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Care and connection



As our seasons change, and cooler temperatures move in, it's easy to feel a little apprehensive about the approach of Winter, missing out on the beauty of Autumn altogether! Autumn is a lovely time of year. Its crisp freshness is re-vitalising after the humidity of Summer. A time to really enjoy being outdoors without

temperatures being too hot. And it also gives us time to start preparing our bodies for Winter. So with this change of season, we wanted to bring something crisp and fresh to our magazine. This edition is dedicated to all our Kiwi guys out there! We know most of our readers are ladies, but this time around we want our men to feel compelled to pick up the magazine, put their feet up and sink their teeth into a good read! With loads of tips and great advice, we hope you enjoy reading our latest Autumn edition as much as we enjoyed putting it together for you.

Lots of Autumnal love and light

Diana

Diana Burgess - Naturopath

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INNER HEALTH

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If symptoms persist, talk to your health professional. Metagenics NZ, Auckland.

DRP0303-01/23

about your body



Written by Ange Youle
Registered Clinical Nutritionist

Does your body feel like a race car in these fast-paced times? Do you expect your body to behave like a finely tuned elegant piece of machinery, firing on all cylinders and running at a million miles per hour, turning heads wherever you go, with everyone eating your dust?

Your body is a temple... right?

Or, as lovely as that idea is, does it actually feel more like you can barely muster the energy of a wheelbarrow? If that sounds like you, maybe we can entice you to read this article to the end because we're going to be looking at a few ways we can help bring back your inner speed machine.

So what exactly does health mean to you? It should be more than just absence of disease, endless reps in the gym, or a giant set of biceps (good as these things may be). Full health is about vitality, energy, state of mind, relationships, work/life balance, good sleep, good nutrition and a happy hormone balance. Good health is about having the right sort of poo every day, so don't be shy—take a look before you flush. Understanding your gut function can be a perfect starting point for a self-health assessment.

What's next? Food!

An unhappy poo is often the result of an unhappy gut, which is driven by poor food choices. Remember, food is more than just weighing up macronutrients (protein, fats and carbs). It's about the types of protein, the types of fat, and the types of carbs. It's about real foods, straight from the earth, from the sea, from the animal. Minimal processing, minimal (or ideally no) chemicals and fake ingredients, it's about vitamins, minerals and eating all colours of the rainbow while minimising artificially coloured, or beige, dead, lifeless foods that make you feel tired to the depth of your bones. Fake foods steal energy. They are not your friend. Trust me! And if you need help in boosting up your nutrient intakes, using a good quality protein powder with no artificial ingredients or sweeteners, and taking a good quality 'bio-available' multi vitamin, is key.

If 80% of the time your foods are REAL whole foods, then your body will have enough gas in the tank to get you through the 20% of other stuff you might choose to consume. And let's keep it real. A fine wine or good quality ale is definitely included in the 80%! Getting plastered on stuff that equates to petrol is probably better off on the 20% side though, wouldn't you say?

And what about stress?

If you find yourself feeling stressed on a regular basis, you need to ensure you find ways to manage it.

All our body systems are connected. It's like they all hold hands. Remember playing games as kids, holding hands and spinning around in a circle until you all get dizzy and one falls down. It's the same with our body systems.

Chronic stress can sit like a ball of fire in the core of a person. That fire puts out tendrils like fingers ready to grab onto something. And one of those things is hormones! And guys, I'm talking about the big king here, Testosterone!

That's right. Your stress hormones will actually steal resources from your sex hormones. This can be particularly pronounced if a person is lacking in the nutrients required to make said hormones. So eating well and taking a multi vitamin is a great place to start to help your body buffer the effects from stress. Other herbs and supplements that nourish adrenals can also be helpful, as can some lifestyle techniques. Anything that is grounding for your nervous system and calms your stress hormone production, will naturally increase your testosterone levels if they've been impacted by stress. Think gentle exercise like yoga, meditation apps, and spending time in nature to name a few.

Just to delve into the roles of testosterone for a minute—testosterone is a sex hormone that plays important roles in the body. In men, it helps regulate sex drive, bone mass, fat distribution, muscle mass and strength, and the production of red blood cells and sperm. It's a pretty important ingredient to consider in terms of overall wellness, for men—and for women by all accounts (minus the sperm).

Continued over...



Consider the
80/20 rule
for foods.



from previous page...

Next on the list—exercise! I feel like you guys already know that, but why?

Our weight and metabolic health are linked to our cardiovascular health and our blood glucose regulation (which disrupts a lot of other systems in the body when it's out of balance). Did you know that the 'apple' body shape is most associated with metabolic syndrome? That's because abdominal fat is the least friendly fat to your body. And metabolic syndrome also drags down testosterone levels.

However (and this is a big BUT)—if you are stressed, you do not want to be indulging in hard-out exercises. When you're stressed your cortisol levels are already high. Hard intensive type training can increase your cortisol levels for quite some time afterwards, which is essentially

lumping coal onto a fire. Keep things in balance as much as possible, and adapt your exercise if need be. Exercise is great—it helps trim excess body fat, and build muscle, which in turn increases testosterone. But if your cortisol is generally too high, it will tax your system and not build it.

*Modern life
is stressful*

Our 'fight and flight' response is heightened. If you spend your days constantly on the run and then pound away at the gym, it might be a good idea to give your adrenals a bit of a rest. Mix up the type of exercise you do. Things such as Pilates, Yoga and Tai Chi are all great for building core strength and lowering cortisol, or head out to the bush or beach for some movement in nature.



In summary, no matter what your age, if you want to feel like a shiny new race car again, consider a healthy testosterone level your new best bud. It starts with a good diet, eating the right types of food and taking good quality supplements where needed, as well as undertaking the right types of exercise for your own bodily requirements. Try to work towards or maintain a healthy weight, and make sure you follow good sleep hygiene principles - aim for at least 7-8 hours of good quality sleep per night. If you're stressed out, try to find a way to support your body through it.

And you already know—we at Hardy's are always here to help! If you find yourself struggling in any of these areas, don't hesitate to reach out. We can help you work on a plan to bring back your inner race car!

aim for at least 7-8 hours of good quality sleep per night



Are you getting to the root of the problem?

Allergenic offers a wide range of tests to cover all your health needs. We test from birth onwards and all through the various ages and stages of life.

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Hardy's will recommend the right tests for you and your family, suggest the best course of action once your report arrives and will support you with all your needs going forward.

Simple Non-invasive Trusted





We'll get you moving



Di's BEST solution for healthy joints, pain and inflammation

Healthy joints are attributed to better health, well-being and longevity—a fact often not recognised, but I'm here to tell you that it's really true!

There are just so many health benefits to exercising and moving daily. Ever heard the expression "movement is medicine"? Or "sitting is the new smoking"? Well, recent research is now showing just that.

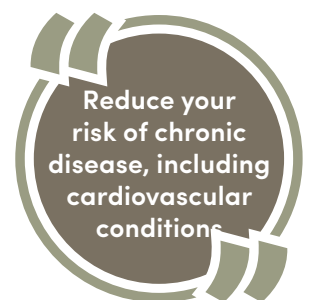
The problem is we often look for excuses not to exercise or have barriers preventing us from starting. Some of those reasons are injury, pain, inflammation, arthritis, wear and tear, or (to all the men out there) being a weekend warrior.

However, there is a catch 22 to exercising. We know moving reduces inflammation, but if we over exercise or have ongoing unresolved joint issues, there's potential to add fuel to the fire, contributing further to the pain and inflammation.

So where do we start? My advice is to always be proactive, nourishing joints with a personalised nutritional programme and sorting out any chronic pain and inflammation first, ideally while working with a personal trainer and/or bodywork health expert. To find the BEST programme for you, speak to one of our Hardy's Health Experts.

Here are 10 great reasons to exercise regularly, plus some of my BEST picks to optimise joint health, while reducing pain and inflammation.

10 *great reasons* to exercise:





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- Seven advanced bio-active ingredients
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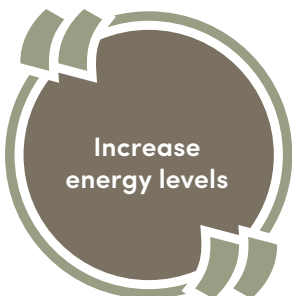


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- Extract from Saw Palmetto fan palm berries
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- Premium blend of essential fatty acid and Vitamins A & D
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- Molecularly distilled to remove harmful contaminants



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Solgar NZ Ltd, Auckland.

Gut Health

The dos and don'ts of a healthy, functioning gut.

I love using analogies to help my patients understand complicated processes that are actually quite simple. When talking about the gut/digestive system, I often compare it to a septic tank system.

A healthy functioning septic tank with lots of good bacteria should never really need cleaning out. It's a simple natural process that works after we flush the toilet. Our human waste enters the tank then the predominately anaerobic bacteria gets to work decomposing the solid waste by eating it. Simple really but effective.

Our gut works in much the same way; we eat food which, as it enters the gut, is digested and broken down into nutrients, amino acids and general goodness, which are then absorbed into the bloodstream. What's left behind is taken care of by the trillions of bacteria in our gut (just like the septic tank) and eliminated (via a well formed, easy to pass, earthy smelling stool). The more diverse the gut-biome, the more efficient this process is.

However, if unwanted bacteria killing chemicals find their way into the septic tank, a hard crusty layer can form preventing the waste from being broken down. This can in fact end up pushing the 'crap' back up the pipes into the toilet system, which could mean we end up living in our own sewer.

The gut is exactly the same. If we consume too many chemicals, processed food, alcohol, etc and not enough seasonal fruit and vegetables, our gut will form a crusty

layer, often pushing hydrochloric acid back into the oesophagus causing reflux, or contributing to constipation.

So the moral of the story... If you don't want to live in your own sewer, make sure you are eating plenty of colourful fruit and vegetables from all the colours of the rainbow, take a good quality probiotic, drink plenty of water, reduce or better still remove the bad stuff from your diet, and get help from one of our Hardy's experts.



Boost your immunity



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Buy a 200ml Echinacea + Vitamin C and get a free 100ml Vitamin C. Family-friendly immune support to keep everyone on the go! This delicious syrup delivers vitamin C, zinc and a potent dose of echinacea for everyday or acute support.

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ARTEMIS VIROGONE

FAST acting daily immune support. Naturally delicious and free of nasties. 100% Natural Plant Power

Artemis Ltd, Dunedin

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



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Prebiotic and probiotic support for your child's development, digestion, gut and immune health.

- 14 billion viable bacteria per serve
- 9 strains of beneficial bacteria
- Easily mixed unflavoured powder
- Made for ages 6 months – 11 years

Always read the label and use as directed. Supplementary to a balanced diet. BePure Health Limited Auckland. TAPS PP9726.



VITAMIN D - HELPING WITH THE *sunnier* *side of life*

What is the big deal with Vitamin D? Surely, if we spend time in the sun, we will get all we need.

It is true that Vitamin D is known as the sunshine vitamin because our body can manufacture it when our skin is exposed to sunlight, and on the plus side, it may help with 'a sunnier mood'. But circumstances need to be right for our bodies to manufacture this vital nutrient. Forget sitting in the car on a sunny day enjoying the sun, or in front of a window hoping to top up your vitamin D levels. We need direct ultraviolet B (UVB) from the sun rays to target the cholesterol in the skin cells to trigger the start of vitamin D synthesis. Vitamin D also is absorbed in the intestine from some high fat foods such as butter, oily fish and eggs, so a healthy digestive system is vital.

Vitamin D deficiency can be silent, with symptoms often going unrecognized. Individuals who feel exhausted, experience, muscle stiffness or weakness, mood changes, thinning hair or prone to all the nasty bugs, may benefit from a blood test to check their D levels. Many experts recommend a level between 30 and 50 ng/mL. If the test results are lower, then additional Vitamin D rich foods and supplementation is suggested.

At all stages of our life vitamin D is needed, critical for strong healthy bones due to the connection with calcium and phosphorus absorption. Both minerals are essential for building and maintaining bone and teeth health. While health researchers have linked it with having a positive effect on our immune health.

The New Zealand sun is incredibly harsh, and with our high skin cancer

rates, many of us are sun-shy or shield ourselves with sun lotion, sun protective clothing to avoid sunburn.

There are several groups of people who are more prone to low vitamin D levels; those individuals that don't absorb fat well, those with a darker skin pigment, people who have had a gastric bypass, children who don't play outside, as well as those who actively avoid sun exposure due to a high risk of skin cancer.

As we age, our ability to synthesize vitamin D also decreases, so often the elderly is one of the most common groups of people with inadequate levels. Hence it is more common that this group have symptoms such as low bone density, increased risk of bone fractures, poor immune health and low mood, muscle stiffness or weakness, especially in the winter months.

It is easy to supplement with Solgar's range of Vitamin D3. You can choose from a range of doses, softgel or chewable options, as well as vegan friendly multivitamins for those that are looking for more than just Vitamin D supplementation. We have something for everyone.

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





SOLGAR®
Since *1947*

Get The Balance Right



What exactly is a hormone? In a nutshell, it's just a little chemical messenger that tells cells in the body what to do. Think of hormones as the person in charge!

Let's start with Testosterone – typically considered the 'man' hormone (although ladies need it too!). Now I know it's easy to think more might be better, but that is not the case. Too much Testosterone, particularly if it's not efficiently getting processed by the body, can lead to problems – think of baldness, prostate or mood issues.

You can assist your body to clear excess Testosterone by avoiding too much junk food and eating a clean whole-foods diet. Exercise is another thing to help this process.

Another hormone that can be linked to mood issues, particularly related to stress, is Cortisol. Cortisol is a necessary hormone to get us going when we wake in the morning.

It helps with our inflammatory response and blood pressure. It is also one of our 'fight-or-flight' hormones, and long term stress will affect Cortisol regulation and production. This can result in that feeling of "hitting-a-wall" type of tired.

If you start to feel really worn out after a long period of stress, finding a way to manage or balance the stress becomes particularly important.

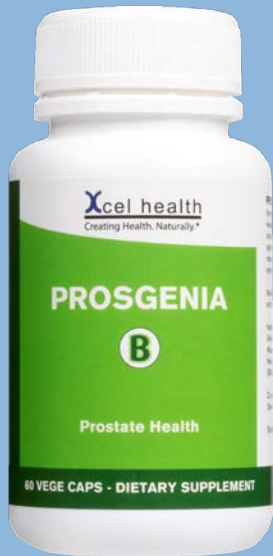
And last but not least, Oestrogen – and no this isn't just a ladies' hormone! Men need Oestrogen too but again, more is not better! Oestrogen dominance is actually pretty common these days for women AND men. Our world is brimming with chemicals that look like oestrogen, called xenoestrogens. We absorb them from things like BPA in plastic bottles, non-stick cookware, bodycare products, cleaning products, etc. If Oestrogen levels become too high, it can result in the phenomenon known as 'moobs' – increased breast tissue in men. It can also lower Testosterone and result in erectile dysfunction, infertility, low mood, low muscle mass, etc. You get the idea.

Avoiding exposure to these copy-cat chemicals can help lower Oestrogen levels. And avoiding liver loaders such as too much alcohol, sugar or processed foods, can also help your body process it more efficiently.

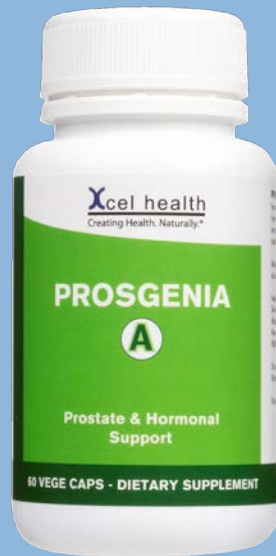
Always remember
with hormones,
more is not better.
Balance is key!

The ultimate

NATURAL HERBAL PROGRAM FOR PROSTATE HEALTH



A.M



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Creating Health. Naturally.®

Prosgenia has been formulated to support healthy prostate function.

It uses researched Saw Palmetto and key nutrients to support healthy function of male prostate, gland and urinary system.

Prosgenia has shown to help manage:

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Urinary frequency at night	Healthy estrogen metabolism
Prostate health	Healthy urinary and
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LOVE YOUR MUSCLES



Natural Health Trading, Auckland

ETHICAL NUTRIENTS

LIVE LIFE RESILIENT

Always read the label. Follow the directions for use. If symptoms persist consult your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Metagenics (NZ) Ltd. Auckland. DRP0303-01/23 TAPS BGXXXX



In your 20's

Youthful discovery

Life is your oyster! You're bursting with energy and vitality, but that youthful boisterousness can have a dark side. Key health challenges often relate to lifestyle factors and the sense of being 'bullet-proof' is characteristic of this age and stage. Aging? Ha, that's just for nana's!

In your 30's

Working hard

The need to achieve, coupled with the weight of 'real responsibilities' may tip the work-life balance seesaw completely off its hinges. This is an intense period focused on establishing careers, relationships, fulfilling family commitments, and/or working toward the goal of home ownership. If it sounds hectic and busy, that's because it is! Lots of big life changes can be stressful, and keeping energy levels up to prevent burn out is a key challenge. Stress can cause you to age faster than you would like and can also put a dampener on fertility.

In your 40's

Juggling demands

You've become a pro at managing all that life has to throw at you! But noticeable niggles signal that your body is not responding as well as it once did and the slow creep of middle-aged spread emerges as a result of reduced muscle mass. Stress and lifestyle choices collide to slow metabolism, and hormonal changes are on the agenda with a decline in male sex hormones. A key challenge is the progressive stiffening of connective tissue - joints and muscles take longer to bounce back; while internally, changes to blood vessels including arteries and capillaries can trigger the potential risk of changes in blood pressure and cardiovascular function, and may affect eye health and vision.

In your 50's

Exploring options

The big 5-0! This can be a period where psychological and physical health collide, and your overall state of wellness may come down to the life choices you've made over time and how well you have cared for yourself to date. Changes in your body are becoming more pronounced, from those character lines etched on your face to the inner workings of your body's organ systems. Prevention of poor health is important at any age but is definitely a priority now. Aging represents an increase in risk for both cardiovascular issues as well as cellular changes that can provoke degenerative health conditions. Keep an eye out for any changes you feel in your body, and don't shy away from discussions around difficulty with urination or changes in bowel habits.

In your 60's and beyond

The golden years

Finally, the age of wisdom! The irony is that now when responsibilities may be lessening and the freedom to pursue your passions is thrillingly close, the mind and/or body may not be quite as up for the task as it once was. Mental agility is slowing down, joints take time to get moving, and cardiovascular conditions are increasingly common. A typical diet may consist of 'tea and toast' which is characterised by vastly reduced nutrition. Antioxidants that support longevity are few and far between; and protein is key to stave off age-related muscle loss, which occurs at a rate of 3% per year for the over 60s.

He'll be right!

A blokes guide to building wellbeing

'She'll be right' has long been the mantra of the Kiwi bloke when it comes to matters of health and the body. We learn from an early age to 'tough it out' and 'harden up'. It's almost a rite of passage to use and abuse our health when we're young, living life rather recklessly with a certain sense of invincibility.

It's easy to take for granted that one intrinsic factor we each own and control - our health! It's time to turn "she'll be right" on its head. "He'll be right" offers a modern twist for the new breed of health-conscious Kiwi males. Even small shifts in focus and behaviour around your health can help you move mountains and live life to the max. It's never too late!

Pearls of wisdom for healthy ageing through the decades:

20's

- Spare a thought for your future you
- Be mindful of moderation

30's – 40's

- Practice self-care
- Develop stress resilience
- Focus on fertility

40's and up

- Love your heart
- Keep on top of testosterone

50's and up

- Oil the ol' joints
- Feed mental agility

All ages and stages

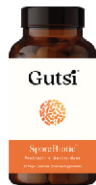
- Focus on real food
- Nutrient rescue with antioxidants
- Keep your gut moving
- Mentor your mood

Gutsi® MoodBiotic™



While males can be moody, low mood shouldn't go unnoticed. The statistics speak for themselves – men need emotional support, but reaching out or 'off-loading' can feel like uncharted territory. Triggers that can impact mental health are wide and varied, to name a few – grief and loss, relationship troubles, empty nest syndrome, career changes / job loss / retirement, social isolation (withdrawal from activities), stress and sleep challenges, and overwhelm. Gutsi® MoodBiotic™ is a daily supplement that combines breakthrough technology to support mood imbalances by accessing the incredible power of the gut-brain axis. Suitable for ages 8 years +.

Gutsi® SporeBiotic™



Dietary variety is relevant for all ages! Found within colourful fruits and veges, carotenoids are nutrients that provide potent longevity support. This family of antioxidants includes carotene, lycopene, lutein, astaxanthin and zeaxanthin. Fuelling up with these little superstars is essential, but they often struggle to survive past the stomach. Gutsi® SporeBiotic™ is a top-notch probiotic that allows your gut to become a carotenoid manufacturing facility so you can absorb these little goodies right at the site of absorption – how cool is that?! Suitable for ages 4 years +.

Enzymedica® Gut Motility™



Men might not talk toilet-matters openly, but they lead the statistics when it comes to being affected by colon troubles. A well-functioning bowel allows us to move easier, feel lighter, and creates the perfect environment for all the good guys (probiotics) to flourish. Conversely, when your gut is stagnant, you might feel a little cranky! Enzymedica® Gut Motility™ can be used daily or sporadically for a free-flowing, happy gut.

Nordic Naturals® Ultimate Omega®



Inject some TLC into your veins (and joints)! Keeping arteries, veins and capillaries flexible and pliant supports healthy blood pressure and lessens the risk of cardiac events. Choose Nordic Naturals® for scientifically researched triglyceride-form fish oil. These high-strength quality omega-3s offer more bang for your buck to support a healthy heart, comfortable joints and a quick-thinking noggin!

Gaia Herbs® Stress Response



Managing multiple responsibilities can be a heavy burden to carry. Men are physically strong and the expectation is that they can weather the storm and keep trucking on – but, stress is a killer! Gaia Herbs® Stress Response offers herbal support to help combat stress and live a more balanced life. A popular formula when feeling run down or overwhelmed, to settle sleeping patterns, and to enable a feeling of 'keeping on top' of life's many responsibilities.

Gaia Herbs® Male Libido



Love a libido lift? Hormone imbalance isn't just a women's issue. Testosterone levels begin to decline at a rate of 1-3% per year from as early as your 30's and 40's. Low testosterone can eventually lead to a reduced sex drive, erectile dysfunction, reduced body hair and muscle mass, fatigue, weight gain and low mood. Gaia Herbs® Male Libido herbal blend nourishes the prostate gland, and supports hormone levels and stamina to sustain that spark in the bedroom.

Gaia Herbs® Energy Vitality



Time to call it a day on caffeine? Countless coffees satisfy the tastebuds, but don't offer a sustainable solution for tiredness and fatigue. Gaia Herbs® Energy Vitality offers much-needed daily invigoration for the regular Joe to support clear thinking and make it through the working week, and is a popular choice amongst athletes and weekend warriors to support an energetic lifestyle.

BEST Picks!

Great for men



GREAT LAKES GELATIN CO COLLAGEN

With high amounts of glycine, lysine and proline. Hydrolysed Collagen helps to repair and build cartilage weakened by overuse through impact and stress, beneficial in replacing the synovial fluids between the joints. Our bodies are made up of 30% collagen of which 70% of these proteins are connective tissue made of collagen.

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NOW ADAM

Contains a great variety of vitamins necessary for growth, healthy metabolism, cellular function, and countless processes within the body. Specially formulated for men's well-being.

Natural Health Trading, Auckland



NOW TESTOJACK

A potent botanical formula virility enhancement, with a combination of herbal ingredients known to support a man's healthy sexual activity and overall vitality.

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COYNE BIOMAX HEALTHCARE B-COMPLEX

A next generation innovation, with an activated B Complex liposomal delivery system, that enhances absorption and bioavailability. Supports energy, nervous system and cognitive health.

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BIOSPHERE MAGNESIUM

Amazing support for nervous system, cardiovascular health, muscle and bone function. Combines three types of magnesium to create the ideal dose with optimal absorption. Great support for recovery from exercise.

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BIOSPHERE NITRIC OXIDE CITRULLINE + ARGININE POWDER

Nitric Oxide powder contains Hawthorn for heart support plus vitamins C and D helping to support normal blood pressure, exercise performance, blood flow and sexual health.

Natural Health Trading, Auckland



COYNE HEALTHCARE BIOMAX GLUTATHIONE LIPOSOMAL

Glutathione is often seen as the great protector and known as the "master antioxidant". It helps promote a healthy immune system and supports the liver.

Natural Health Trading, Auckland

COYNE HEALTHCARE FELIX - 100% PURE SAFFRON EXTRACT

FELIX® is a feel-good supplement with a highly specialised saffron extract made from the saffron crocus. Modern science through clinical studies has now confirmed saffron's ability to enhance mood, alleviate appetite and boost libido in both men and women.

Natural Health Trading, Auckland



NATUROPHARM CRAMPED GEL

Containing Arnica and a unique blend of herbal tinctures, Cramped Gel helps restore normal muscular activity and movement during the day and night and supports muscle relaxation.

Naturoparm Ltd, Rotorua

NATUROPHARM ARNICA EXTRA STRENGTH GEL

A higher-strength Arnica gel that assists the body's natural response to injury, fatigue, and bruising. Arnica Extra Strength gel also aids normal muscle recovery after strenuous exercise and activity. Supporting you on those days you have pushed your exercise to the limit.

Naturoparm Ltd, Rotorua



A photograph of a man and a woman sitting at a table, laughing together. The man has a grey beard and is wearing a black tank top. The woman is wearing a yellow t-shirt. They are both smiling broadly. On the table in front of them are various breakfast items: a glass of orange juice, a bowl of cereal, a plate of fruit (blueberries and raspberries), and a jar of jam. The background is a bright, indoor setting with a window.

collagen

not just for the girls

There's a lot of buzz around collagen especially for youthful skin, but what is it really, and is it something men should consider taking too? Absolutely!! As the most plentiful protein in the body, yes, collagen is a major component of your skin but also makes up approx. 70% of your connective tissues, like those in your bones, muscles, tendons, ligaments, and organs. In other words, it helps all your parts, inside and out, to keep doing what they do best.

So what is Collagen?

Collagen is protein that already exists within our body. It connects the fibres in our tissues, skin, ligaments and bones; think of collagen as an intracellular adhesive or glue that supports all of the major organs, including the gut. It's pretty amazing that our body is able to do this on its own but as we age, our natural production of amino acids and proteins begin to decrease. Supplementing our diet with a good quality collagen may actually assist in the body's natural ability to replenish much needed stores of amino acids and proteins enhancing its' ability to repair.

Will Collagen help my joint health?

Absolutely, the cartilage and bones in our joints are constantly subject to physical stress, so they are regularly being broken down and replaced. Each time we put any kind of stress on these joints tons of cells are working together in an extracellular matrix containing collagen fibres and other molecules. Translation? A diet with the proper amount of collagen can aid in combating collagen breakdown improving joint health, reducing pain and so much more.

Can I eat certain foods to increase Collagen?

Sure, you can consume a variety of protein-rich vegetables and bone broth, which you should! But unless you plan on eating approximately 200 red bell peppers a day, daily use of a collagen supplement is a great way to ensure you are getting enough. For most a scoop of Collagen in a hot drink, sprinkled over muesli or in a smoothie is a simple part of their daily health regime.

Look and feel
younger with your daily
dose of collagen

What are the benefits of a Collagen supplement?

Supplementing your diet with a collagen supplement such as Collagen Peptides or a Collagen Hydrolysate can have amazing benefits.

Many users boast about what it does for their skin, hair, nails, gut and overall wellness.

Will Collagen really help me look younger?

I know what you're thinking, collagen seems too good to be true, right? By simply incorporating a supplement into your diet, you're magically supposed to appear 10 years younger? The short answer is no, that's not quite how this powerful supplement works. Collagen is not some magical elixir of youth, however, by incorporating a good quality collagen supplement into your daily routine, you can help to promote skin elasticity, while helping restore our body's natural production of collagen and amino acids giving you a more youthful appearance.



Our bodies
are **30%**
collagen



Brrrrrrr!

Prepare your immune system for winter and save...

25% OFF

Hardy's usual price on the following range of immune products*

- **Ester-plex Vitamin C products;** 600mg Orange 220s, 600mg 5 Fruits 220s, 1300mg 200s, 800mg Liposomal ViraMAX 60s
- **Vitamin C, Echinacea, Garlic & Zinc 90s**
- **Pro Immune FX 120s**
- **Throat FX Gummies 60s**
- **Triple Zinc FX 100s**
- **Premium Vitamin D3 100s**
- **Lung & Congestion FX 60s**



SANDERSON®

*Offer validity is 01 March - 31 May, 2023 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, Auckland, TAPS DA 222 TMS

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS



Keep Your Man Active With Good Health

We all know that staying active is great for men's health but what if there is something stopping you from getting out there and doing the things you love. Unfortunately, Kiwi men can often just "put up with things" when it comes to their health and wellbeing, and this is something we at Good Health want to change.

Here are three common areas that stop men getting out there:

- Joint issues
- Sinus issues
- Digestive issues



Joint

Having joint issues can really hinder regular exercise, so it's important to get your joints assessed and work on surrounding muscle strength. Pannex Joint capsules can support your joint comfort as you get through your rehab exercises or as you get back into regular

activity like a golf game with your mates. **Good Health Pannex Joint** is a cutting-edge joint comfort formulation of scientifically researched PEA Levagen®+ and White Willow to support joint mobility. This is a simple one-a-day capsule that's easy to fit into your daily routine.



There is always something comforting about massaging stiff joints which is why **Good Health Pannex Joint Cream** is not only comforting but effective in supporting functional mobility. This non-greasy formula is easy to apply and feels good in minutes.



Digestion

We all know that gut health challenges can be embarrassing but also debilitating. Missing out on social events or not being able to get involved with sports because you're not sure when the discomfort will strike. **Good Health Pannex Digestion** is an advanced digestion comfort formulation; it

contains PEA Levagen+ which has been extensively researched and has shown to be effective in supporting digestive comfort and bowel health.

Combined with Pomegranate Fruit Extract which contains potent antioxidants supporting digestive comfort and the microbiome. Pannex Digestion is easily absorbed and supports a calm digestive system.



Sinus

Congested sinuses can play havoc with your mental clarity and focus, not to mention your breathing! This really stops guys getting out and about, especially in Spring and Summer. Whether you're doing a cardio session or just want to head out for a surf let **Good Health Pannex Immune** support

your sinus comfort. Two well researched ingredients, PEA Levagen+ and the traditional herb, Cat's Claw, have been shown to support comfort during immune system challenges such as ills and chills and congestion, providing both short term and continual support.



Introducing

some of the Hardy's Health Hub men

Clive Cannons

Clive's Chemist, Waimuiomata

When I first started as a pharmacist nearly 40 years ago it was definitely all about the pills. I have now come to realise that lifestyle, nutrition, and integrated medicine are all equally important for complete health solutions. I love being able to guide people towards health. *"The Happy Chemist"*



Ben Van den Borst

My Pharmacy, Papamoa

I am an avid golfer. As well as trying to get to the golf course more often, I love walking the family dog, Georgie, with my wife, Anna, and our 3 daughters. I do some work with a personal trainer (but not as much as I should, being a little time poor like most men). I am a big believer in "you are what you eat" and I try to maintain a healthy diet, supplemented with immune boosters to keep of the cough colds and viruses at bay, as these are one of the pitfalls of working in a community pharmacy setting where we see lots of them.

Richard Coelho

The Capsule Pharmacy, Drury, Auckland

Owning and operating a business nowadays definitely takes it toll on you and I think it's important to have an interest outside work. I teach/ practice a Chinese Martial Art in my spare time and I find that it challenges me physically and mentally and it gives me an opportunity to unwind.



Andy Hou

Roslyn Pharmacy, Dunedin

I'm passionate about men's health — simply being a male over 40 is a risk factor for heart disease! I can't control that — but I can control my other health markers. You have to know your numbers first and from there make some adjustments — with advice from your friendly local Hardy's team of course. For me personally it starts with nutrition. I try and minimise the amount of ultra processed foods I eat and definitely reduce the amount of sugars in my drinks. As a Pharmacist for over 20 years I have seen how chronic inflammation can wreak havoc in your body as you age, so I take BePure Omega 3 and Solgar Curcumin — my faves that help me stay active.



Grant Bell

Ferrymead Pharmacy, Christchurch

In an effort to stay healthy I try to walk about four mornings per week. It's a great time to listen to a podcast or two. In the winter I occasionally go skiing either here in Canterbury or in Queenstown. I take BePure's ONE, TWO, THREE (M/vite, Probiotic and Fish Oil) capsules, and I recommend this to our customers as great everyday supplements.

Maurice King

Balmoral Pharmacy, Napier

I lead a very busy life. I am a firm believer in you only get out what you put in. Balancing the demands of work, family and fun is definitely challenging while maintaining good physical and mental health.

Balance is the key word in my approach. I am not a slave to any particular aspect in this approach.

- If family requires my time, they get it.
- If work demands my time and attention, it gets it.
- If I get presented with good food and beverages, I'll partake

My choice for supplements is based on quality not price. I choose Solgar.



Nigel Campbell

Pharmacy 53, Gisborne

Being a male at the tender age of 66, I am constantly aware of the need to keep an eye on my health, and particularly, what I call The Big Three: Heart, prostate, and bowel.

So my advice is to make sure you schedule those check ups, exercise regularly and don't forget to check your blood pressure often.



Instore Health Checks

Regular health checks are one of the BEST ways to detect more serious ailments, and the sooner we detect, the higher our chances of healing.

At our Hardy's health stores and Hardy's hubs, we offer a variety of health checks covering a range of ailments. So, if you're not feeling your BEST, pop into your nearest Hardy's and chat to one of our healthcare experts.

HARDY'S HEALTH STORES AND 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

The Capsule Pharmacy

231-233 Great South Road, Drury
(09) 294 8892

Liddells Pharmacy

48 King St, Pukekohe
(09) 238 7166

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

Stratford Pharmacy

235 Broadway, Stratford 4332
06 765 6566

Clive's Chemist

20-21 Queen Street,
Wainuiomata
Ph (04) 5648618

Pharmacy @ Ferrymead

1005 Ferry Road,
Christchurch
(03) 943 9635

Roslyn Pharmacy

287A Highgate
Roslyn, Dunedin
03 477 9793

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WHANGAREI,
NORTHWEST,
THE CAPSULE DRURY
AND TAUPO.



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A huge welcome to
Liddell's PHCY in
Pukekohe to our
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Franchises, Hardy's Health
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