

My Hardy's

We'll get you feeling good!

Let's talk
Immunity

The power
of pets



NATURALLY KIWI
SINCE 1986

GreenKiwi OliveXtract®



The naturally effective Autumn must-have.

WINTER ILLS AND CHILLS

Science has shown active olive leaf compounds – Polyphenols, support effective Immune System Response, through supporting a healthy balance of our body's natural Immune Defence chemical messenger – Cytokines. Supporting you to recover and stay well.

OXIDATIVE STRESS

GreenKiwi OliveXtract uses pure New Zealand grown olive leaf, a naturally rich source of Synergistic Antioxidant compounds, such as Oleuropein and Apigenin. Synergistic Antioxidants are scientifically validated to support free radicle scavenging activity.

A HEALTHY CARDIOVASCULAR SYSTEM

The science is clear that healthy LDL cholesterol levels and normal blood pressure levels are interdependent, together they ensure a healthy Cardiovascular System. A wide range of independent studies have shown olive leaf supports normal cholesterol and a normal cardiovascular system, in healthy individuals.

FOOD FOR THOUGHT

Remember, not all olive leaf supplements are created equal. GreenKiwi OliveXtract uses time honoured Raw Processing Technologies, ensuring the integrity of our fresh olive leaf phytonutrients are retained. GreenKiwi OliveXtract is the only olive leaf supplement which uses Fresh, Sustainably Sourced, New Zealand Grown Olive Leaves. We never use imported, standardised, or reconstituted olive leaf powders.

“As we approach the cooler months, we need to be thinking about supporting not only our immune systems, but also our cardiovascular health. These are health concerns that generally only worsen as we transition into winter. Here at GreenKiwi Supplements, we passionately focus on offering effective wellness products that are derived from nature, not synthetics, and most importantly are backed by science.”

Max Donaldson, Founder

GreenKiwi Supplements New Zealand Limited



INDEPENDENTLY
LABORATORY
TESTED



GOOD
MANUFACTURING
PRACTISE



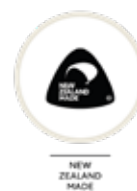
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NEW
ZEALAND
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Care and connection



As we gently edge toward the end of Summer, I am reminded of just how beautiful Autumn is – the shades of orange, the cooler evenings – I love this time of year. And this Autumn, I have even more to look forward to with my youngest son's wedding. My household is a bundle of joy and excitement.

The last few months have really brought home the importance of family and community. When surrounded with so much negativity and division, we need the support of those around us more than ever.

I have been so blessed to witness communities coming together during this time of uncertainty – reaching out and helping one another, standing together as one, inspiring the ones around them to be better, to be kinder, to be Kiwi.

This magazine is a true reflection of the times we are living in. We tackle the issue of immunity – something that plays heavily on our minds these days – and what we can do to improve it. How stress can play a huge role in lowering our immunity. How critical it is during these times to eat well, sleep well, and provide our bodies with the love and care it needs during times of stress. The joy and healing our animals bring.

But the most important message I want to share with you this Autumn is to make beautiful connections with the people around you. Make an effort to touch the hearts and lives of members of your community. Because the joy this brings can move mountains!

Love and light,

Diana

Diana Burgess - Naturopath

Everyone is welcome at Hardy's, so come in and visit, and walk out feeling great!

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It will be our love, not hate and anger driven by fear, that heals the world.



More than skin deep



We are all born with a coat that we need to last us a lifetime – it's called our skin! Often taken for granted, our skin and its derivatives (sweat, oil glands, hair and nails) are actually a set of organs that serve as a protective mechanism, and function as one of our first lines of defence for our immune system.

Where people will often reference the eyes as the window to the soul, it is fair to say the skin can be a window to our inner organs and systems, reflecting imbalances within (although this sounds far less poetic, it is perhaps more biologically practical). However, poetry aside, the signs the skin gives us can be a useful tool in ascertaining if something may be going on at a deeper level, even if not quite the depth of the soul!

Common skin conditions are, for example, skin cancers (carcinomas, melanomas), acne, rosacea, inflammatory disorders such as eczema and psoriasis, and infectious disorders such as bacterial or fungal overgrowths, ticks or scabies. And signs of ageing although not quite as ominous as the rest, can certainly be advanced or reduced depending on our internal state and can therefore be mentioned herewith as a 'skin condition'.

Where there are inflammatory skin conditions present, one sign that can be useful in determining whether the problem is internally or externally driven, is whether the rash is symmetrical or randomly placed. If someone has contact dermatitis for example, this may often be in random places on the body; one hand, one elbow, or a patch on the knee. Rashes like this are more likely triggered by an external chemical sensitivity (eg cleaning products or washing powders etc). If however the rash seems deeper, and symmetrical on both sides of the body; both hands, both elbows, both knees, then this more likely indicates an internal inflammation (perhaps digestive due to food sensitivities or bacterial or yeast imbalances). This knowledge can help you figure out how to start treating the issue most productively. A great to find the underlying cause is with a Hair Analysis chat with one of Hardy's Experts to find out more.

Acne is also a skin condition that talks to you about what is going on internally – it is often referred to as 'Diabetes of the skin'. When insulin levels are dysregulated, this can drive excess



sebum production and inflammation, and also affect the reproductive hormones which all combine to perpetuate the cycle of troublesome acne flare ups.

So the first part of any good skin care regime, is understanding our skin is an organ system that speaks to us in its own language, and we need to tune in to hear it's message. And to show our lifetime coat some love, there are certain things that we can do to take care of it.

First off – treat our coat according to the season!

Coming into the Autumn months as we are, it's still important to wear a good quality, chemical free sunscreen to protect us from the harsh UV rays that contribute to premature ageing and help to protect us against burning that may cause the skin cancers that are so prevalent in NZ. And be aware that as the season gets colder this can have a drying effect on the skin, so using a good quality moisturiser daily can help to retain moisture and prevent flaking and cracking skin.

FILTERS ARE GREAT, BUT GREAT SKIN IS BETTER

But going 'inside out' as well as 'outside in' is also a key requirement for glowing, healthy, vibrant skin. Taking a good quality fish or hempseed oil can help to provide hydration, reduce redness and sensitivity, and reinforce a smooth skin surface. Zinc is important wherever

there is skin inflammation, as zinc helps to promote faster healing and regeneration.

Pop instore to get your zinc levels tested with one of our Hardy's Experts. And taking a good quality collagen

and/or collagen hyaluronic acid supplement is also a good way to retain the structure and integrity of our skin as we age.

And last but not least, eating a fresh whole foods diet that includes an adequate amount of protein, healthy fat and fibre, drinking enough water to keep us well hydrated, getting 7-8 hours of shut-eye per night, and ensuring some daily movement, are key cornerstones to keeping a beautiful coat that will last us well for our lifetimes.



**DIEM VITAMIN C
PIGMENT-CORRECTING
WATER CREAM**

Meet your desire for even-toned skin radiance with Diem Vitamin C Pigment-Correcting Water Cream: the new daily moisturiser to address pigmentation and uneven skin tone. Certified vegan and powered by high-performance natural origin peptides, Vitamin C, and natural retinol alternative bakuchiol.



LIVING NATURE

Uniquely New Zealand



Free
DAY CREAM
WITH \$55 SPEND

**SAVE
\$44**



*Get yours while stocks last. Cannot be used in conjunction with any other promotion. Choose from Living Nature's Balancing Day Lotion, Nourishing Day Cream, Rich Day Cream).

**PURITY MADE
SIMPLE**

Certified natural skincare & makeup made in New Zealand.





Love the skin you're in



NeoCell® Super Collagen + Vitamin C & Biotin is the ultimate skin, hair and nails formula for vibrant inner beauty.

Collagen or Biotin? Combine them for your best beauty formula yet!

The NeoCell® brand has been a leader in the collagen revolution for over 20 years, with a loyal following of this youthful goodness!

NeoCell® Super Collagen + C was designed as the essential beauty formula. Their hydrolysed collagen type 1&3 supports fine lines and wrinkles, skin elasticity and moisture levels. Collagen is specifically used for protein synthesis in our skin, hair and nails, and strength

and resilience during the inevitable aging process. Vitamin C, a necessary co-factor, supports the formation of healthy collagen fibres throughout the body and provides antioxidant support for radiant skin.

While countless woman have experienced the benefits of Super Collagen +C tablets, the team at NeoCell® wondered if they could take their original formula to the next level. While collagen supplementation is great on its own, the combination of collagen with biotin is even better!

A member of the B vitamin family also known as B7, biotin supports strong, healthy hair by supporting follicle hair growth and the maintenance of the hair strand. Combining collagen with biotin supports thicker, voluminous hair, while offering support for brittle, peeling nails.

Always read the label and use as directed. Supplementary to a balanced diet. Natural Meds, Napier.

BePURE™

It All Starts in the Gut



Say bye to bloating by rebalancing your gut health and supporting your overall wellness, and energy. BePure Two and Digest Assist are here.

BePure Two - Probiotic™ an advanced daily probiotic containing 19 strains of beneficial bacteria and a minimum of 30 billion viable bacteria per serve, making it one of the most complete probiotic formulations available for supporting lower digestive health.

BePure Digest Assist™ an all in one, high strength upper digestive support, formulated with powerful active digestive enzymes to effectively break down your food and support the reduction of food repeating on you, bloating and digestive issues.

BEAUTY IS AN INSIDE JOB



Since

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SOLGAR® SKIN, NAILS AND HAIR TABLETS

A triple-action advanced beauty supplement containing some of the most researched nutrients specifically tailored for skin, nails and hair.



SOLGAR® COLLAGEN HYALURONIC ACID COMPLEX

Unique beauty formula designed to nourish skin from within.



SOLGAR® BIOTIN 5000 µG

One of the highest strength formulas available. Supports healthy hair and glowing skin. Promotes energy and vitality.



SOLGAR® LIQUID VITAMIN E

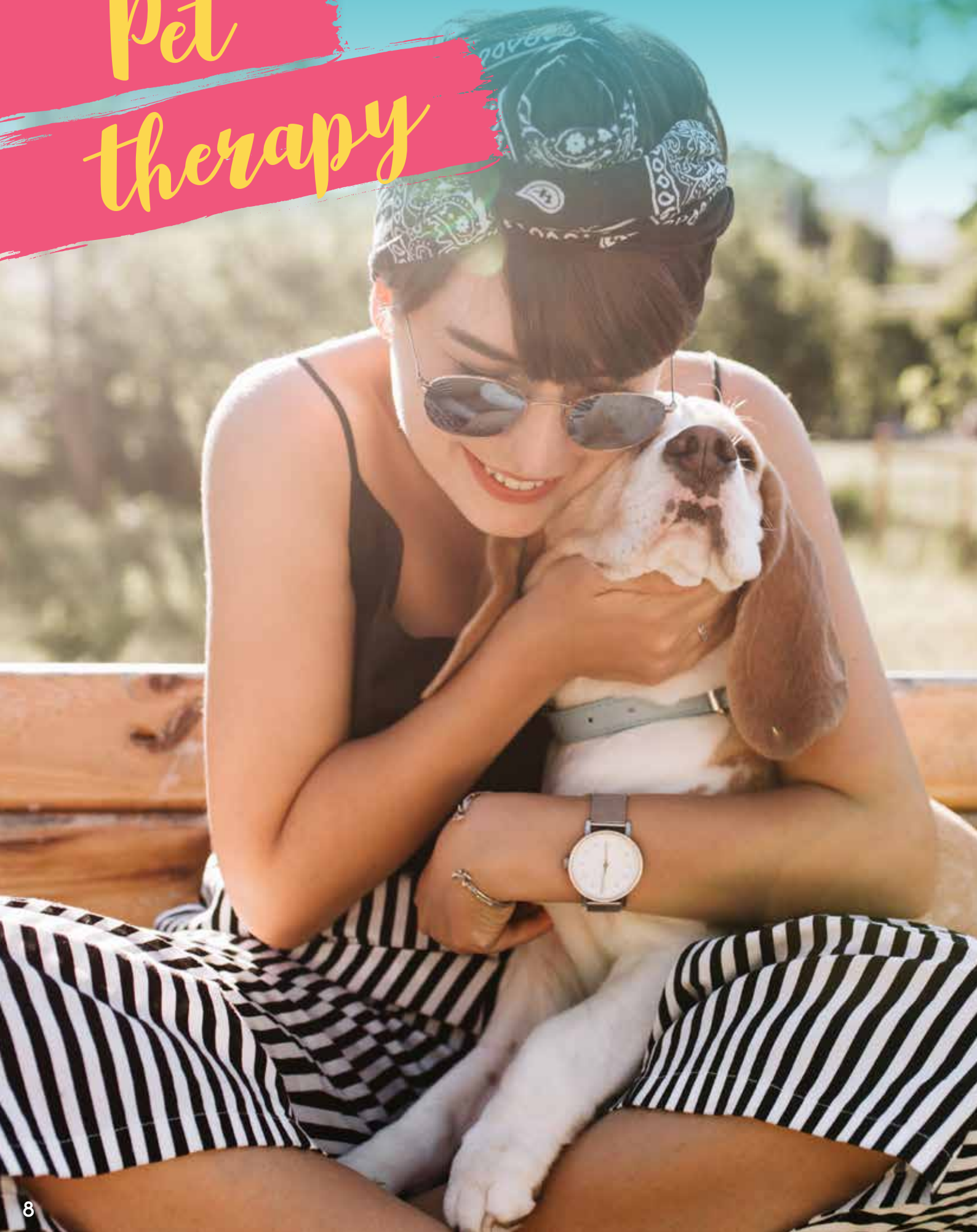
Natural Vitamin E (d-alpha tocopherol), includes mixed tocopherol complex. Protects cells from oxidative stress. Supports immune system.



*Always read the label and use only as directed.
If symptoms persist please see your healthcare professional.
Solgar NZ Ltd, Auckland.*

SCIENCE OF NATURE

Pet therapy



When you hear the phrase 'therapy session' what images do you conjure up? A typical scenario might be something like this.... A bespectacled doctor relaxes back in his chair, notepad and pen poised at the ready to take notes during the regaling of your past experiences....

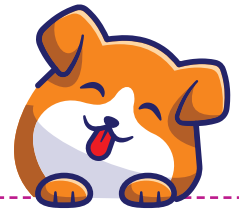
Or, we could consider another scenario instead? "Woof woof!" A wriggling fuzzy ball of fur, all tongue and wagging tail, approaches you and presses a wet nose into your hand.

Therapy has commenced.



"My little Mimi might have the stature of a mouse, but she has the heart of a lion. She is the most loud and fearsome guard dog on the street!"

**WOOF
WOOF**



For many people, the second scenario furry therapist is 'just what the doctor ordered'. Animal therapy is a legitimate form of care for people with conditions such as Autism, Post-Traumatic-Stress-Disorder (PTSD), Anxiety, Depression, loneliness and more. A therapy dog for example, is trained to provide companionship, support and love for people with any type of physical, psychological or neurological condition. The traditional Guide Dog for the blind is the most commonly recognised type of support dog, however the official services animals provide for us are far more wide reaching nowadays.

Even in a non-official role (that role being 'beloved pet') just the act of stroking your fur-baby can provide a range of health benefits. One university study that involved 249 students demonstrated that after just 10 minutes of patting and playing with dogs, student cortisol levels dropped dramatically (that's the stress hormone which is typically high in students, especially around exam time!)

Another university study found that patting a dog for 15 minutes boosts our 'feel-good' hormones serotonin and oxytocin, and even lowered blood pressure by 10%.

Another way animals can lower blood pressure is by way of exercise. Exercising your pet has been shown to help people increase their own daily exercise, which in turn helps with maintaining a healthy body weight and improving cardiovascular and metabolic health. There is also a beneficial social aspect to exercising with an animal. For example dog owners often meet other dog owners in the dog parks or horse owners meet at pony clubs or go riding together.

This provides further companionship for both owners and animals alike, and for the socially awkward or more introverted owners their pets can act as a wonderful social lubricant to help ease them into meeting new people with common interests.

Another reason animals can be so therapeutic for us is because the act of caring for someone else can be very rewarding and forces us to think beyond ourselves each day. When children grow up with furry members of the family, it teaches them empathy, understanding and responsibility. Everything from changing bedding in a cage, cleaning a fish tank or doing the dreaded pooh pick-ups in the garden all teach children valuable skills in caring for another living being. Caring for an animal member of the family can bring so much joy and happiness to the lives of children and adults alike.

In caring for our fur-babies, we need to look after their needs – physical, nutritional, emotional. We are an animal's whole world, and they give us their time, energy and love in abundance – and for them to thrive they need to get that back from us too. At Hardy's we believe pets are family and therefore we include a small range of natural pet supplements and products at all of our main stores. In conjunction with Allergenics Health Assessment Services, we are also now offering a Pet Sensitivity Hair Analysis service – so if your furry friend is experiencing allergies and sensitivities this could be a worthwhile test to undertake on their behalf.

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. During lockdown, I loved seeing all the Facebook posts and stories from people who were finding such delight in hanging out with their animals, or spending time in nature. For me, this was capturing a moment in time with a butterfly, or just witnessing and appreciating the beauty of birdsong and animals frolicking in nature. Time away from our busy lives has truly given us a chance to appreciate the best of the nature around us.

The bond between a pet and their family is truly unique. Having an animal in your life is a delight in general, and during stressful times they can be a real lifesaver. On those darker days your pet still loves you unconditionally. You are theirs and they are yours.

**All pets are
therapy. Most
are just working
undercover.**

Hugs

FOR HEART HEALTH



Owning a cat could lower your risk of dying from heart disease. A 20-year study, reported in the academic *Journal of Vascular & Interventional Neurology*, stated that people who had ever owned a cat had a lower risk of dying of a heart attack than a person who'd never had the pleasure.

According to the US Center for Disease Control and Prevention, having a pet can help lower blood pressure in hypertensive or high-risk patients. "If you have a dog around, your blood pressure is lower," explains veterinary consultant Dr Marty Becker. "A lot of it is down to reducing stress – you might lose your job, your house, but you'll never lose the unconditional love of your pet."



For the fur babies

Our four-legged family members can suffer from many of the same issues we do such as allergies, skin irritation and immunity. Support healthy skin, balance immune reactions in response to common allergens and assist itchy skin naturally.

Did you know there are many herbs that can be used to treat your pet for a range of symptoms? If you want more information on this, chat to your local Hardy's expert.



PET-MED ALLERGY SPRAY

Naturo Pharm's Pet-Med Allergy is carefully formulated to support pet's skin and balance the reaction of the immune system in response to common allergens.

Balancing pet's immune reaction in response to common allergens, while supporting healthy skin.

NaturoPharm Ltd, Rotorua



PET-MED FLEA AND SKIN SUPPORT

Naturo Pharm's Pet-Med Flea and Skin Support has been formulated to support healthy skin, provide relief from the common symptoms associated with fleas and assist in building immune resistance to common fleas.

A healthy skin provides greater resistance to fleas.

Naturo Pharm's Pet-Med Flea and Skin Support is not aimed at replacing flea treatments, but can be used as a support during treatment.

NaturoPharm Ltd, Rotorua

"The reason God didn't create pets that talk was to teach us that love and loyalty are demonstrated by actions and not words".

New to the Kiwiherb range

Available instore from late April 2022



Available from your local Hardy's store or online

For more information, go to Kiwiherb.co.nz

Always read the label and use as directed. If symptoms persist, talk to your healthcare professional.

Dual-Action Chest & Lung Support

- Extra-strength bronchial support.
- Helps restore easy breathing.
- Relaxes and quietens the respiratory system.
- Supports clearing mucus from chest and airways.
- Provides deep acting lung support.
- Soothes and calms chest agitation.



Fresh, menthol flavour,
providing 24-hour support

Children's Goodnight Chest Syrup

- Double action formula to support;
 - Clearing lung mucus.
 - Restful and restorative sleep.
- Supports your easy breathing.
- Soothes tickly airways.
- Calms night time chest agitation.

Perfect night-time pairing with
Children's Organic Chest Syrup
for 24-hour support



Be prepared this autumn!

Essential Care package to support your immune health.

PRODUCTS
TO SUPPORT
YOUR
IMMUNE
SYSTEM



NOW® QUERCETIN with Bromelain - Pure Vitality ZINC DROPS -
NOW® VITAMIN D3- Coyne Healthcare LIPOSOMAL VITAMIN C

Zinc is needed in small amounts every day in order to maintain health and perform important functions in the body each day. Zinc benefits the body in many ways; it helps with hormone production, growth and repair, improves immunity and facilitates digestion.

Coyne Healthcare Vitamin liposomal C, more bioactive and non-acidic Vitamin C than standard Vitamin C products. It is a gentle, gut friendly Vitamin C. providing superior bio-availability = more Vitamin C in the body.

NOW® Vitamin D-3 softgels supply this key vitamin in a highly absorbable liquid softgel form.

NOW® Quercetin is a naturally occurring free radical scavenger that supports healthy seasonal immune system function. Laboratory studies have demonstrated that quercetin can also help to promote normal respiratory function.

Soldiers at the



ready

Imagine having your own personal security guards, 24/7... would you walk around feeling more secure and confident at all times, knowing that someone had your back and you didn't need to worry about surprise attacks? Well guess what?! You DO have your own security guards! They function as part of your immune system and mean you can walk around confidently knowing that someone has your back when faced with surprise attacks from invading pathogens.

INNATE
IMMUNITY ACTS
AS OUR BODY'S
FRONT-LINE
TROOPS


Your immune system is incredibly clever and works 24/7 to keep you safe. It has two types of defences. The first is called your Innate Defence System. This includes surface barriers such as the skin and mucous membranes. And then it has internal barriers which are little cells and proteins with very cool names like 'Natural Killer Cells' and 'Phagocytes'. Inflammation and fever are also a type of internal defence which helps to control the environment to exterminate pathogens. Our first line of defence can be very protective. However, if an invader such as a virus or bacteria does manage to slip through, then we still have ammunition: Our second defence system!

This is called the Adaptive Defence System, and this part is specific, systemic, and contains 'memory' cells meaning that if it's met a particular invader before, it knows exactly how to deal with it! Think of this system as having its own 'criminals wanted' photo board stuck up on the office wall, and using body-wide camera surveillance to spot them if they enter your territory.

But beware! Certain things can tire out our security guards, making them less efficient at doing their job. Think what things zap you and make you less efficient at carrying out your job – well, it's the same for these guys too right? If you're feeling drained, your security guards are also feeling drained, leaving you more vulnerable to a successful pathogen invasion. So, to ensure a healthy robust immune response, we must start with the basics. Ensure you're getting good quality sleep! During sleep our body produces immune cells, so lack of deep restorative sleep can lead to reduced production of these immune cells. Another thing to ensure efficient production of our immune cells is a good nourishing wholefoods diet, rich in the vitamin and mineral building blocks our body requires. Absorption of these nutrients is important, meaning a healthy gut is also important. It is estimated around 70% of our immune system originates in the gut, so a happy tummy equates to a happy crew of security guards! And along with overall health

benefits, the emphasis on stress management and a regular exercise routine cannot be overstated when working to establish a well-functioning immune system. Stress robs us of energy, minerals and resources to rebuild and repair body systems, as can being overweight, and both these things can leave a person more vulnerable to infection. So remember, a healthy fit body means a healthy fit team of security guards who are better able to have your back when pathogens invade!






WAYS TO SUPPORT YOUR INNATE DEFENCE SYSTEM

SLEEP

Lack of quality zzz's can make you more susceptible to viral infections such as the common cold, and once you're sick, a lack of sleep can drag out how long it takes you to get better too. During sleep, little mini proteins called cytokines are released by your immune system. These little guys typically ramp up when your body faces the unwanted invaders that make you sick. They are produced by little 'Helper Cells' in your immune system, however, when you're failing to reach all your required hours of shut eye, the production of these little guys is reduced. So your immune response is reduced too, making you more likely to succumb to the dreaded ills and chills.

If you are someone who is struggling to reach your 7-8 hours sleep per night, try taking a good magnesium supplement before bed, or sip on a herbal sleepy tonic or tea after dinner.

DIET



If any of you managed to catch the last article in the Summer magazine, we were talking about how eating a fresh, wholefoods diet is really important for our health and energy. Our immune system also needs this fresh wholefoods diet, so that the body can extract the raw materials it needs to build the immune system.

Imagine trying to build a Lego house but you don't have enough Lego. You'll get half a house. It's the same principle here. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C, vitamin D, zinc, selenium and iron to name a few, as well as protein. Because our NZ soils are deficient in certain minerals and diets high in processed foods can be devoid of nutrition, it's easy to miss out on the required levels of vitamins and minerals to keep us well. Vitamin D especially, becomes deficient in Winter (Vitamin D is the sunshine vitamin) and Vitamin D deficiency is a contributing factor why people succumb to illnesses more easily in Winter. Taking a good quality multivitamin and protein powder with added greens is an easy way to hit your daily RDI's (recommended dietary intakes). And if you wish to check your vitamin D status at home, ask your local Hardy's team about our Vitamin D test kits.

GUT HEALTH

Linked closely to diet, is gut health – and for anyone with digestive troubles, this can impact how well nutrients are absorbed from food, leading a person to easily become deficient in nutrients aka the Lego blocks, for building the immune system.

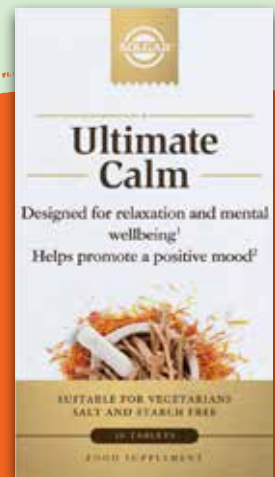
It is estimated that around 70% of our immune system is housed in our gut – and more recently it has been discovered that our gut microbiome aka our tummy 'bug garden', is able to communicate with cells in our immune system. The relationship between the two can influence whether the immune system stays in balance, or whether autoimmune disease may present. So a healthy gut is very important! A good quality probiotic or gut-healing powder can help if things tend to feel a little imbalanced in that department. A good quality omega 3 fish oil is also beneficial in terms of gut health because it helps to promote more bacterial diversity and a balanced inflammatory response, which both help to assist the body's immune system defences.

EXERCISE

The beneficial effects of exercise on overall health cannot be overstated. Exercise improves cardiovascular health, promotes a healthier weight, and ensures your body has the best chance at a healthy immune response in all areas. Studies have found obesity in both people and animals, impairs immune cell production and function, making the person at increased risk for bacterial and viral infections. In the same breath, those who exercise appropriately and maintain a healthier body mass, have efficient immune cell production and enhanced function – ie if the body is fitter, the security guards are fitter, and better able to fight off invaders. Even just a 20 min walk each day can bring increased health benefits, so make time for a stroll in the fresh air as part of your daily routine.

STRESS

No one enjoys being stressed, however our modern world is full of stressors that are out of our control. Traffic jams, money troubles, tight deadlines, the list goes on. Not only does stress have an impact on the obvious things like our blood pressure, but stress hormones can also directly lower the effectiveness of our immune system by way of affecting the number of white blood cells in the body, making a stressed person's security guard team less able to fight off invaders. Tips to help your body cope with stress can be as simple as slow, methodical breathing to help lower the 'fight or flight' hormones, walking on the beach, meditation, yoga, or watching a funny movie with friends. Whatever brings you joy and calm is essential to make time for in times of prolonged stress.



SOLGAR® ULTIMATE CALM DAILY SUPPORT

- Designed to build your resilience to the stresses of modern life and supports your state of mind
- Supports balance and mindfulness
- Unique formulation containing two scientifically studied ingredients – a naturally sourced B-Complex (Panmol B-Complex™) and standardised rhodiola extract (RhodioliLife™).
- Rhodiola is known for its adaptogenic properties; supporting a clear state of mind and mental focus.
- Eight naturally-sourced B-vitamins from quinoa sprouts. B vitamins support energy production and psychological wellbeing.

Solgar NZ Ltd, Auckland

**goodhealth**
NATURALLY NEW ZEALAND

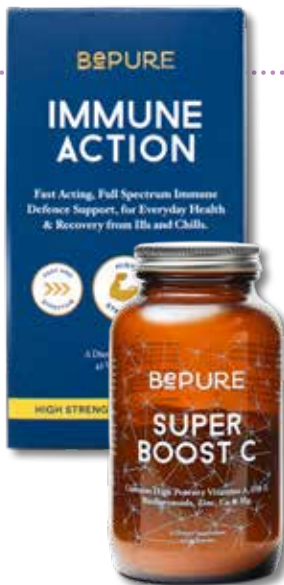
Natural, Powerful Immune Defence



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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 PP8510.

Hot picks



BePure, Auckland

BEPURE IMMUNE ACTION

Your fast acting best friend for the whole family, ages 6 and up. Provides full-spectrum support for a strong immune system, a clear throat, a calm tummy, easy breathing, and fast-recovery to protect you from ills and chills.

BEPURE SUPER BOOST C

Easily absorbed, delicious tasting powder, formulated with bioflavonoids to provide your body with a high quality, high strength dose of vitamin C. Perfect for the whole family, ages 5 and up.

LIFESTREAM BIOGENIC ALOE VERA

From 100% Inner Leaf is a tonic that soothes your entire digestive tract. The pure inner leaf contains phytonutrients, polysaccharides + other active components that support natural growth + renewal. The Aloe Vera is gently processed using the patented NaturLOCK™ system to carefully lock in + protect the naturally soothing properties of the Aloe Vera plant. BG1769

LIFESTREAM BIOACTIVE SPIRULINA

A concentrated, nutrient rich, ancient superfood that provides your body a powerful combination of vitamins, minerals, amino acids and antioxidants for optimal support. BG1762

Lifestream International Ltd, Auckland



NORDIC NATURALS® ARCTIC-D™ COD LIVER OIL LIQUID

This award-winning formula is made exclusively from sustainably-sourced 100% wild Arctic cod liver oil from Norway. Pleasant tasting, fresh and pure, it delivers essential omega-3 with 1000 I.U. of natural Vitamin D3, to support your immunity needs, traditionally.

NaturalMeds, Napier

FOR THE WHOLE FAMILY

INNER HEALTH PLUS 90S & DAIRY FREE CAPSULES

Gut health & restoration

- Supports the maintenance of a normal healthy gastrointestinal system & digestive function
- Helps support levels of the good bacteria; lactobacillus & bifidobacteria in the digestive system
- Supports the maintenance of a normal healthy immune system in adults & children
- Helps support general wellbeing

TAPS no: NAI2512 11/20

Metagenics, Auckland



INNER HEALTH PLUS KIDS DAILY DEFENCE 60G POWDER

Everyday general & immune health support

- Supports gut health & general wellbeing
- Supports immune defences
- Supports ear health
- Supports good gut bacteria during antibiotic use
- Inner Health Plus Kids Daily Defence is a deliciously natural strawberry flavour

Approval no: BG1845



GUTSI® SPOREBIOTIC™ PROBIOTIC + ANTIOXIDANT

Get your gut into shape with SporeBiotic™! Formulated by a microbiologist and containing 100% spore-based probiotics, this product uniquely powers a healthy immune response via a diverse and flourishing gut microbiome. Take control of your health and feel the SporeBiotic™ difference!

NaturalMeds, Napier



HARKER HERBALS ELDERBERRY+

An immune support superstar with potent doses of black elderberry, vitamin C & zinc.

Family-friendly - simply adjust the dosage to suit all ages

Natural source of Vitamin C & antioxidants

Delicious berry flavour

Use with Ear, Nose & Throat to support heavy heads, raw throats and blocked sinuses.

FREE
EAR, NOSE AND THROAT 100ml
when you buy
Elderberry+ 200ml
**while stocks last*



Harker Herbals, Waipu

HARKER HERBALS CHILDREN'S VIRA GUARD

Daily immune defence for ages 0-12 years

For extra immune support, increase dosage at first sign of symptoms

High strength Elderberry, Echinacea & Olive Leaf
Over 12 years? Take Harker Herbals Vira Guard

Harker Herbals, Waipu



NATURE'S IMMUNE DEFENCE

Best selling, award-winning Artemis ViroGone and Artemis ViroGone 60ml Spray provide powerful, fast-acting natural immune support for life on-the-go.

Provides rapid immune defence and daily immune build with all-natural potent plants.



Artemis Ltd, Dunedin

Grazes,
cuts or scratches...



Supporting skin's natural defences.
naturopharm.co.nz



NaturoPharm
Feeling better, Naturally

Lifestream

Your plant-based experts for over 40 years



New TO HARDY'S

SUKU VITAMINS® Appley Ever After™

Offering the age-old benefits of apple cider vinegar infused with methylated B12 and folate, all wrapped up in a delicious and nutritious gummy explosion!
Supports healthy weight management, normal blood sugar levels, detoxification and skin health.



Kiwiherb's Herbal First Defence

BE READY FOR THE CHANGE OF SEASONS

TACKLE THE TICKLE with Kiwiherb Herbal Throat Spray, your first-line defence for a dry, scratchy throat, formulated with soothing herbs in a convenient spray.

SUPPORT a vulnerable immune and respiratory system with Kiwiherb Organic ImmuneGuard during seasonal changes and winter.

BREATHE EASY with our Kiwiherb Organic Chest Syrup, formulated to loosen mucus, settle airway irritation, and support a healthy respiratory system.





Since

1947

SCIENCE OF NATURE

SOLGAR ESTER-C PLUS IMMUNE COMPLEX

Keeping it simple

Life is too complicated already to be worried about your immune system, right? Physical distancing, wearing facial masks and ensuring our hands are sanitized are daily things we do to defend our immune system is something we have had to consider.

Research around on the immune system has increased awareness that certain nutrients are vital to support our immune system. But our diets are not always adequate of these key nutrients; so supplements are an easy way to top-up our daily needs. However, the most common complaints are: not knowing what to take, how much or when. On top of that, many people find a handful of pills overwhelming, saying 'it is all too confusing!'

The most popular nutrient people turn to for immune support is Vitamin C. Our bodies don't make this water soluble nutrient; so our levels can change quickly especially if we are stressed, have intense exercise schedules, or other immune challenges. It make sense therefore to ensure adequate daily levels are met.

But not all forms of Vitamin C are considered equal! Ascorbic acid, the most common form of Vitamin C lasts only a few hours in the body, and result in mean taking two or three doses a day to maintain constant levels. This is impractical ... and can result in upsetting the digestive system. The alternative; Ester- C this is a well- studied, buffered form that is gentle on the digestive system, and shown to stay in the white blood cells up to 24 hours; much longer than ascorbic acid.

But researchers believe that addition Vitamin C is good start, there are other nutrients that are equally important.

Zinc supports wound healing, growth, a sense of smell, taste and is vital for the immune system. In fact over 300 enzymes need zinc. Deficiency in this mineral may affect multiple aspects of both the adaptive and innate immune systems. There has been hundreds of studies investigating zinc that have shown those who are deficient in zinc tend to have poorer health outcomes.

Vitamin D3 has a number of important functions; supporting mood, bone health and immune defences especially during winter months when our levels may be at their lowest.

Certain herbs have a long history of use to support the immune system. The confusion is which one and how much? Popular herbs to support the immune and respiratory systems include echinacea, elderberry and astragalus.

Making it simple is what Solgar is known for; combining science with nature. Solgar Ester-C plus Immune Complex, combines the longer lasting Ester-C vitamin with vitamin D3, zinc, elderberry, echinacea, astragalus with other synergetic immune supporting nutrients including vitamins A, B's and magnesium. This one-a- day formula makes it simple for us to support breathing freely.

Vitamin C that supports you all day long, so that you can keep doing what you love.



Hot Lemon & Ginger Tea



Ingredients:

1-2 fresh lemons
Approx 2cm chunk of fresh ginger
Heaped tablespoon of good quality / therapeutic honey

Optional:

Your favourite liquid Vitamin C / immunity boosting syrup

In a teapot:

Squeeze the juice of the lemons into the teapot
Cut the leftover lemon into quarters and add to the teapot
Crush the ginger and add to the mixture
Add large tablespoon of honey to sweeten
Add your preferred immunity building syrup
Fill teapot with boiling water and allow to steep for 15 minutes.

Di's pick

Fast acting immune support with high strength Elderberry. Easily absorbed & family friendly. Supports robust immune defences.



Enjoy throughout the day



Be prepared

HARDY'S IMMUNE PACK

You may find yourself stuck at home and needing to take care of yourself and your loved ones.

Visit our website to order your complete stay at home wellness kit, or speak to your local Hardy's expert for a tailor made solution to fit your needs.

Essentials to have on hand are: NAC, Vitamin D3, Zinc, Vitamin C, Quercetin and a quality probiotic.



These are some of my personal favourites

Supergreens

NEVER TASTED SO GOOD!

A nutritious and delicious green superfood, in a convenient daily shot, with just 15ml providing the equivalent to almost 2 ½ cups of spinach, but without chopping, blending, or cooking – too good to be true?!

Nature's Sunshine Liquid Chlorophyll not only tastes great, but supports healthy digestion and elimination, and provides alkalizing, internal deodorizing and bowel detoxifying properties.

Liquid Chlorophyll is ideal to boost levels of essential green nutrients in a convenient, tasty drink that the whole family can enjoy. Feel your very best this Autumn with Nature's Sunshine Liquid Chlorophyll.

Family friendly, vegan, free from parabens, palm oil and ethanol.



A TASTY DRINK THAT THE WHOLE FAMILY CAN ENJOY.



THE BUILDING BLOCKS FOR A HEALTHY IMMUNE SYSTEM

As we all know, there is no miracle cure for seasonal ills and chills, but there are ways you can help support your body's defence mechanisms. It may come as a surprise, but did you know that protein is vital for supporting your immune system.

The body is amazing at fighting off disease, it has three layers of defence, the first one being the skin. Our skin is made up of mostly protein and fats that form a protective layer to keep out nasty microorganisms. To keep this protective shield strong, we need to consume enough dietary protein so that the body can rebuild the necessary proteins that live in our skin.

The second line of defence is when cells called macrophages find these nasty microorganisms and essentially 'eat' them. Those macrophages then make protein markers which hold a piece of the microorganism on the outside of its cell wall and display them for our antibodies to bind to. This is the third line of defence. Antibodies are proteins that both attack the harmful microorganisms, removing them from the body, and take a piece of it away to remember and protect against future attacks. Both systems require protein, so it's no surprise that without adequate intake of a quality protein to help build these antibodies, we won't be able to maintain a healthy immune system.

Having a balanced diet is your best bet for a healthy immune system and can give you an edge over harmful microorganisms. Consuming the right combination of macronutrients (protein, fats and carbs) and micronutrients (vitamins and minerals) for your body will help support optimal immune function.

Nuzest Clean Lean Protein is a premium-quality pea protein designed to support you through life's daily challenges. It's specifically developed for energy, recovery, repair, and weight management. For complete nutritional support, Nuzest Good Green Vitality is your all-in-one, daily multi-nutrient, and goes great with Clean Lean Protein. Get on top of your nutrition and prepare your body for all that life throws at you.



MANGO GINGER SMOOTHIE

By Kerry Locatelli, BNat

**DAIRY FREE • GLUTEN FREE
VEGAN**

SERVES 1

INGREDIENTS

- 1 Serve Smooth Vanilla Clean Lean Protein
- 200ml Rice Milk (or milk of choice)
- 100ml Coconut Yoghurt
- 1 Cup Frozen Mango
- ½ – 1 tsp Dried or fresh Ginger (depending on how strong a ginger taste you like)

METHOD

Blend all the ingredients together 'til smooth and creamy. Enjoy!

VEGAN • GLUTEN FREE • DAIRY FREE • SOY FREE • LECTIN FREE • NON-GMO

nuzest.co.nz

PHOTO: SHUTTERSTOCK

GUMMIES REDESIGNED

Made Clean • Science-Backed • Triple Tested • Highly Absorbable



Non-GMO



No Artificial Colours Or Flavours



Allergen Friendly



Sugar Free, Sugar Alcohol Free



Plant Based



Keto

SUKU[™]

VITAMINS

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

INNERHEALTH

Need help finding the right probiotic?

NEW
Strawberry
Flavour



Scan here!



Chat to Vee, your probiotic assistant.

Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Metagenics NZ, Auckland.

COME AND SEE
US AT YOUR LOCAL

Hardy's Stores & Health Hubs

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 Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

Hardy's Taupo

37 Horomatangi Street (07) 378 9057

HH HARDY'S HEALTH HUBS

Devonport 7 Day Pharmacy

31A Bartley Terrace, Devonport (09) 445 4000

Anglesea Pharmacy

9 Thackeray St, Hamilton (07) 839 3999

My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd (07) 572 0355

Pharmacy 53

10 Ballance Street, Whataupoko, Gisborne
(06) 867 3038

Balmoral Pharmacy

25 Munroe Street, Napier South (06) 835 4540

Vautier Pharmacy - Summer Hill Village

198 Ruapehu Drive, Palmerston North
(06) 355 8173

Clive's Chemist

20-21 Queen Street, Wainuiomata
Ph 04 5648618

Pharmacy @ Ferrymead

1005 Ferry Road, Christchurch (03) 943 9635

COMING SOON!
The Capsule Pharmacy
Drury, South Auckland

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

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



INTRODUCING OUR HARDY'S EXPERTS FROM TAUPO

Niki (second from the left) is the newest member of our Management Team. She is joined by Naturopath's Janet, Diane and Sandy.

Yes, we have 3 amazing Naturopaths in Taupo with a wealth of knowledge and experience!



First in NZ

Advanced joint comfort formulation

Supporting joint comfort into the cooler months when things feel stiffer, introducing...

Good Health Pannex Joint is a cutting-edge joint comfort formulation containing scientifically researched Levagen®+ and White Willow.

Ingredients

Levagen®+ is a naturally sourced, scientifically researched form of PEA (Palmitoylethanolamide) that supports joint comfort and functional mobility, has soothing properties and taking it regularly may support your body's natural joint comfort.

Willow Bark (Salix alba) a traditionally used herbal extract, to provide support for joint comfort.

Topical Support

In the cooler month stiffness may be more pronounced; there is nothing better than a warming, soothing rub, introducing...

Good Health Pannex Joint Cream is a formulation of capsicum, comfrey and arnica plus essential oils to support joint comfort. Combined with the nutrient benefit support of MSM.

At your local Hardy's store today: Good Health Pannex Joint Capsules and Pannex Joint Cream, the next level solution for joint care.



goodhealth.co.nz • naturopath advice line 0800 44 66 34

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 PP8494.

INTRODUCING JAMIE

One of Hardy's Head Office team

OUR HARDY'S OPERATIONS MANAGER

Jamie makes sure everything runs smoothly and efficiently from behind the scenes. At times you will find him covering for staff on leave on the shop floor too.

Jamie and his gorgeous fiancé Nicola are planning their wedding this autumn and look forward to enjoying married life together in Northland.



Congratulations Jamie and Nicola





Brrrrrrr!

Prepare for the worst of Winter.



Immune System Support Combo

SANDERSON
Triple Zinc FX 100s *plus*
SANDERSON
Vitamin D3 1000iu 100s

SAVE 30% OFF*
Hardy's usual pricing

*Offer valid to 31 May 2022 or while stocks last. Always read the label and take as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to a balanced diet.


SANDERSON®

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS