish and gently cleanse skin without irritation, and helps to provide comfort and hydration.





Lifestyle Treatment Plan

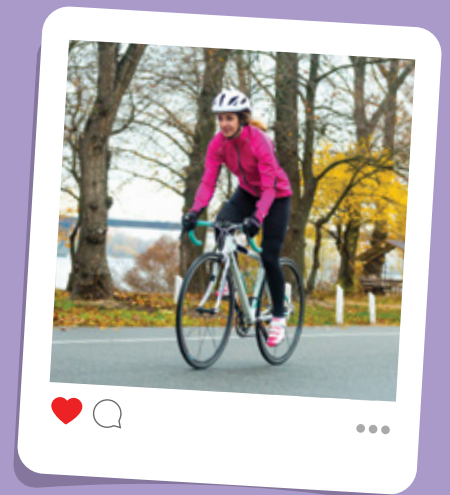


VITAMIN G *Green Spaces*

Get out and enjoy nature. Spending time outdoors in green spaces has been shown to reduce stress and enhance mood. It may be a walk in the park, spending time in your garden or even eating lunch outdoors when you can.

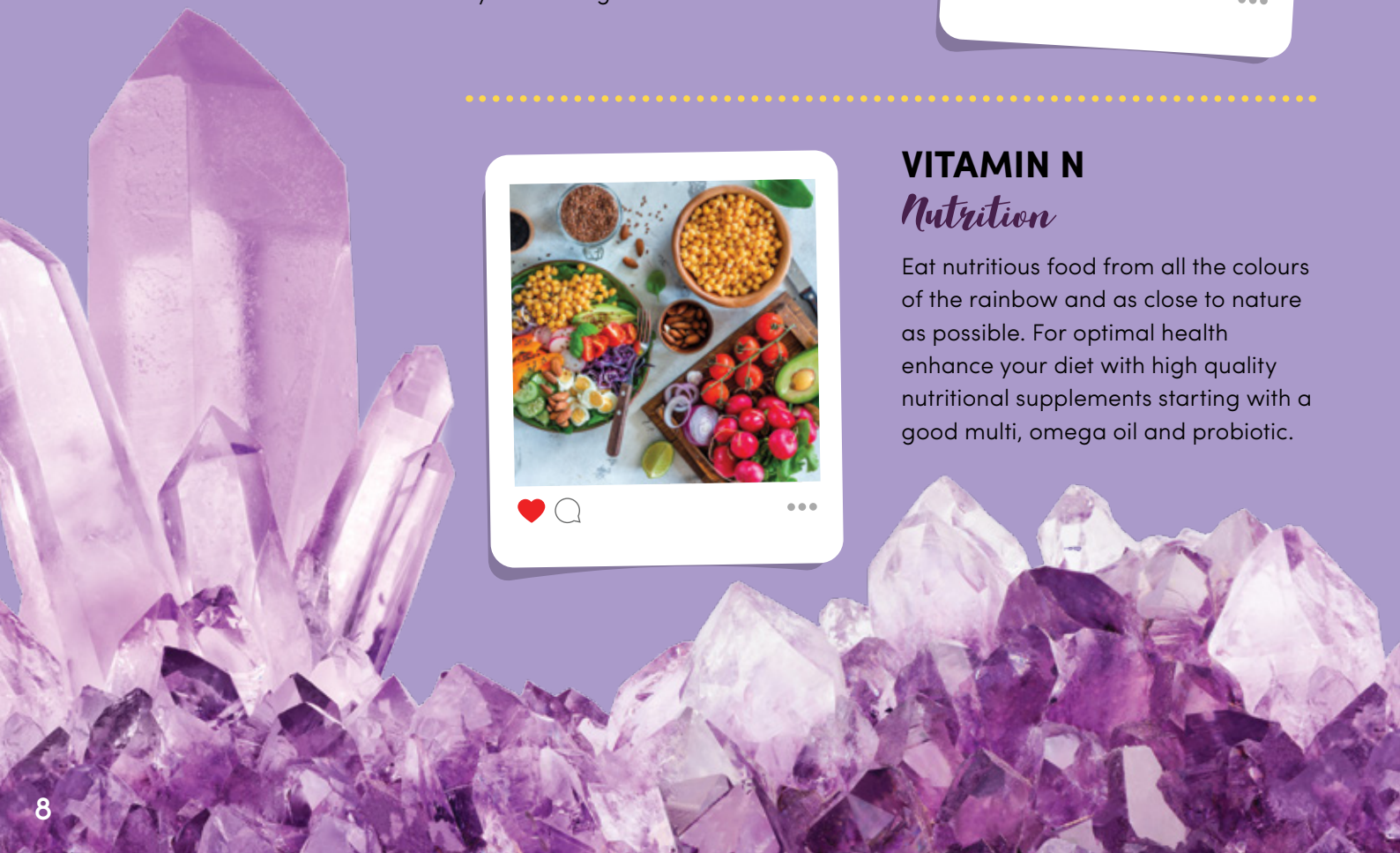
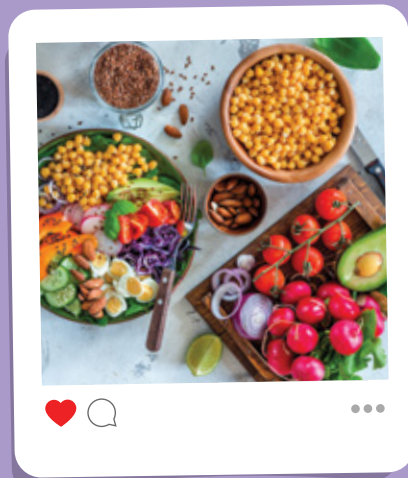
VITAMIN M *Movement*

Move everyday. Do more of what makes you feel good, especially movement that makes you smile.
Walking, jogging, dancing, biking, yoga.
Sitting is the new smoking. Now more than ever we need to keep moving or risk losing flexibility, agility, mobility and strength. Movement is medicine.



VITAMIN N *Nutrition*

Eat nutritious food from all the colours of the rainbow and as close to nature as possible. For optimal health enhance your diet with high quality nutritional supplements starting with a good multi, omega oil and probiotic.





VITAMIN R *Rest and Relax*

Aim for 7-8 hours of quality sleep. Allow your body to rest, rejuvenate and recharge. Practice meditation, restorative yoga or a breathing technique like diaphragmatic or mindful breathing.

**HOT
DEAL!**

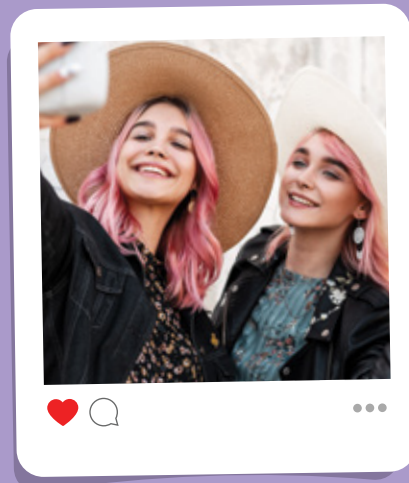
HARDY'S SLEEP AND
RELAXATION SPRAYS

\$14.90 ea
was \$22.90



VITAMIN L *Laughter*

We all know that laughter is the best medicine. There's actually laughing yoga classes for that reason. What is not so well known is that the simple act of smiling has been shown to have a positive impact on our biochemistry, which means smiling can create happy hormones improving our overall health and vitality. So start each day with a smile, laugh often and choose activities that make your heart sing.



VITAMIN S *Sunshine*

Get outdoors and soak up some beautiful rays of sunshine, ideally 15-20 mins. Just enough to feel that tingling sensation under your skin. The Vitamin D we manufacture is extremely important for our immunity, mood, hormonal, digestive, skin and so much more. A simple at home Vitamin D test is now available at Hardy's.



Healing lips Naturally with Lysine:

The immune system plays a huge part in maintaining skin health. So, if your immune system is run down, this may result in specific skin concerns. It is therefore important to keep your immune system healthy and to support nutrient balance to contribute to your everyday skin health.

What is lysine and how can it help?

Lysine is an essential amino acid and a building block for protein. Because your body cannot manufacture lysine, you need to consume it either from the food you eat or through supplementation. Lysine is associated with immune support and is helpful during periods when immune health is challenged which could result in lip and skin concerns.

How does lysine support lip health concerns?

Lysine competes with arginine for absorption and entrance into the cells, helping to support your immune system, so that you are less likely to deal with ongoing lip concerns.

Oleuropein, the active ingredient from the leaves of the olive tree, has been shown to be effective in supporting the immune defences.

Together, lysine and olive leaf make a great team, as they are both very effective support for the immune system and skin health.

Something else you may not know about lysine and your skin:

Studies show that lysine may also help support collagen production in the skin, which can support with healing and repair.

Why Viralex® Lysine?

Good Health have captured the great healing properties of both lysine and olive leaf extract into one great combination product - **Viralex® Lysine**. As mentioned, lysine is an essential amino acid that supports lip health and olive leaf is a traditional herb providing an antioxidant benefit to naturally support immunity and support the recovery process.

What is the recommended dose of lysine to support lip health, immunity and skin concerns?

Dosage: Maintenance dose: Adults: Take 1 tablet up to 3 times daily with food or as professional advised. Acute dose: Take 2 tablets twice daily with food.

Take regularly for support for the immune defences when you feel down.

SUITABLE FOR VEGETARIANS AND VEGANS

Best used in conjunction with our **Viralex® Lysine Ointment** for ongoing lip health support.

Good Health Products, Auckland
Always read the label and use as directed. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. If symptoms persist, see your healthcare professional. TAPS MR7389



Petercise



A wet nose on your arm, a soft paw on your lap or the sound of an excited tail wagging – these are experiences shared among every dog owner, which usually means that they want you to take them for a walk. Dogs love routine and have formed habits, so come rain or shine, they must go out. A great motivator to get off the couch and get moving.

Our pets are true friends, so whether you're curled up on the couch with your cat, walking through a forest on a majestic horse, taking your dog on a beach walk, or just sitting and watching the grace and beauty of a fish as it swims, our pets add pure joy to our busy lives.

Many scientific studies around human and animal interactions indicate a definitive link to improved quality of human life. We now know that spending time with animals helps decrease our levels of the stress-related hormone Cortisol. Animals also reduce our feelings of loneliness and increase our feelings of wellbeing and social support. That's why so many of them are used in hospitals and nursing homes to relieve stress and aid pain management.

Pets and connecting with nature can be the best personalised medicine you can ever have. The unbridled joy of my fur babies' faces when they see me always makes me smile, no matter how tough my day has been.

Take the time to appreciate the best of the nature around us. Such as capturing a moment in time with a butterfly, or just witnessing and appreciating the beauty of birdsong and animals frolicking in nature.

It is amazing how much love and laughter our pets bring into our lives and even how much closer we become with each other because of them.



Benefits of Pets



1. PREVENTING ALLERGIES

Along with a growing number of other studies, Dr. Gern's research has suggested that children who grow up in a home with "furred animals" – whether it's a pet cat or dog, or on a farm with large animals like horses, will actually have a lower risk of allergies and asthma than those who don't.

2. HEALTHY HEART

Both the Centers for Disease Control and Prevention (CDC) and the National Institute of Health (NIH) have conducted extensive studies on the heart health of people with pets – and the news is overwhelmingly good. Pet owners have lower blood pressure and a lower risk of developing cardiovascular diseases.

3. LOWER STRESS

In one study, a group of stockbrokers who suffered from high blood pressure were encouraged to adopt either a cat or dog. In their subsequent blood pressure readings, those stockbrokers with pets had lower blood pressure in stressful situations than those who didn't – even when their dog or cat wasn't actually with them.

4. LOSE WEIGHT AND GET FIT

This is especially true for dogs, the majority of which need walking several times a day, every day.

Having a reason to get outside – whether rain or shine – is a great motivator to lose that extra weight and boost those fitness levels.

5. HELP YOUR SOCIAL LIFE

One of the reasons pets are so good for those with mental health issues is because they offer a sense of companionship.

A 2015 study shows that other kinds of pets, including cats, rabbits, and snakes, can also be catalysts for making friends and finding social support.

Being a pet owner was the third-most common way that survey respondents said they met people in their neighborhoods (behind being neighbors; and using local streets and parks).

FOR MORE READING, GO TO: WWW.KEEPINSPIRING.ME/HEALTH-BENEFITS-OF-PETS

Don't just live with it. Live.

Chill Pills

Meditation in a bottle. Support relief in times of overwhelm and stress.



Period Pal

Every woman's best friend to support a balanced and regular cycle.



Take Me With The Pill

Nutrients to support your health while using hormonal birth control.



NEW
IN STORE

eve

Join the evolution.

Move Pain Free Wellness Plan



MOVING PAIN FREE STARTS WITH A HEALTHY GUT.

It's important to note that even when digestive symptoms are not apparent, scientific research over the last decade has reinforced the fact that most common chronic diseases and pain begin in the gut - or more particularly the gut interface. It is well known that 80% of our immune system is located in the gut, directly below the cells lining the digestive tract. What is not so well known is that the Gut-immune interface plays an incredibly important role in managing inflammation and many other disease-causing-processes that can affect our health, wellbeing and vibrancy. Although an essential process, inflammation when uncontrolled results in chronic low-grade inflammation which can lead to all sorts of seemingly unrelated conditions including skin issues, muscular and joint pain. Put simply, when the gut is happy and healthy we have less likelihood of pain and inflammation in our extremities.

Add good fats to your diet like Avocados, Hemp and Flax Seeds, Hemp Oil, plus for added benefits take a high quality anti-inflammatory Omega oil with therapeutic doses of EPA.



Take Collagen daily to improve the intestinal epithelial barrier function. Collagen is a major component of the human body, contributing to about 30% of total body protein. As such collagen is essential for the structure and function of mobile joints, strong bones, healthy muscles, strong ligaments and tendons, smooth vibrant skin, healthy hair fingernails and healthy robust gut epithelial cells.

Avoid processed acid forming foods including sugar. Reduce portion sizes of red meat. Enjoy alkalising green smoothies and soups.



Treat yourself to a regular massage and book in for a WOF from your osteopath, chiropractor or physiotherapist.



Reduce chronic inflammation with Turmeric.



My preference is a full spectrum Curcumin due to it being more efficiently absorbed and gut friendly.

Move daily! Include flexibility, strength and mobility exercises. Yoga, Nia, Pilates, TaiChi, Qigong are fantastic ways to keep moving pain free.



Take a joint formula specific for joint concerns. One of my favourites is **Solgar 7** with 7 fab ingredients that deliver results in 7 days or a glucosamine formulation may better suit your needs. Ask a Hardy's Expert for once that BEST suits your needs.



Enjoy bone broths.

Consider getting a hair analysis or health and well-being fit-genes test.





KEEP MOVING

freely



HOW SOLGAR® CAN HELP YOU

COLLAGEN HYALURONIC ACID COMPLEX

A unique beauty formula designed to nourish skin from within and support joints. Added Vitamin C supports the body's own collagen formation and provides antioxidant protection.

SOLGAR® NO. 7

Solgar 7 is the next generation after glucosamine that effectively supports mobility, flexibility and range of motion, bringing together bio-active nutrients that work to create a first to market approach for occasional 'tweaks' and joint stresses brought on by exercise, sport or physical activity.

TRIPLE STRENGTH OMEGA-3

This potent 3x strength formula is Solgar's highest concentration of naturally sourced omega-3s to support healthy joints and maintain healthy skin.

FULL SPECTRUM CURCUMIN LIQUID EXTRACT

With 185x greater bioavailability than standard curcumin, Solgar Full Spectrum Curcumin provides long lasting support in brain, joint and immune system health.

EXTRA STRENGTH GLUCOSAMINE CHONDROITIN COMPLEX

Glucosamine and Chondroitin are important components of glycosaminoglycans the essential structural material in healthy cartilage, supporting mobility, range of motion, flexibility and easing of occasional joint stress due to exercise or physical activity.

Diana's Helpful Hints

The power of food choice...

The foods we 'choose' everyday have profound effects on our health both now and into the future. Each mouthful is rich in thousands of food chemicals that tend to promote either health, or disease. Not only do our food choices impact the health of our own cells but also affect the billions of friendly microbes with which we co-exist. Neither can function properly on nutritionally-deficient over-processed foods.

THE UNIQUE HEMP OIL EVERYONE IS TALKING ABOUT



WWW.NZHEMPRESS.CO.NZ

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



STAY HEALTHY THIS WINTER WITH *Good Green Vitality*

By Kerry Locatelli, BNat

As we move from Summer, through Autumn and into Winter, there is a flow on effect of change. We find ourselves wearing extra layers of clothing to keep warm. We move less and often choose to hibernate at home over getting outdoors. We reach for different food, often choosing more of those comfort foods that make us feel warm and full.

We may also find ourselves feeling under the weather. Colds, flu, low energy and feeling blue are quite common during this time. Taking extra care of your health and wellbeing during the seasonal shift can go a long way to help you transition and feel-good during Winter.

Along with eating well, getting enough sleep, exercising regularly, managing stress and spending time doing things that make you happy, Good Green Vitality might just be the nutritional insurance you need to help keep you healthy this Winter.

Good Green Vitality is loaded with quality ingredients including important vitamins, minerals, plant foods, plant extracts and probiotics. It helps to fill nutritional gaps

and can play a very meaningful role in creating health.

Nutrients specifically important for immunity include vitamin A, vitamin C, Vitamin D, vitamin E, and zinc. Vitamin A supports your resistance to ills and chills. Vitamin C can help support recovery, and it may also shorten the duration of ills and chills.



Vitamin D supports your immune system and supports mood balance in the colder months. Vitamin E supports a balanced immune system and calms the body. Zinc is essential for many enzyme reactions in the body. It is very important for immune system health and healing, and it is another nutrient that can be very helpful in guarding against a low mood.

The plant foods found in Good Green Vitality nourish us even further. For example, spirulina calms irritated airways and chlorella supports production of immune defence cells.

Adaptogens like ashwagandha, ginger, ginseng, gotu cola and astragalus can provide a tonic effect and help us respond better to stress. Herbs like rosemary are calming and antiseptic. These and many more plant extracts found in Good Green Vitality really do add the x-factor.

Probiotics play a key role in keeping the gut healthy and a healthy gut is vital for supporting a robust immune system.



Not only does Good Green Vitality provide you with all these nutrients, plant foods, plant extracts, probiotics and more, it also provides them in a their most bioavailable forms. Using plants foods provides nutrients in a more natural state and these nutrients work together synergistically.



Let Good Green Vitality help you look after yourself so that you can stay healthy this Winter.

Love the skin you're in

Cold, dry air can leave your skin itchy, red, and irritated.

Combat dry Winter skin by adding moisture from the inside out - increase your water intake to help hydrate your skin. Moisturise thoroughly and don't forget sunscreen - just because it's cold outside doesn't mean the sun isn't affecting your skin.



Try Dr Organic Pro Collagen Plus+ for firmer, smoother skin. See in store or online at hardys.co.nz for the full range.

Hot Picks!

Celebrate Winter with HOT savings!

DEAL

Buy a Be Well Immune Boost 250ml, get a FREE 100ml Ear Nose & Throat tonic.

HOT TIP: Immune Boost makes a fabulously nourishing hot drink. A squeeze of lemon and honey can be added too.

BE WELL IMMUNE BOOST

Feeling tired and rundown? Immune Boost is a super nourishing blend for those prone to repeat illness and needing an energy lift.

Harker Herbs Ltd, Waipu



BE WELL STRESS RELIEF & SLEEP WELL

Get this Sleep & Stress combo for calm days and restful nights. Great support for those with disrupted sleep patterns and managing busy schedules.

Harker Herbs Ltd, Waipu



GOOD HEALTH IMMUNO-WELL

Immuno-Well powered by EpiCor® is scientifically researched, providing a range of nutrients to support the connection between optimal digestive health and a strong immune system. Suitable for use during pregnancy and while breastfeeding.

Good Health, Auckland



BEPURE IMMUNE ACTION

Fast-acting, full-spectrum immune defence support for everyday health, and recovery from ills and chills.

BePure Health Ltd, Auckland





IMMUNE EVERYDAY

Everyone. Everyday. Every Season.

Provides daily support for total immune system balance and wellness. Our immune system works hard to safeguard our health, so it is essential that we keep it primed to cope with daily challenges. Supports overall immune system function; facilitates a balanced stress response; raises antioxidant status to strengthen resistance; and nourishes liver and kidneys. Active botanicals of Ashwagandha, rosehips, maitake and shiitake mushrooms offer a daily power-punch to keep you in top shape to face the world!

NaturalMeds, Auckland

Don't miss out on our fabulous deals. Visit your local store today!

IMMUNE VRL PRO

Offers rapid response support to strengthen the immune defences. The entire body's defence structure – from the skin, to the nerves and the sinus and respiratory system, are designed to keep invaders out. By combining traditional herbs known to replenish and invigorate defensive Qi energy, this formula supports our natural immune function. Includes adaptogens to support energy and a balanced stress response, to help you get back on your feet fast! Features a premium blend of Astragalus, Eleuthero, European Elderberry, Ginger and Chinese Licorice root.

NaturalMeds, Auckland



IMMUNE BAC PRO

Suitable for acute use, this formula offers rapid response support for skin, digestive, urinary and respiratory health along with healthy lymphatic elimination. Formulated with stress adapting, bitter botanicals, to tonify Qi energy and support strength and recovery. Rooted in Traditional Chinese practice, this is a strong heat-clearing formula. Includes Chinese Goldenseal, a rich source of berberine; Burdock for the lymphatic system; Japanese Honeysuckle and Forsythia for optimal respiratory health and skin support; and Andrographis, the 'King of Bitters'.

NaturalMeds, Auckland

IMMUNE ADVANCED

Designed to balance, with deep, long-term immune support for whole system wellness. Specially formulated by a master herbalist, this targeted formula goes beyond the surface and re-establishes harmony between the body and the immune system. Custom fermentation releases the mushrooms powerful immune-harmonising potential of the polysaccharides; detoxification herbs open up pathways to support healthy liver and lymph system function; Schisandra provides vital support to balance the stress response. Essential support for those that need help to feel their best, every day!

NaturalMeds, Auckland



NATURE'S SUNSHINE PERFECT EYES

Nature's Sunshine Perfect Eyes has been specifically formulated with nutrients known to help support eye health and vision, reduce the risk of light-induced oxidative damage and filter blue light.

BePure Health Ltd, Auckland



ARTEMIS VIROGONE AND KIDS VIROGONE SPRAYS

Fast-acting, potent immune defence in convenient sprays, for busy lives. Supports rapid immune response where and when you need it most, and recommended for daily use to build long-term immune strength. Scientifically researched natural formulas, with no artificial ingredients.

Artemis Ltd, Dunedin



Glow up YOUR BREAKFAST BOWL

GOLDEN TURMERIC & GINGER OATS

An oatmeal recipe to give your breakfast a super health kick. Try this immune-boosting, anti-inflammatory winter warmer to start your day on a positive note!

Prep Time 2 minutes
Cook Time 20 minutes
1 serving

INGREDIENTS

- ½ cup oats
(amaranth or other gluten free options)
- 1 cup boiling water
- ¼ cup milk
(or any plant based alternative - oat, coconut, almond etc)
- 1 tbsp chia seeds
(or ground flax seeds)
- ¼ tsp turmeric powder
- 1 tsp cinnamon
- 1 tsp ginger
- Toppings of choice
(such as nuts, seeds and fruits from all colours of the rainbow)

INSTRUCTIONS

Add oats, chia seeds, turmeric powder and spices into a bowl.

Pour over hot boiling water and let sit for 10-20 minutes.

After the liquid has been absorbed, add a dash of milk (plant milk) and microwave for a few minutes if desired.

Top with your chosen ingredients and enjoy!

TASTY TIP

Top with fresh seasonal fruits such as pears, feijoas, oranges, kiwifruit, tamarillo's and more!

Featured image uses frozen blueberries, mandarin, kiwifruit, tamarillo, pear and desiccated coconut

DID YOU KNOW?

Adding Black Pepper to Turmeric can help increase its absorption into the body!

HEMP HEARTS ARE A GREAT, NUTRITIOUS TOPPING!



The power of Hemp

The use of Hemp Seed oil and health products has made a strong resurgence, being widely adopted in recent years.

Hemp is very different from marijuana, which it can often get confused with. Hemp foods do not contain any cannabinoids, just as grape juice contains no alcohol.



Research and consumers are now realising the value of a natural, vegan-friendly alternative to Fish Oil which has historically been used for similar effect for the benefits it offers to joint mobility, skin, hair, nails, digestion, and well-being in general.

Hemp Connect's Power Blend is a powerful blend of sacred plants; HEMP, MACA & CACAO. The ancient Inca used maca to support energy, vitality and prevent adrenal fatigue. Maca can support balanced hormones, healthy thyroid function, mental focus, and metabolism. It is also said to support reproductive health, libido and sexual function in both men and woman.

Cacao powder is high in antioxidants, and packed with anadamide, tryptophan, PEA, polyphenols, magnesium, zinc and other essential minerals.

Hemp Connect works with farmers and growers throughout the country from their cutting edge Horowhenua based processing facility, offering a range of functions and services to bring you New Zealand's finest quality hemp health and food products.



WINTER COMPETITION

Purchase any Hemp Connect product and you'll go in the draw for a fabulous **Hemp Hamper**. More details in store.



HARDY'S News

HS HARDY'S STORES

Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

Hardy's Whangarei

41 Cameron St (09) 438 3188

Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

Hardy's Taupo

37 Horomatangi Street (07) 378 9057

HH HARDY'S HEALTH HUBS

My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd (07) 572 0355

Anglesea Pharmacy

9 Thackeray St, Hamilton (07) 839 3999

Devonport 7 Day Pharmacy

31A Bartley Terrace, Devonport (09) 445 4000

Balmoral Pharmacy

25 Munroe Street, Napier South (06) 835 4540

Pharmacy @ Ferrymead

1005 Ferry Road, Christchurch (03) 943 9635

COME AND SEE US AT YOUR LOCAL
Hardy's Stores & Health Hubs

OUR NEWEST HUBS!

Vautier Pharmacy - Summer Hill Village

198 Ruapehu Drive, Palmerston North

(06) 355 8173

Vautier Pharmacy - Downtown Main Street

495 Main Street, Palmerston North

(06) 356 6499

COMMENCING 1 JULY

Pharmacy 53

10 Balance Street, Whataupoko, Gisborne

(06) 867 3038

Or visit our Hardy's
Online Store
www.hardys.co.nz



COMING SOON...

Vautier Pharmacy - Pioneer Village

746 Pioneer Hwy, Palmerston North

(06) 357 6577




Hardy's Health Stores opportunities available.

Franchises, Pharmacy Health Hubs and Career opportunities for experienced natural health retailers or practitioners.

Email Vince@hardys.co.nz

A superior solution to Vitamin C supplementation

Providing superior absorption Biomax Vitamin C LIPOSOMAL®, is more bioactive and non-acidic Vitamin C than standard Vitamin C products

-  Delivers maximum bioactive Vitamin C
-  Superior absorption with LIPOSOME technology
-  GMO free Quali-C® Vitamin C from Europe

30 caps
\$29.90
60 caps
\$48.90



New
TO
HARDY'S

MEET THE NEW ZERO WASTE

LAUNDRY DETERGENT UPGRADE

Clothes washing strips with a difference:

- Eco-friendly
- Easy to use
- Credit card size
- Great for TRAVEL
- Makes washing fun!

Just rip one off and throw it in with your washing. No bottles, so they are kind on the planet.



Your Health is our Priority

Help ward off the winter blues with some outdoor exercise. Yes, it is difficult to be motivated to go outside in the cold or rain to do that run, walk or cycle but outdoor exercise is good for your body and mind.

Exercise helps ward off winter blues, boost energy, helps reconnect with nature. Don't forget essentials such as warm, dry clothes! Protect those extremities and, of course, your skin! It is important to use sunscreen even in winter.



ACTIVATED VIT. B
COMPLEX LIPOSOMAL & **BIO-CURCUMIN®**
BCM95® with AKBAMAX®

FOR ENERGY LEVELS, AND NIGGLY INJURIES!

Coyne Biomax Activated Vit B Co Liposomal – delivers a liposomal, potent, time-released B complex for maximum absorption.

Coyne Curcumin Advanced is a potent and synergistic combination of Bio-Curcumin® BCM95®, a highly bioavailable curcumin extract along with AKBAMAX®

AKBAMAX® is a specialized, extensively researched, standardized Boswellia serrata extract.

LIPOSOMAL



BCM-95®
AKBAMAX®



Always read the label and use as directed. If symptoms persist, see your healthcare professional. Natural Health Trading, Auckland.



COLLAGEN HYDROLYSATE & ENDURANCE PLUS

SUPPORT FOR JOINTS AND PRE-AND POST WORKOUT

Unique combination of amino acids that can help promote healing and conditioning, especially for bone and joint healthcare.

Formulated to supply the body with nutrients to help support an active lifestyle. It is designed to help provide an instant lift and power a high performance routine as a pre or post workout supplement.

Contains high amount of acids alanine, glycine and proline – the same collagen naturally found in bones, skin and cartilage. Easily assimilated by the body.

Every serving provides Collagen Hydrolyzate, Vitamin C and B Vitamins. Simply scoop into your favourite workout bottle, mix and enjoy!

92%
protein



20
SINGLE
SERVES

Hydrolyzate
Collagen &
Vit. B & C





Skin Care Combo*

SANDERSON
Hair & Lashes, Skin & Nails FX 60s
plus Triple Zinc FX 100s

Save 30%
Now only \$29.90



SANDERSON®

*Available June 1st to August 31st 2021 or while stocks last.

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS