

My Hardy's

We'll get you feeling good!

DIGESTIVE
WELLBEING

The key to
*optimal
health*





MAGNIFICENT *Magnesium*

The Biosphere product range is created with the cleanest, most bioavailable ingredients available. Too many products out there are using cheap, poorly absorbed ingredients with toxic levels of heavy metals. Biosphere use premium ingredients which have been carefully sourced and selected by medical professionals to provide you with a healthy supplement that will benefit your health. Holding themselves to the highest standard and committed to never using any artificial sweeteners, flavours, colours or harmful ingredients.

BENEFITS:

- A great tasting blend of powdered Magnesium Citrate, Magnesium Lysinate Glycinate Chelate and Magnesium Malate
- Therapeutic dose – 400mg of elemental magnesium per serving
- Dissolves well into liquid, allowing the magnesium to be completely absorbed by the gut
- Supports quality sleep
- Supports energy production
- Supports healthy nervous system
- Supports cardiovascular health
- Supports normal muscle function
- Supports healthy bones



Be your *BEST* this Spring



Spring is such a magical time of year. Brightness emerges in the form of colourful blossoms and bluer skies. It's a time for renewal and rejuvenation. Our meal plans start to include lighter food choices, which is nature's way of helping to detoxify our digestive system after consuming immune boosting heavier winter meals. Eating nature's seasonal foods help keep us digestively healthy. However this isn't always the case. Many suffer daily with symptoms such as reflux, bloating, constipation, excess gas and digestive pain, so I've decided to make this edition all about digestive wellness.

There is more and more evidential research indicating that many of our ongoing chronic health issues, which often seem unrelated to the gut, actually stem from the health of our gut biome. If you experience ongoing digestive issues, remember there are Hardy's Experts available in all of our stores to help personalise your digestive wellness plan for you.

Love and light,

Diana Burgess - Naturopath

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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.

Spring deals are available from Monday 13 September to Monday 13 December 2021.



HARDY'S SLEEP AND RELAX SPRAYS

Our Hardy's sprays are blended by our Health Experts to allow your body to rest, rejuvenate and recharge. Practicing meditation, restorative yoga and diaphragmatic breathing can also have a huge impact on gut health and our overall health and vitality.

Hardys, Kerikeri



Go with your gut

It never ceases to amaze me just how incredible our digestive system really is. Our gut and digestive health, in my opinion, are both hugely responsible for the way we feel, our overall health, vitality and sense of wellbeing. Some of the many daily functions connected to our gut health include: healthy regular bowel motions, immunity, our energy levels, efficient fat burning, skin vibrancy, balanced hormones, our mood, allergies and so much more.

There is so much to learn about the gut and it seems that almost everyday researchers are finding out more and more about what our digestive system and gut-biome are responsible for. Believe me I am kind of an expert in this area as I have lived with a digestive health condition called Achalasia since 7 years old (this is a condition where the immune system attacks the vagus nerve, which among other things, is responsible for our upper digestive processes in the oesophagus. With Achalasia food gets stuck along with muscle spasms and cramping which inflicts incredible pain. Over time the oesophagus can stop working altogether). At 48 I was also diagnosed with Coeliac disease, which again is an auto-immune condition. The interesting thing is my symptoms were

not your typical uncomfortable gut symptoms that many experience when coeliac. When I'm exposed to gluten I experience things like: joint and muscle pain, swollen hands, brain fog, my moods drop, my skin loses its shine and I become incredibly lethargic.

If you or someone you know are worried they might be coeliac or even gluten sensitive, one of the most accurate tests you can do is to eat 100% completely gluten free for 3-4 weeks. Record how you feel then start reintroducing gluten to see the difference. It can be like night and day for some people, others hardly notice a difference. If any symptoms return my advice is to follow a gluten free diet and work on your overall gut health. And most importantly... Learn to listen to your body. Symptoms are our body's

way of communicating to us, but we are often too stressed or busy to listen until it's too late.

In this edition you will learn how our digestive systems work and why a healthy gut is so important. I will also give you some solutions and useful tips for symptoms and health issues you may be experiencing like: constipation, reflux, tummy bloating, allergies, body aches and pains, changes in mood, stress, unexplained weight gain, plus those ongoing struggles with burning fat. Yes all of the above is often connected to gut health. I will also give you tips and strategies on how to improve your digestive processes, giving you tools to work towards a healthier digestive system and gut-biome, allowing you to look and feel your optimal BEST.

PRIMA HOME CELIAC TEST

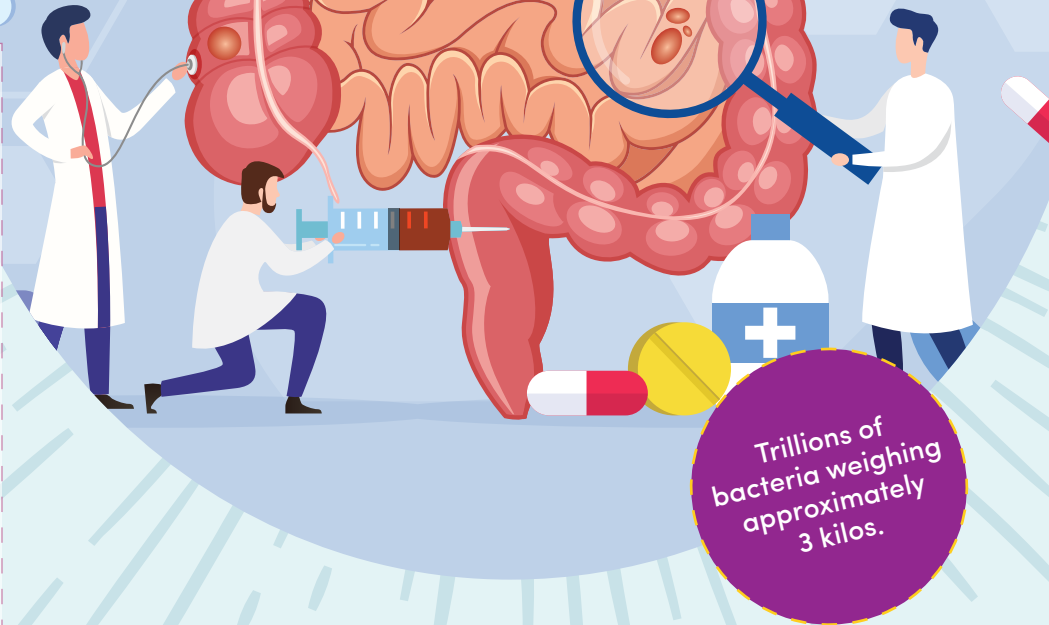
If you feel gluten is a problem for you try eating 100% gluten free for at least 21 days, alternatively Prima's at Home Celiac Test Kit is simple to use with results in 10 minutes, however you must have gluten in your diet for the accuracy of this test.

WellLab, Auckland



How our gut works

The Digestive Process is quite complicated, but to put it very simply, it is when we take something from the environment (food) and break it down to enter our bodies. This then sends messages to our genes, to produce energy in our cells, fuel for our gut-biome, and is the basis of the building blocks that create and repair our trillions of cells that make us, us! Yes, we are made up of what we eat, or more importantly what we absorb from what we eat. So, with that in mind what kind of messages and building blocks are you creating right now? Ones of bliss and vitality or of discomfort and dis-ease.



Trillions of bacteria weighing approximately 3 kilos.

Our Brain

Digestion begins before we even put food in our mouths. Any sight, sound, odour, taste or memory associated with food can trigger the body to prepare for food. This starts our digestive juices, enzymes and hormones flowing.

Mouth and Teeth

The main function of the mouth is to chew and liquify the food as much as possible. Many people eat too fast, barely chewing their food at all then washing it down with liquids. This sets up more work for the stomach by receiving chunks of food rather than mush. Simply chewing our food thoroughly can enhance digestion and eliminate problems such as indigestion. NB: there are no teeth past our mouth

Oesophagus

This is the tube that passes from mouth to stomach. Well chewed food passes through in about 6 seconds, but dry and bigger chunks can take minutes to pass that can create problems like heartburn.

Stomach – our body's blender

The job of the stomach is to work tirelessly as the body's blender; chopping, dicing and liquifying food into soupy liquid called chyme, which occurs in the stomach and small intestine, with some help from our liver and pancreas. Optimal levels of Hydrochloric acid (HCl) and healthy intestinal gut bacteria are required and critical for optimal upper digestion.

Small intestine

Lower Digestion and Absorption involves our small intestine, the large intestine, our river of life; AKA blood stream and the liver. Spread out, our intestines are the size of a tennis court, repairing itself approximately every 3-5 days. In the small intestine food is completely digested and nutrients are absorbed through hundreds of small finger like folds called villi. Absorption occurs when broken down food is taken through the intestinal lining into the bloodstream and through the portal vein to the liver, where it is filtered. From the bloodstream it passes to our trillions of cells. It is important to understand that until food is absorbed it is essentially outside the body.

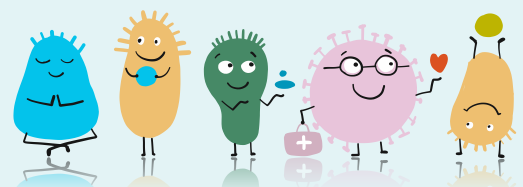
Assimilation – this cellular process is the process by which fuel and nutrients enter the cells. This process involves enzymatic activity. Hint: Eating whole raw foods and taking digestive enzymes can help optimise this process.

Large Intestine

Its job is to absorb water and remaining nutrients from the chyme and form stool. If the chyme passes through the colon too quickly, water is not absorbed, causing diarrhoea. Stool that sits too long in the colon becomes dry and hard to pass, leading to constipation. About 2/3rds of stool is composed of water and undigested fibre and food products. The other 1/3 is composed of living and dead bacteria.

And most importantly our Gut Bacteria

The large intestine also contains trillions of bacteria weighing approximately 3 kilos. Our friendly bacteria called flora, among many other tasks, lower the pH of the colon, killing any unfriendly disease-causing bacteria. Our intestinal flora produces vitamins B and K, protect us from illness, enhance peristalsis, and make lactase for milk digestion. There is so much more to learn about our gut bacteria. Researchers are finding out more about how they impact our health everyday, watch this space!!



Hot Picks!

Gut Support

NATURE'S SUNSHINE BOWEL BUILD

Contains a powerful blend of digestive enzymes, fibre and nutrients shown to support regular elimination and smooth, comfortable digestive function.

Nature's Sunshine, Auckland



INNER HEALTH NEURO BALANCE 30S

The gut and the brain are directly linked via a neuronal pathway, known as the gut-brain axis. This is the science behind your 'gut feeling'.

TAPS BG1215 05/21

Metagenics, Auckland



ENZYMEDICA GLUTENEASE™

Contains a unique combination of enzymes providing support for the breakdown of gluten and casein. An ideal product if you're eating out and unsure if your food is completely gluten or casein free!

NaturalMeds, Napier



ENZYMEDICA LACTO™

formulated for individuals that have difficulty digesting foods that contain lactose and dairy protein – it contains the highest amount of lactase along with eight additional enzymes!

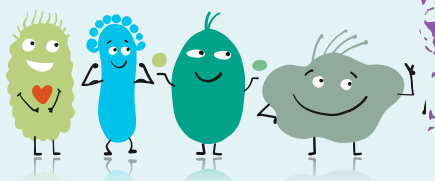
NaturalMeds, Napier



LIFESTREAM ULTIMATE GUT SOOTHE

Lifestream Ultimate Gut Soothe is a great tasting, comprehensive gut health formula that provides a powerful combination of key natural ingredients for optimal digestive function. The probiotics and prebiotics work together to restore gut flora balance while the Aloe Vera, Liquorice and Slippery Elm help soothe the lining of the gut. Great for the whole family.

Lifestream International Ltd, Auckland





Digestive impact on wellbeing

Remember when you last over ate? The result was an uncomfortable, bloated feeling accompanied with an energy drop that would welcome an afternoon nap. This is an example of how our digestion may affects us.



Solgar has a wide range of supportive digestive enzymes.

Come into Hardy's today!



DIGESTION: KEY TO OUR WELLBEING

The digestive process is a way to help provide us with more energy through the metabolism and assimilation of food. But the body uses a lot of energy in the digestive process - about 10-15% of our daily requirements. We have a set amount of energy every day, so if we tax the digestive process, with too much food or the wrong food, it can drain our energy. This may result in incomplete digestion and may trigger; allergies, heart burn, poor absorption of nutrients and even constipation. But it doesn't just stop at digestion - the whole body can be affected from the brain to our skin!

Digestion is a complicated process involving mechanical as well chemical processes, with different steps and functions in the digestive organs, as the food triggers sequential processes with its movement down the digestive tract. At these stages vital enzymes create chemical reactions, helping speed up the rate of digestion. Each enzyme targets a specific food group.

If we don't have enough of one or more of these enzymes it impacts the absorption and assimilation of that food group. Supplementing with digestive enzymes at mealtime can support nutrient absorption, energy and wellbeing.

Sometimes it is difficult to know what food is making us feel uncomfortable, so a broad-spectrum digestive supplement taken at meal times is the best approach, to support the breakdown of carbohydrate, fats, protein and sugars. Solgar has three broad-spectrum digestive supplements as they know everyone has different needs.

Solgar Comfort Zone is a blend of naturally derived enzymes with herbs to support the digestive process. Solgar Digestive Enzymes also target all the food groups with the addition of ox bile, betaine, papain and pepsin extract for addition support for fat and protein digestion. While our Vegan Digestive Enzymes are sourced from the plant world, and support all food groups in a convenient chewable tablet.

The stomach needs a low pH to break down protein. Like an acid bath, this also protects the body from many pathogens trying to find their way into the rest of the body. It is also essential for Vitamin B12 synthesis and stimulates other enzymes to be released. The problem is that as we age, it is common for hydrochloric acid levels to drop, thus affecting Vitamin B12 status, and discomfort after eating.

Solgar Betaine Hydrochloride with pepsin, is an effective way to support the stomach. Pepsin is an enzyme that targets protein and replaces some of the lost acidity for those who need it. Alternatively, Solgar Bromelain, derived from the stem of the pineapple plant, also supports the body's protein digestive process.

Dairy is a problematic food for many people. This can be due to low levels of the lactase enzyme that targets dairy products that can cause digestive upset. Using a lactase enzyme such as Solgar Lactase Wafers can mean being able to enjoy dairy foods again.



What does your **poop** say about you?



The Scoop on Poop

We can learn a lot about ourselves from our stool. Take a look at this unusual line up – can you identify any of the suspects?



The Poopie Policeman: (far right) Represents a healthy bowel movement. He tells us when he wants to come out, is like a brown banana with a point at one end and is a pleasure to pass. He floats without requiring multiple flushes. He smells natural, not foul – almost earthy. On average each person should pass a total of 12” of poop per day – not necessarily in one “sitting” – it can be divided up throughout the day, they should however all be “Poopie Policemen”.

Mr. Sinkers ‘n’ Stinker: This mean little fella will not go unnoticed – he can clear a bathroom faster than you can flush. He smells foul, is dark in colour and is a sign that you should

take steps to detoxify your body. He is often a product of too many processed foods, toxins or medical drugs. If he comes to call you may need to take steps to support your liver and detoxify your body!

Olympic Swimmer: While the last one will sink, this guy tends to float and is difficult to flush. He is lighter in colour than your optimal poop due to a high content of undigested fats. He may indicate a deficiency in digestive enzymes and/or bile, which helps to break down fats.

The Body Builder: This big guy is hard to pass due to his diameter. He is thick and stocky and may require some straining to let loose. He sometimes comes from eating too many dehydrated and

processed foods, especially protein bars and shakes – increasing fibre by eating whole REAL foods is always the better option. And look at increasing your water intake too.

Pellet Man: Resembles rabbit/sheep pellets. If you are dehydrated, your body tries to move your stool through the colon by peristalsis (wave-like contractions that move food along your digestive tract) creating pellet like stools.

Diarella: This is the liquid guy. This is your body’s desperate attempt at detoxifying itself. This guy shouldn’t be ignored if he hangs around. If you alternate between constipation and diarrhoea –It’s time to add some good bacteria and a change to your diet!



The Flasher: This guy likes to show his true colours, meaning undigested food particles. This is not normal and can be a sign of food intolerances, enzyme deficiency or an inflammatory disorder of the digestive system.



Another indicator of your colon health is your bowel transit time, essentially how long it takes food to move through your body. Now you know what to look for when you go to the loo - don't flush away everything you've learned here! Test your transit time and keep a look out for suspects. Most importantly, don't be embarrassed, talk to your Hardy's Health Expert or Health Professional, especially if you experience any unusual changes to your bowel movements.

Testing Bowel Transit Time

Transit time is how long it takes from the time you eat food until it comes out the other end.

To test yours, purchase activated charcoal tablets and talk to one of our experts at Hardy's as to which are best for this.

Take 5 - 10,000 mg on empty stomach. Approximately 3-4 capsules. Note exactly when you take the charcoal. When you see a darkened stool (charcoal will turn the stool black), calculate how many hours since you took the tablets. This is your transit time. You can also do the test with red beets. Eating 3-4 whole is best. Beets will turn stools a deep garnet red.

Understanding the results

Less than 12 hours

This usually indicates that you are not absorbing all the nutrients from your food. You may have malabsorption problems.

12 - 24 hours

This is the optimal transit time

More than 24 hours

This indicates that wastes are more than likely sitting inside your colon/bowel too long. Poor transit time greatly increases the risk of colon disease. Substances that are supposed to be eliminated get absorbed back into the bloodstream, which can interfere with and irritate your system. Solution: increase your fibre intake by eating more fresh fruit, vegetables, whole grains, nuts seeds and legumes. Supplement with Bowel Build and a quality probiotic. Drink at least 6 glasses of water everyday. Exercise for 30mins at least 3-4 times a week.

Nature's Sunshine, Auckland



Take 3-4 Activated Charcoal capsules, or eat 3-4 whole beets to darken your stools to help track your transit time.



WellLab, Auckland

How stress impacts



When we nourish our nervous system, we nourish our gut.

Riddle me this

Have you ever felt “butterflies” in your stomach or had a “gut-feeling” that something isn’t right? These expressions exist because our gastrointestinal tract is sensitive to emotion - anger, worry, and stress all impact how our gut functions and feels. This powerful gut-brain connection is no laughing matter and explains how stress can lead to gut issues and why many gut conditions can lead to secondary mental health challenges.



your gut health

Scientific evidence suggests that this two way relationship between our psychological state, and our gut microbiota (the ecosystem of bacteria that live within our gut) ultimately form a vicious or virtuous cycle of health and illness. In fact, this mind-body or human-bacterial relationship is currently being used in research to explain our individual propensity for stress resilience and illness risk or progression.

Stress can reshape our microbiota and in turn, drive our gut bacteria to release metabolites, toxins, and neurohormones that alter our mood. Our microbiota can also upregulate our response to stress and heighten the risk for stress-induced mental health challenges.

Our psychological state has the ability to influence the physiology of our gut, and can negatively alter the 'wave-like' movements of our GI tract that help stay "regular". It is through this gut-brain interaction that we begin to understand why we might feel nauseated before giving a presentation, or experience GI upset in times of stress.

When we nourish our nervous system, we nourish our gut.

BEPURE INNERSTRENGTH

BePure InnerStrength is designed for those who experience burnout, mental and physical fatigue. It utilises a blend of adaptogenic ingredients to rebuild your adrenal system and foster resilience in the face of prolonged stress.

BEPURE INNERCALM

InnerCalm is designed to bring calm when you feel mentally wired and experience feelings of worry and stress. It contains herbs and nutrients that work together to rapidly reduce feelings of overwhelm and support relaxation.

BEPURE TWO

BePure Two is a daily probiotic made specifically to build up good bacteria, and ensure a balanced and healthy microbiome. Given that our happy hormones are built in the gut, we need a gut that is ready to absorb the nutrients they need to function well and in the way they're meant to. BePure Two boasts 19 strains of beneficial bacteria to act like a multivitamin specifically for your gut.

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

TAPS: PP7763





Growing up, we would have heard our mums say that veggies are good for us. Depending on which end of the veggies “love-hate” spectrum we were, many of us would have then tried to do the right thing by including a portion of greens on our plates during mealtimes. At the back of our minds, we always knew that mum was right.

While mum was indeed right all along in getting us to eat our greens, it is hard to ignore that Mother Nature still has much more potent power in store for us in her armour, just waiting to be tapped.

Cruciferous veggies in particular — such as broccoli, cauliflower, cabbage, and kale — while generally associated with providing a reduced cancer risk in humans, are not always consumed at sufficient levels to bring about a real and lasting change in our health.

To address this, a 2013 review investigated whether the full potential of one of these crucifers — the not-so-popular broccoli — is being effectively utilised for the benefit of human health.

Taking a closer look at the broccoli (and its sprouts)

Although broccoli is known to be one of the most nutritious vegetables we can choose, the tiny broccoli sprout is many times more concentrated in the disease-protective molecules that give broccoli its elevated nutrition status.

Lead author of the review and Cell-Logic’s Chief Scientist, Dr Christine Houghton explained that the broccoli’s uniqueness comes in the form of a molecule known as sulforaphane (pronounced Sul-4-a-phane), which is a small sulphur-containing molecule which, over the last two decades, has been explored in a series of lab studies, animal studies and human clinical trials.

“Although a cruciferous plant does not actually contain any sulforaphane itself, it contains two essential compounds, the myrosinase enzyme and glucoraphanin, both of which are needed to yield sulforaphane under the right conditions,” she said.

“When the plant is cut or chewed, the contents of the two compounds combine, producing a chemical reaction that leads to the production of the sulforaphane.”

BROCCOLI SPROUTS DELIVER 20–50 TIMES MORE PHYTONUTRIENTS THAN THE MATURE BROCCOLI VEGETABLE





Eat your greens!

(Mum was right!)

THE BENEFITS OF SULFORAPHANE

The real power of this food-derived molecule lies in its ability to activate a chemical switch in our cells called, 'Nrf2'. When Nrf2 is activated by sulforaphane, it 'talks to' our DNA, a step which 'turns up' the 2000 or so genes related to the cell's defence system. This process has widespread beneficial effects in the many cells that make up the human body.

Hence, for a broccoli sprout supplement to establish such bioactivity in the body, it needs to retain both the sulforaphane-yielding glucoraphanin and the myrosinase enzyme.

"Cell-Logic's flagship product, EnduraCell® BioActive, was a result of the company's painstaking research into developing an extraordinarily effective and high-yielding supplement. This culminated in a product that retains both its precursor compound glucoraphanin and the active myrosinase enzyme needed to produce sulforaphane."

As to how EnduraCell works to achieve its maximum impact, Dr Houghton said, "When one swallows the EnduraCell BioActive capsule, the vegetable capsule soon dissolves and the powder becomes moist in the environment of the digestive tract."

"This moisture starts the myrosinase enzyme reaction, which converts the glucoraphanin to sulforaphane. Stirring the powder into a glass of water has the same effect."

Unlike many food-derived supplements, sulforaphane is rapidly and almost completely absorbed from the digestive tract. After it enters the cells and bloodstream, it goes to work activating its many protective target genes.



**Dr Christine Houghton
PHD.,BSC.,R.NUTR.**

Nutritional Biochemist

Dr Christine Houghton, an educator, research scientist and a registered nutritionist, holds degrees in Nutrigenomics, Biochemistry and Human Nutrition. An avid researcher in her field, she is Adjunct Lecturer in the School of Human Movement and Nutrition Science at the University of Queensland.

Gut Repair

Bone Broth

Berry Smoothie

TOP TIP

Give your gut some extra love by adding in a good probiotic. Simply open a capsule and sprinkle the powder in



BERRY BONE BROTH SMOOTHIE

INGREDIENTS

- 3/4 cup mixed berries, frozen
- 1/2 small banana
- 1 handful of spinach
- 1 Tbsp almond butter
- 1/4 avocado
- 1 serving of Bone broth protein powder
- 5 ice cubes
- 3/4 cup unsweetened almond milk

METHOD

Place all ingredients into a high speed blender and mix until everything is smooth and well combined. If smoothie mixture is too thick, add small amounts of water as necessary until desired consistency is reached. Pour smoothie into a glass and top with a drizzle of almond butter or a handful of berries.

Enjoy!

GRAB & GO COMBO

Put your smoothie into a bottle and grab a protein bar for an easy grab & go option



NUZEST CLEAN LEAN PROTEIN

No bad stuff. Just clean, lean, european golden pea protein with fruits, nuts, seeds & natural flavour. A delicious and satisfying snack.

Vital Health Company Ltd, Auckland

TOP TIP
Simply add in a serving of Bone Broth Protein powder, for nutrition and convenient saving the fuss of making Bone Broth at home



TOP TIP
Pop in some Hemp Hearts for Omega's 3 & 6 and an extra protein punch



Gold for the Gut

No ordinary Bone Broth. Mitchell's philosophy is to support the gut for overall enhanced wellness.

Mitchell's Bone Broth has been perfected over generations and made consciously to preserve it's nutritional profile in a convenient powder that bears a long shelf-life, unlike most Bone Broths.

Our Bone Broth is packed with amino acids which help rebuild the gut lining as a remedy to support gut and IBS issues. Amino acids also equip muscles, bones and ligaments with vital nutrients needed for strengthening, healing and preventing injury.

Innovation has led Mitchell's to create New Zealand's First Bone Broth Protein Powder, which is generating a strong following with health conscious athletes and adventurers.

Mitchells, Tauranga





Support digestive health naturally



Supports bowel regularity
Soothes and settles the bowel
Natural magnesium based formula

Hardy's Every Day Low Price \$14.95 RRP \$21.50

www.goodhealth.co.nz naturopathic advice line 0800 44 66 34

Always read the label and use as directed. If symptoms persist consult your healthcare professional. Good Health Ltd, Auckland. TAPS PP7835

Gutsi® SporeBiotic™ Probiotic + Antioxidant

A unique and highly effective probiotic designed for everyone



Meet Gutsi®: the future of gut health

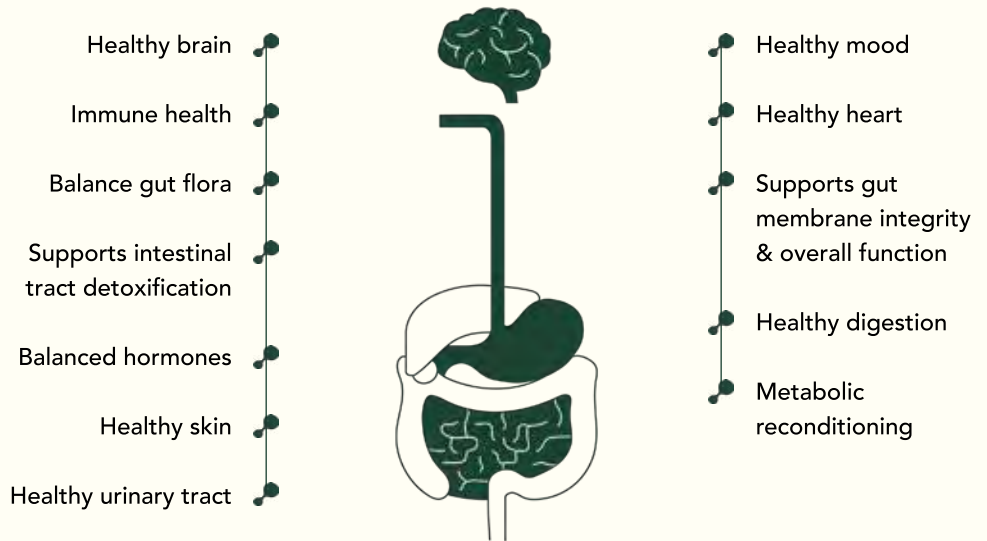
This Microbiologist-formulated, 100% spore-based, broad-spectrum probiotic formula helps recondition the gut by supporting an increase in microbial diversity and encouraging the growth of key gut bacteria and antioxidants to support a healthy, flourishing microbiome.

Spore-based probiotics are different to conventional probiotics on the market. Why? Because spores are like dormant seeds of bacteria that are not biologically active until the conditions are suitable for survival. Designed by nature over millions of years, spores have been shown to survive the harsh gastric system, reaching binding sites in the gut to resume their active form and colonise effectively.

Issues with digestion and overall gut function can wreak havoc in the body. If you have gut challenges or haven't responded to other probiotic formulas, take control of your health and feel the Gutsi® difference!

- Immune
- Skin
- Digestion & nutrient absorption
- Energy
- Sleep
- Mood
- Healthy gut balance & barrier function
- Vegan
- Allergen friendly
- GMO free

Did you know?
Research shows that the *Bacillus* spores found in Gutsi® SporeBiotic™ can support healthy function with a variety of body systems!



Restore your microbiome with
Gutsi® SporeBiotic™ Probiotic + Antioxidant!

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



Allergies - is it your Gut?



Sneezing, runny eyes, wheezing, itching skin – allergy season is upon us but did you know your gut health has a big part to play?

The condition known as 'leaky gut' and general imbalance in the gut flora and microbiome may cause and/or exacerbate your allergy symptoms. If we upset the gut's natural mix of helpful bacteria, allergies and asthma may develop. This is because of the connection of the gut and our immune system.

"Change the microflora in the gut and you upset the immune system's balance between being exposed to allergens and having a severe reaction to them", says researcher Gary Huffnagle, PhD.

People need a mix of healthy bacteria and fungi in their guts. Microflora in humans can be thrown off by antibiotics and a sugary, high-fat, low-fibre diet.

Naturally our food choices are extremely important to our gut health. In particular too much sugar in our diet causes inflammation particularly in our gut as it feeds both good and bad bacteria, causing overcrowding which, amongst other problems, inhibits the immune system response.

So what can you include in your diet to assist your gut and immune system in reducing and possibly preventing your allergy or asthma symptoms? Slippery

Elm calms and provides a barrier for the gut reducing the effect of leaky gut and helps with bowel regularity. Turmeric and liquorice both give great support for a healthy gut lining. Of course probiotics or sporebiotics help to bring and maintain the balance of our gut flora

So yes, allergies and asthma may start in your gut! Come in and chat to us to see what you can do to help with your allergies this Spring and Summer.

By Gillian Miller, Naturopath



FREE
100ml Vitamin C
when you purchase
Sinus Clear 250ml

HARKERS SINUS CLEAR

Head blocked up? Sinus Clear supports clear sinuses, dries excess mucus and soothes raw throats and heavy heads. For adults and young adults from 12 years.

Harker Herbs, Waipu



NATURO PHARM IMMUNO-MED SPRAY

Supports a healthy immune response and restores natural vitality. A little something when you need it most! Safe for use by the whole family and during pregnancy.

Naturo Pharm, Rotorua



SOLGAR QUERCETIN COMPLEX

Solgar's Quercetin Complex includes the important bioflavonoid Quercetin in a synergistic formula with Ester-C® Plus and Bromelain to provide unique antioxidant protection as well as natural seasonal immune support.

Solgar NZ Ltd, Auckland



Gut health impacts on *health of hormones*

Not only is digestive wellness, or a lack of, directly responsible for a large number of gastrointestinal disorders, research now tells us that our gut health can also be indirectly responsible for a vast array of seemingly unrelated illnesses, including hormonal issues and menopausal symptoms.

The liver is an important part of digestive wellness, and together with a healthy gut biome can make a world of difference for women dealing with uncomfortable menopausal symptoms. In Chinese medicine a congested liver is a heat sign, which makes sense why gut and liver health can impact on symptoms like hot flushes, night sweats and even itchy skin.

So ladies the take home message here: for fabulously balanced hormones make sure you have great gut and liver health.



Hot Picks!

for digestive

ENZYMEDICA CANDIDASE™

Provides a combination of two enzyme blends that support the body's natural ability to maintain a healthy balance of intestinal flora and a gentle way to support healthy yeast balance.

NaturalMeds, Napier



SOLGAR CRAN FLORA

Solgar Cran Flora is useful to add support to the urinary tract and also offer support for the immune system and the intestinal system. This contains a blend of concentrated cranberry powder in combination with L-Acidophilus and Ester C. This product provides an equivalent of 4000mg of fresh cranberries per 2 capsule dose.

Solgar NZ Ltd, Auckland
#healthybladder



ETHICAL NUTRIENTS URINARY TRACT SUPPORT 90S

Urinary Tract Support contains herbs traditionally used to support a healthy bladder and PH balance. TAPS NA 10467.

Metagenics, Auckland

#urinarytractcomfort



ARTEMIS DIGESTIVE EASE

Rapidly soothe and calm the digestive tract and support healthy acid balance. This highly concentrated liquid is an ideal all natural product to soothe gut discomfort and bloating.

Artemis, Dunedin



CHILDREN'S WIND, CALM & SETTLE

A natural formula to settle symptoms associated with bloating and wind, calm upset stomachs and settle digestion. A lovely formula to help settle babies after feeding.

Harker Herbs, Waipu

#happybubhappymum



Great for pregnant Mums too!

ENZYMEDICA ACID SOOTHE™

A soothing product for individuals with gastrointestinal upsets and occasional acid discomfort after meals. It contains botanicals, beneficial plant-based enzymes and zinc carnosine to support the stomach's natural defences.

NaturalMeds, Napier
#acidsoothing



ENTEROSGEL®

An effective, tasteless gel that supports digestive upsets by binding and supporting the removal of harmful and toxic substances including allergens. This breakthrough gut support is an essential for your first aid kit!

NaturalMeds, Napier
#unwantedbugs



pain and discomfort

DIGEST-MED SPRAY

When you need that extra support, Digest-med assist's the body's response to digestive disturbances and overindulgence, while supporting normal healthy bowel function.

NaturoPharm, Rotorua
#digestivesupport



WORM-MED SPRAY

When you are looking for a natural solution for uninvited guests, Worm-med spray supports a healthy immune response to intestinal parasites. Can be used by all ages and during pregnancy.

NaturoPharm, Rotorua
#uninvitedguests



HARKER HERBALS DETOX SUPPORT

A cleansing tonic to stimulate the digestive process and support removal of toxins through the lymphatic system. Useful support while recovering from gastric and digestive upsets.

Harker Herbs, Waipu
#reducetoxins



FREE
100ml Ear Nose & Throat Tonic when you purchase Detox Support 250ml

PRIMA HELICOBACTER PYLORI TEST

The Helicobacter Pylori Test can be used at home by anyone, with symptoms such as: heartburn or pain in the upper part of the abdomen, nausea, feeling full, difficulty during digestion, reflux, loss of appetite, burping, diarrhoea and unresolved gastric pain. For ongoing issues or concerns please see your Doctor.

WellLab, Auckland
#athometesting



Inner Health creates outer Beauty

If you want fabulously vibrant skin, here's my advice... work on your diet and gut health first. Absolutely nothing compares with what a healthy gut nourished with real food offers for your overall wellbeing and radiant skin. My other secret is a Collagen and Hyaluronic Acid Complex.

When it comes to food, nature gets it right, while human intervention can get it incredibly wrong. Eating as close to nature as possible, from all the colours of the rainbow 'in the form of real food', means you are omitting artificial colours, flavours, sweeteners,

preservatives, and all those additives often present in processed foods. All of these are things that we are not deficient in. They do not serve a purpose so must be detoxified from our body, hence why they can overload our digestive systems too.

A real food close to nature diet is one based on plant foods, good fats, and good quality lean protein. Incorporating more plant foods in your diet is, in my opinion, is the very best way to enhance your shine. The fibre from plant foods not only help to keep our bowels regular but also feed our trillions of gut bacteria. I know I often say this, but the

reality is... A healthy digestive system is the foundation of optimal health and beautiful skin.

Choosing to use natural skincare can also impact your health by decreasing the synthetic chemical load in your life. It's important to note that synthetic compounds found in some skin and hair care products can mimic oestrogen in the human body causing issues with hormonal balance, which can impact on our moods, skin, gut and hormonal health.

Remember inner health enhances outer beauty!



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Made effective and modern with selfcare at its core, Me Today offers an efficacious cross-category product range that is easy to shop, and made with the environment in mind.

Created to help people put themselves first so that they are at their best, to then look after the people around them.

Me Today NZ Ltd, Auckland



New TO HARDY'S

There's been quite a buzz

around Berberine

So what is it?

Berberine is actually an alkaloid and natural constituent of many herbs such as Golden Seal and Barberry. Studies have shown that berberine is one of the most effective natural supplements helping support healthy blood sugar and cholesterol levels. With my own patients Berberine has been shown to lower blood sugar, which has helped with weight loss for those struggling with fat around the midriff, improve gut issues like candida that are often fed with sugar and I am also seeing wonderful results with teenagers with acne, most likely due to its effects on blood sugar. If sugar balance is an ongoing issue for you speak with one of our Hardy's Experts to find what's BEST for you.

A compound called berberine is one of the most effective natural supplements available. It has very impressive health benefits, and affects your body at the molecular level.





Make your grumpy gut a happy, healthy one with Lifestream Ultimate Gut Soothe.

Try this powerful combination of 6 key natural ingredients to soothe and protect for optimal gut health.



Lifestream International Ltd, Auckland

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Sepilift™ & galactoarabinan

100% natural anti-
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Vegan-
friendly



For all
skin types

We recommend patch testing. If irritation occurs rinse immediately and discontinue use. In the unlikely event of a negative reaction, see your healthcare professional.

Me Today NZ Ltd, Auckland.

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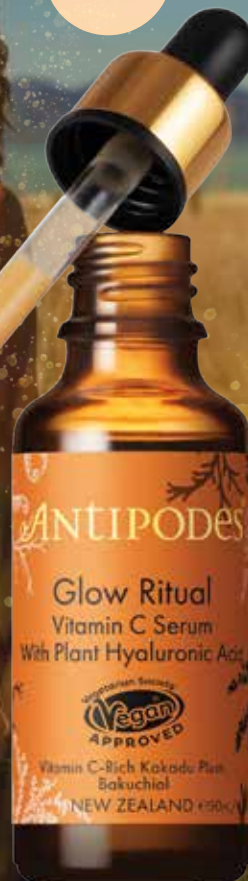
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Shoutout to some of our new
Hub teams. Welcome!

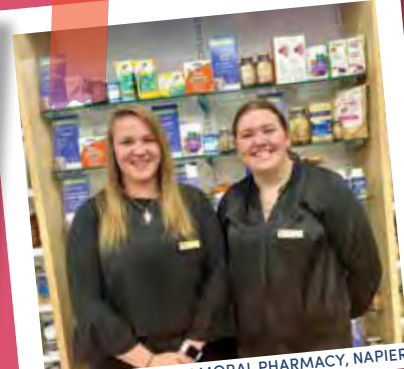
Hardy's Health Hubs



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VEE & GEORGIA, BALMORAL PHARMACY, NAPIER

A new way to approach

healthy aging.

By curating the very best in science and research, we formulate nutraceutical health products that positively support wellbeing, especially as you age.

We work with leading global scientists, using the latest research across twelve body systems, to support your healthy aging journey.

SRW's Cellular System range has been formulated with input from global leading scientists to support your cell's natural defences against The Nine Hallmarks of Aging.



Cel¹ Stability

Cel¹ Stability helps you age well by supporting your DNA which is related to youthful cell function.

- Supports healthy DNA function
- Supports normal gene function
- Supports healthy telomere function

We recommend incorporating Cel¹ into your healthy aging strategy from a biological age of 30, or earlier if you are looking for DNA support as part of your long-term health aging plan.


2-HOBA is a compound found in himalayan tartary buckwheat that supports the protection of DNA from the effects of free radicals.

Astragaloside A is a compound that is known to support key parts of our DNA known as telomeres, as well as supporting healthy cells and your immune system. Astragaloside A also provides antioxidant benefits to the cells.

Rutin is a flavonoid antioxidant, which taken in conjunction with vitamin C has been shown to support healthy DNA by reducing the risk caused by environmental factors such as UV radiation, chemicals, and toxins.

"We have demonstrated the ability of 2-HOBA to support healthy aging in animals and have ongoing studies in humans."

Dr. Naji Abumrad
PhD





Cel² Nourishment

Cel² Nourishment supports key cellular repair and energy production processes by providing a precursor to NAD+ which is used by your cells to make energy.

- Supports healthy mitochondria and energy production
- Supports stem cell health
- Supports intercellular communication

We recommend incorporating Cel² into your healthy aging strategy from a biological age of 30 or earlier if you are looking for energy support as part of your long-term health aging plan.


Nicotinamide Mononucleotide (NMN) supports the body's natural levels of NAD+ to support healthy cell metabolism and energy levels.

Astaxanthin is a naturally occurring carotenoid sourced from algae. It has a unique structure that results in delivering antioxidant effect specifically targeted to important cellular membranes including those in the mitochondria, around our nucleus and surrounding our cells.

Pterostilbene is related to resveratrol but with a significantly higher bioavailability, and it has many health benefits. Taken in conjunction with NMN, pterostilbene supports healthy mitochondrial reproduction and function, stem cell health and intercellular communication.

"NAD+ is an energy-providing molecule found in every cell of the body. It is used to metabolise, build new cells, defend against free radicals and send signals inside the cell. Regular supplementation with NMN supports healthy levels of NAD+."

Dr. Jianjun Yu
PhD





Cel³ Renewal

Cel³ Renewal supports autophagy – it allows for the elimination of waste in our cellular system which normally declines with age.

- Supports normal cellular turnover
- Supports healthy proteostasis
- Supports regular nutrient sensing

We recommend incorporating Cel³ into your healthy aging strategy from a biological age of 50, or earlier if you want to support your cellular housekeeping processes as part of your long-term health aging plan.


Apigenin is a natural flavonoid that is abundantly present in a range of plants such as chamomile. Apigenin supports the cleansing of damaged cells and healthy cell levels in our bodies. Apigenin also supports normal nutrient sensing networks and NAD+ levels to support healthy cell function.

Fisetin is a natural polyphenol found in fruits and vegetables such as apples and strawberries. Fisetin helps the body identify and remove senescent cells, supports youthful levels of autophagy and reduces the burden of senescent cells on our body.

Oleuropein is a phenolic compound found in the olive leaf that supports the process of degrading and recycling of proteins to help support healthy protein function.

"We all must be the agents of change for achieving optimal wellness and enjoying a healthy aging journey. Supporting the natural process of autophagy is now known to be a key strategy for aging."

Dr. Chris Meletis
PhD





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NEW ZEALAND'S NATURAL HEALTH SPECIALISTS