

December 2015 - February 2016

MyHardy's

Summer
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MANAGE YOUR
WEIGHT

STRESS LESS THIS
SUMMER

LIFE WITH
SARAH LAURIE

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ISSUE TWO | SUMMER | FREE



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WEIGHT**

WITHOUT COUNTING CALORIES



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THIS SUMMER**

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Editor's Note

Wow, another year is almost over. With a new year often comes a new look and we hope that you're enjoying ours. Our new stores in NorthWest Shopping Centre in Auckland and Five Mile in Queenstown have been fit out to reflect this and we're excited to be creating more places for you to learn to feel amazing.

Christmas is the time for giving and we've got just the thing! Check out the Hardy's team feature on page 21 for the things that our experts can't be without, or are stocking up on as gifts, this holiday season and turn to page 9 for scientific proof that giving is good for your health!

In this issue, we've focused on everything you need to make the most of the holiday season and kick off 2016 feeling great; from making up for over indulgences and remedying any nutritional gaps or deficiencies that may be holding you back, to looking after your own and your loved ones' hearts this Valentines Day and making sure your little people have the best food to fuel them when the school term starts back. Think of it as your perfect holiday companion!

We were lucky to be joined by lifestyle coach, author and speaker Sarah Laurie in this issue too, who shared with us her advice for a positive start to the New Year. We loved her grounded ideas about simple things that we can do to make 2016 even better. Often New Year's resolution lists are daunting, or they unrealistically imagine a whole new life that we ought to be creating for ourselves. Sarah's advice to simply enrich the life you have is something that we're excited to get behind and we're already putting many of her thoughts into practice.

Until next time, stay happy and healthy (we're off to make a smoothie!)

Your Hardy's Team

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 Discover the best you

HEALTHFUL HINTS

CHRISTMAS COAL

For those more specific ailments that come from overindulgence – like tummy troubles and waking up to those always-unwelcome hangovers – activated charcoal is one of the world's oldest detoxifying remedies. Being highly absorbent and having a large surface area, it binds to poisons and toxins in your gut, and carries them out of your body. It can catch and hold more than 100 times its own weight, so it's great for eliminating toxins that have built up over a period of time, like they tend to do by the end of the holidays.

While a lump of coal is famed as the worst Christmas present imaginable, Radiance Activated Charcoal, on the other hand, is actually the gift that will keep on giving over the Christmas period. Make sure you get some for those on Santa's nice list – and definitely make sure there's some on hand for those who swing towards the naughty list!



THE SCOOP ON SPIRULINA

We all know about the benefits of superfoods for keeping us healthy and happy and, while we love that new ones are constantly being discovered, we still adore some of the 'old trusty' traditional ones. In fact, one of our favourites remains spirulina.

Spirulina has been consumed for centuries for its high nutritional value and health benefits, which include powerful antioxidant properties, support for normal cholesterol, blood pressure and blood sugars, and fuelling our bodies.

The Aztecs harvested spirulina, which is a form of microalgae (hence its deep green appearance), from Lake Texcoco in Central Mexico, but thankfully, there are now much more convenient sources. In easy tablets, or powdered form, you can add a scoop to smoothies or sprinkle it over your cereal.

A single scoop of dried spirulina powder contains protein, vitamins B1 (thiamin), B2 (riboflavin) and B3 (niacin), copper and zinc, as well as magnesium, potassium and manganese. It is thought that, gram for gram, it is one of the most nutritious foods in the world.



TECHY TIP – THE LEAF

We've all seen the myriad of apps and technology available to help us live healthier lives. From smartphone apps that chart our sleep cycles, to the Fitbit that tracks our activity. Now there's another newbie on the market: the LEAF.

Looking just like a small piece of jewellery, the LEAF can monitor your activity, sleep quality and stress levels, and even understands your menstrual cycle, helping you to improve specific parts of your routine, so that you can feel your best. For more information visit <https://www.bellabeat.com>



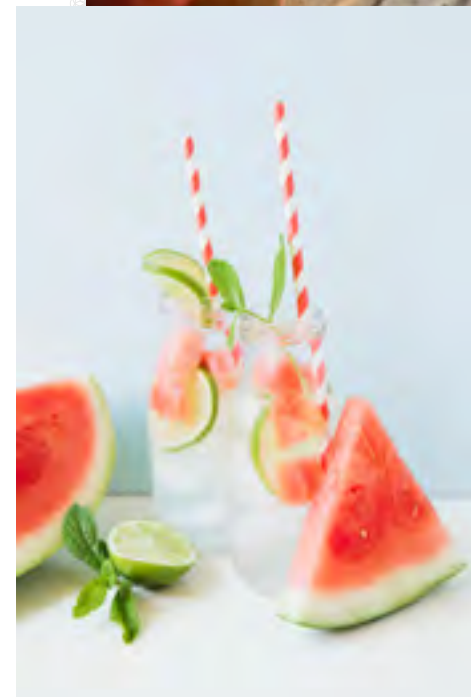
GIVE US A GRIN

We all know the basic pillars of good dental hygiene: brushing, flossing and swirling with mouthwash, but did you know that the other secrets to healthy teeth are in your refrigerator? That's right, eating certain foods are good for your teeth, helping to prevent cavities and tooth decay and keep plaque (that sticky furry film that can coat the teeth) at bay.

Top teeth-friendly treats:

- Not surprisingly, milk and eggs make the list as they are excellent sources of calcium, which strengthens teeth, and vitamin D, which helps the body absorb calcium.
- Cheese and yoghurt, which are rich in calcium and phosphorous can protect tooth enamel and help replace some of the minerals in teeth.
- Meat, fatty fish and tofu are all other good sources of phosphorous, an important mineral for our teeth.
- Alternatively, broccoli, bok choy and other dark, leafy greens are a great vegetable source of the vitamins and minerals our teeth need.
- Crunchy carrots, celery or apples that contain lots of water and require lots of chewing are good for oral health because they stimulate the flow of saliva and help to scrub tooth surfaces.

'Enamel eroders': Conversely, coffee, red wine, soda, candy and citrus fruits like limes, lemons, oranges and grapefruits are all acidic, which is the number one cause of enamel erosion and tooth decay.



HEALTHY, HAPPY HYDRATION

When the weather heats up, it's more important than ever to stay hydrated, and we've got just the ticket! If you find too many glasses of plain old water boring, or struggle to get enough into some of the other people in your household, try jazzing your water up with these scrummy infusion options.

To make infused water, simply rinse your chosen ingredients and add to a bottle of cool water. Allow the water to sit for a few hours in the fridge (the longer you leave it, the stronger the flavours) – then enjoy!

Suggested flavours to try:

- Strawberry, cucumber, lime and mint
- Grapefruit, blackberry and basil
- Raspberry, lemon and rosemary
- Blueberry, lemon and mint
- Pineapple, cucumber and mint
- Kiwifruit and blackberries

You can use almost any herbs, spices, edible flowers, fruit and even vegetables, so think outside the bottle, get creative, and give a few combinations a try.



AMAZING APPLE CIDER VINEGAR

Apple cider vinegar is often touted as a cure-all, but be careful not to get too caught up in the hype. Health and wellness bloggers have recently been hailing apple cider vinegar (or ACV as it's come to be called) as the answer for everything, from diabetes to dandruff and while there is some truth to ACV's therapeutic claims, it pays to stick to what science has proven.

Here are a few of the things the experts have found apple cider vinegar can do:

- It promotes stable blood sugar: It turns out that the acetic acid in the vinegar contains anti-glycemic properties and studies have shown that consuming it before a meal can help to potentially minimise the spikes and crashes people get after eating too much sugar or too many refined carbs.
- It can fight bacteria: Since the Ancient Greeks used it to combat ulcers and sores, there have been plenty of studies to document its antimicrobial effects. However, because it is so acidic, it can irritate the skin and is not safe to use by itself as a gargle for a sore throat.
- It can soothe jellyfish stings: Apparently ACV is a legitimately handy thing to have in your beach bag as it deactivates the nematocysts (or stinging barbs) that jellyfish use to inject their venom.

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STRESS LESS THIS SUMMER

The holidays are fast approaching and, if you're like us and like to be organised, there can be far too many things to think about... Christmas presents to buy, tying up the last little (and big) bits at work, thinking about holiday and New Years plans, wrapping up school and family commitments for the year, not to mention the pressure all the extra activity can have on the bank account!

Feeling stressed is common at this time of the year, when we're hurtling towards the end, trying not to crash and burn. Sometimes stress and tension is good for us, accelerating us and bringing out the best in our performance, but when we're under too much pressure, there can be effects of overload and exhaustion.

There is light at the end of the tunnel and, while we're making our way to it, it's important to look after ourselves. Knowing how to manage stress, set limits and take time out is important and there are plenty of ways that we can help to keep our bodies level and feeling in-control at this time.

Hardy's share some top tips for lifestyle stress;



- Focus on the positive. You know what they say; positive mind, positive life? Well, we tend to agree. The more positive vibes you put out there, the easier life's troubles will seem. More positive affirmations and encouraging thoughts mean there's less room for negative ones!
- One step at a time. To-do lists can be overwhelming, especially when it's common to have things booked up weeks and months in advance at this time of year. Tackle your tasks one step at a time and break them down. Physically ticking them off a list can also be very satisfying!
- Accept and seek help. Sometimes it feels easier to do all the jobs ourselves, but if someone offers to help, give them a job they can do. Two pairs of hands are better than one and any way you can reduce the load will reduce your stress. If you really don't feel like you're coping, ask an expert for professional help – prolonged stress can lead to serious health problems, so don't let it get too far beyond your control.

- Be physical. Exercise releases feel-good chemicals and makes our bodies feel fitter, stronger and happier overall, allowing us to tackle what's in front of us. You may not feel like you have time, but you'll make up for the time with increased productivity. Exercise in the morning gets the day off to a great start, or ending with exercise in the evening helps to take your stresses away.
- Eat well. The types of food we choose to eat have a huge impact on the way we feel. Some foods make us feel energised and nourish our bodies, which subtly (and overtly) makes us feel good about ourselves. Others can make us feel sluggish and tired, such as overloading on carbs. Pick your battles and know what's right for you – if you know something makes you feel bad, tired or grumpy for eating it, don't do it! Bad food won't make your list any smaller.
- Sleep well, relax, breathe. The advice sounds simple, but some of the best things in life are! Breathe deep, stay hydrated, take that bath, speak to your

“With your stress levels under control, you can focus on the amazing times to come”

- soul, do yoga, read that book, meditate and love yourself! Listen to your body and give it what it needs. If you're tired, rest. If your body aches, stretch. If your mind hurts, find some quiet time.
 - Come in to see us in-store. Hardy's are experts when it comes to helping you give your body an extra boost. Christmas can seem like a ticking time bomb, that has come around again far too quickly, however, with your stress levels under control, you can focus on the amazing times soon to come... See yourself relaxing by the pool, or with the sand between your toes, your glass of bubbles or fresh lime and soda in hand while the kids giggle and the adults chatter.
- You deserve a wonderful holiday and a serene summer, so pop into your nearest one of 26 Hardy's stores today and ask one of our experts how you can stress less this holiday season.

Stressed? Tired? ASK HARDY'S



HARDY'S STRESS SUPPORT PACK

Hardy's Stress Pack, with its three optimum stress-aiding products, is the perfect support for this time of the year. Combined, these products will help balance out the body's nervous system, reduce stress responses, and give you an extra gear to power through to the end of the year.

Relaxation Spray is a homeopathic stress reliever that helps almost instantly. It provides immediate support for nervous tension and is perfect for your handbag or keeping in your car, so its on hand when you need it most.

Stress & Vitality Support targets the adrenal glands and promotes physical and mental performance. It helps with energy levels and works to support the body's natural resistance to stress and nervous tension.

The last product in the kit, **Mega Magnesium**, helps with energy production and provides all-round support for the physical niggles you may be feeling as a result of stress.

*Always read the label and use as directed.
Supplementary to a balanced diet
Use with a balanced diet and exercise*

GIVE YOUR DIGESTION A BREAK FOR THE HOLIDAY SEASON



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GIVING IS GOOD FOR YOUR HEALTH

Many of us have been bought up with the idea that it is better to give than to receive and now there is scientific proof to back that up! As well as that glorious 'warm fuzzy' feeling, some scientists claim that volunteering generates as much in the way of health benefits as a good diet and physical activity.

According to Stephen Post, Ph.D. and co-author of *Why Good Things Happen to Good People*, giving makes you happier. "People are more likely to feel what's sometimes called a helper's high when they contribute to the lives of people around them," explains Post, who has funded more than 50 studies - across Harvard, Princeton, Yale and Stanford - to support scientific research on the life-enhancing benefits of caring.

It would seem that other studies agree. Researchers from the University of Buffalo found a link between unselfish giving and a lower risk of early death. Published in the *American Journal of Mental Health*, the study concluded that helping others buffered the association between stress and mortality.

There may be an even more direct link, as one study found that cardiac arrest is highly correlated with the amount of self-reference ("I", "me" and "my") in a person's speech. It follows then that lending an ear may help your heart. Similarly, lending a hand may help to lower your experience of chronic pain. Following another study, scientists concluded that the endorphins released from reaching out to others resulted in decreased intensity, as well as less disability and depression from chronic pain.

From a mental health point of view, a review of over 40 studies found that volunteering not only improves wellbeing and life satisfaction, it's also linked with decreased depression and reduced stress, increased self-esteem and an overall sense of purpose.

It's the thought that counts, as even just contemplating a generous gesture boosts your immunity. A Harvard study found that numbers of protective antibodies surged, when people focused on times when they'd been loving to others, or on organisations they would be willing to support.

Giving doesn't have to carry a hefty financial price tag; sometimes it is more meaningful, and beneficial if you give your time. Time is an increasingly valuable resource and as well as individuals who will appreciate some of your precious time, there are a whole host of not-for-profit organisations that rely solely on volunteers. Consider giving your time at a soup kitchen, rest home or hospice; such places often rely on caregivers who also need a break over the holidays.



OTHER IDEAS FOR HOW YOU CAN GIVE AT CHRISTMAS...

1. Donate to a food bank. City missions or the local Salvation Army are a good place to take a food parcel. Many provide families with Christmas Day packages which include treats, so don't limit your donations to tinned food and other staples; consider what a family in need might enjoy that they wouldn't normally be able to afford themselves. The SPCA, which often gets unwanted pets after Christmas, is another deserving place to take donations.
2. Swap Secret Santa for Charity Santa. Instead of spending \$5 on some unwanted item for a colleague, why not get everyone in the office to put \$5 in and then put their name and chosen charity into a hat? Then whoever's name is selected gets the money to donate to their selected cause.
3. Teach your children to give. As part of your children's Christmas present, give them a small amount of money to gift to a charity or cause of their choice. Alternatively, they could be a part of picking a present to give to a children's charity.
4. Clean the closet. Do your children have toys or clothes that have been sitting, untouched, for a few years? Why not give these items to a charity store so that other children can benefit?
5. Visit a neighbour or elderly person. Christmas can be a lonely time, especially for elderly living alone. Why not pop next door and say 'hello' and, while you're at it, see if you can help with the Christmas shop, or perhaps posting some cards?

SCRUMMY SUMMER SMOOTHIES

There's something about a cool fruity smoothie that just tastes like summer! Quick, easy, and sweet enough that they seem like a treat, smoothies are the perfect way to get nutrition on the go, or sneak it into the kids. Bonus: they are also the perfect way to use up extra fruit that may be just past its prime aesthetically.

There are no hard and fast rules when it comes to the most scrumptious of smoothies, so get creative with the ingredients you have available. Adding a dose of your daily supplement or favourite superfoods will maximise the benefits of the humble smoothie even further. Here are a few of our faves...

STRAWBERRY CREAM

1 frozen small to medium banana (ripe and peeled)
1 cup of frozen strawberries
½ avocado (ripe, peeled and pit removed)
1 ½ cups of unsweetened almond milk
1 tsp of vanilla extract
1 tbsp of raw agave nectar or 1 pitted medjool date
NeoCell Super Collagen + C Pomegranate
This combination tastes so good, you'll swear it's a treat. The avocado and almond milk combine to make the smoothie creamy and laden with good fats and protein, while the addition of the collagen youth enhancing elixir contains potent antioxidants for radiant skin, hair and nails... You're winning on all fronts!



GREEN STRAWBERRY-KIWI LEMONADE

1 kiwifruit (peeled)
¾ cup of frozen or fresh strawberries
¼- ½ cup of frozen or fresh pineapple
½ lemon (peeled and seeds removed)
2 cups of spinach
1-1 ½ cups of water or coconut water
Good Green Stuff
A refreshing tonic, which will ensure you kick off the new year in the best way, this smoothie will ensure you get the all-round nutrition your recovering body needs. Lemon helps to cleanse your system and aid digestion as well as boost immunity and energy, while the addition of Good Green Stuff ensures you've got all of your nutritional bases covered.

BANANA-BERRY SUPER SMOOTHIE

2 cups of spinach
1 banana, ripe and peeled
¾ cup of berries
¼ cup of raw nuts or seeds (try sunflower seeds, walnuts, flax seeds or almonds)
Sprinkle of chia seeds
1 - 2 cups of water or coconut water
Bananas and berries are the classic smoothie match made in heaven. The addition of raw

nuts or seeds in this recipe boosts protein content and introduces omega 3 fats and all their benefits, while chia seeds help to thicken your smoothie, add antioxidants and are a great source of sustained energy.

Did you know? Despite their tiny size, chia seeds are among one of the most nutritious foods on the planet, earning them their superfood status!

ISLAND BLAST

1 banana, ripe and peeled
1 stalk of celery
¼ cucumber, peeled
1 cup of chopped pineapple
1 small handful of parsley
Small piece of ginger
1-2 cups of coconut water
Scoop of spirulina
With a healthy helping of fruit and veges, this smoothie will make you feel like you're still on holiday and your body will thank you too! Ginger helps to soothe the stomach, while the spirulina packs a super nutritional punch, with its antioxidant, anti-inflammatory and energy boosting properties.

PROTEIN POWER

A good quality protein powder helps keep your bones healthy and your body feeling fuller for longer, which is good news for those focused on weight management. Add a scoop to any of the smoothie recipes above, or sprinkle it over your cereal for a boost.

NuZest Clean Lean Protein is a great addition, as it's alkaline and low in both fat and carbohydrates. Made from golden peas, it's loved by vegans and vegetarians too, who may not typically get enough protein in their usual daily diet.

NAUGHTY OR NICE, YOU CAN STILL FEEL GREAT THIS CHRISTMAS

Christmas is coming, and bringing endless social outings and occasions with it. Across the month of December, you're guaranteed to be attending a number of office Christmas parties, end of year drinks, gatherings with friends and family, and – of course – a big Christmas feast on the day itself.

While you're busy rushing around buying presents, planning events and getting everything organised, it's also likely some of your healthy eating and diet goals may go out the window. There's a reason Santa is fat and jolly, if he's living the Christmas lifestyle all year round. But unlike the rest of us – who have the distinct disadvantage of not being a fantastic and likely immortal creature – Santa can get away with it. We, however, need to get back on track, and be ready to take on the new year.

Christmas is a time of excess, and everyone wants to have a good time celebrating, so there may well be no avoiding the overindulging.

However, there are things that you can do to make sure you're looking yourself over the silly season, and to replenish your body once it's all said and done.



GET SOME GREENS

With all the late nights, binge-eating and overindulgent drinking, it can feel like your body is lacking in anything good around Christmas time. That's where NuZest Good Green Stuff comes in. Perfect for moving past the post-holiday remorse – and going forward feeling healthier than ever – it's your daily dose of goodness!

All of the good stuff in the product is used in its superior form; not only is it good, it's the best! Stress, poor diet and toxins in the body can hinder the absorption and utilisation of some vitamins and minerals, so bearing that in mind, Good Green Stuff combines all the most bio-available forms so that the benefits are available to everyone, especially when they most need them.

As well as containing naturally-sourced calcium, which provides a high concentration of other valuable minerals, Good Green Stuff has the most easily utilised, natural form of vitamin A, which means our body's can make the most of its antioxidant properties for neutralising free radicals that can cause tissue and cellular damage.

As if that wasn't enough of a combo, Good Green Stuff also has a super slow-release form of vitamin B3, which allows for better absorption and the sustained release of energy to the vital organs, vitamin D from vegan sources, and bioactive folate (not the synthetic type that 30-40% of people can't metabolise). Its eight different types of vitamin E each deliver their own specific benefits and work together to give your body the best support.

Offering the equivalent of 8-10 servings of fruit and vegetables, Good Green Stuff is packed full of antioxidants, which are essential for optimum health, helping to boost your immune system and prevent a number of other problems. It's also got

prebiotics, probiotics, enzymes and other ingredients, which aid digestion and support your detox organs, as well as adaptogenic herbs to recharge the adrenal glands, reducing stress and giving you more energy – exactly what you need after the Christmas season!

A super-blend of nutrient-rich greens, fruits, vegetables and berries that packages all your daily nutritional needs into one great-tasting product, Good Green Stuff is super convenient and easy to make into a smoothie or add to a glass of coconut water.

Your health doesn't have to suffer because of Christmas cheer. Now you can have a very merry Christmas, without having to worry about what comes next.

GOOD GREEN STUFF 300G

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Offer valid 1st December - 31st January

Admit it. No-need-for-makeup mornings feel pretty awesome.

Recapture that vibrant glow from the inside out with a beauty supplement for youthful radiant skin.



NEOCELL

Always read the label and use as directed. Supplementary to a balanced diet.

DON'T LET YOURSELF BE DEFICIENT

Ideally, if you eat a balanced, whole-food diet, you'll be giving your body adequate amounts of the vitamins and minerals it needs to function. However, none of us are perfect and modern life, with its tendency towards processed foods and degraded soil quality, means that it's not always possible to get all of the nutrients your body needs. Food allergies, and sometimes other medications, can also mean that we're either not consuming the variety that we need, or our body's utilisation of the nutrients in the food we eat is being hindered.

We've put together a handy list below of some of the most common deficiencies, as well as what you can do to help. While this list makes a useful guide, it doesn't pay to self-diagnose, so pop in store and ask one of our friendly Hardy's Health Consultants today.



DEFICIENCY	SYMPTOMS	CAUSES	THINGS THAT COULD HELP
<i>Vitamin D</i>	Bone pain and muscle weakness, excessive sweating or some digestive troubles can signal low vitamin D levels. Low vitamin D levels can also contribute to a low mood.	If you don't have much exposure to the sun, are obese or are over 50, vitamin D deficiency is a risk. It is also common for vegans, because most natural sources are animal-based.	Get outside for short periods each day, avoiding the peak burn times. Cheese, lean meats, fatty fish, beans, eggs and nuts are good food sources. Available in spray form, chewables or capsules, vitamin D supplements can also help in the maintenance of optimum levels, especially during the winter.
<i>Omega 3</i>	Signs of deficiency can include dry and flaky or cracked skin, dandruff, dry hair, dry eyes, fatigue, allergies, lowered immunity and frequent urination or excessive thirst.	Modern diets are often low in omega 3 rich foods, but our bodies can also lack the other vitamins and minerals required for these enzymes to do their job properly. Smoking, alcohol consumption, stress, viral infections, caffeine and high fat intake can all contribute.	Oily fish (like sardines, salmon and anchovies) are the most concentrated food source of omega 3. Chia seeds and linseeds are also good vegetarian options. Supplements can also help and come in either liquid oil or capsule form. There are even options suitable for vegetarians!
<i>Iron</i>	Low iron levels mean your body can't effectively carry oxygen, meaning you might experience fatigue, or frequent infections. You may also have pale skin, brittle nails and dull, thin hair, or cold hands and feet.	It can be common in vegans and vegetarians who lack enough iron in their diet, and more prominent in women, especially those with heavy periods. Pregnancy also places more demand on the body's iron stores. Iron absorption can also be hindered by a high caffeine intake.	Red meat is a good source, or include beans (especially white beans, chickpeas and kidney beans) in your diet. Swap to decaf tea and coffee, or try orange juice with iron-rich meals, as the vitamin C helps absorption. Supplements can help, and are available in liquid form that's gentle on the stomach and easily absorbed.
<i>Magnesium</i>	If you're low in magnesium you may find you have low appetite, insomnia, nausea and headaches, or muscle cramps and weakness.	It can be difficult to get enough magnesium from food alone, especially if you don't eat enough green vegetables. The pH of our intestines can also influence how much magnesium is actually absorbed. Excessive sweating, alcohol consumption, diabetes and gastrointestinal problems can all contribute to reduced levels.	Magnesium-rich foods include almonds, cashews, peanuts, seeds, spinach, avocado, black beans and edamame. Supplements come in tablet, capsule and powder form and are often combined with other essential nutrients to aid in absorption and utilisation and support specific ailments that occur as a result of deficiency.
<i>Calcium</i>	You might feel fatigued, have a poor appetite, or experience muscle cramps and abnormal heart rhythms. You may also be at a higher risk of developing osteoporosis.	This can be common in those who are lactose intolerant, and as we age and our bones thin, our bodies need more calcium daily. Post-menopausal women are particularly at risk of deficiency.	If you can, have at least 3 servings of milk or yoghurt a day. If lactose isn't possible, eat plenty of dark, leafy greens or try a dairy free Natural Calcium supplement.

Please note: Everybody is different, so you may or may not experience all of the symptoms above. If you are concerned that you might be experiencing a deficiency, or are simply not feeling your best, talk to us in store!

MEGA MULTIS: BRIDGING NUTRITIONAL GAPS

We know that eating a balanced diet, rich in whole foods, is ideal, but how many of us can say that we do this 100% of the time? Hence the importance of a balanced, good quality multivitamin, to bridge any nutritional gaps and improve your overall health and wellbeing.

Much has been said about the merits of multivitamins over the years, but there is also a lot of misinformation out there, so the team at Hardy's have put together the following guide to bust the myths about multis.

MULTI MYTH 1: IF YOU EAT A HEALTHY DIET, YOU DON'T NEED A MULTIVITAMIN

We've alluded to this one above. The reality is that we are exposed, either by choice or environmental factors, to a variety of things that make it hard for our bodies to get everything they need nutritionally. In fact, studies show that most of us don't get the basic nutrition we need to prevent disease, let alone achieve the optimal health we are working towards. Food sensitivities, special diets, and stress can all increase our nutrient needs.

Of course, a multivitamin isn't a replacement for a healthy diet (both are ideal!). However, there is evidence that some key nutrients are more reliably obtained from supplements. Not only do quality multivitamins contain nutritional compounds in their optimum dosages and easily absorbed forms, but some vitamins and minerals are better utilised by the body when they are consumed together.

MULTI MYTH 2: ONE SIZE FITS ALL

You may think that if you're a woman, taking a woman's multi, then surely you've got all the bases covered. Picking a supplement that fits your group makes sense, however that's still only part of the picture. Our bodies not only need different optimum levels of nutrients depending on gender, but they also need different quantities depending on age and life stage.

For example, premenopausal women need more iron than children and the elderly. Conversely, older people can have a harder time obtaining adequate amounts of vitamin B12 from natural sources, so the need for supplementation can increase with age. Folate, or folic acid, is vital for women of childbearing age, for preventing birth defects, and calcium supplements are important for adolescents and people over 50. Special groups, such as smokers, or people recovering from trauma or injuries may also need additional supplements. While some high quality supplements, like Solgar, get it right with their premium VM2000 product, not everything that you get off the shelf will suit. Our advice? Talk to an expert before you buy!

MULTI MYTH 3: ALL MULTIVITAMINS ARE CREATED EQUAL

It can be tempting to opt for a cheap option when it comes to ticking the multivitamin box, but beware that you might not be getting the level of nutrients that you need (and could be ingesting some other unnecessary nasties as well!) Professionally formulated brands that combine naturally sourced ingredients will be easier for your body to digest and utilise.

Think of it like a salad... While most of us would agree that salads are good for us, a salad made from lacklustre lettuce and topped with a dressing laden in high-fructose corn syrup is very different from a salad made from organic spinach or kale and dressed with olive oil, lemon juice and raw nuts. Just like salads can be made with different quality ingredients, so too can multivitamins.

SAVVY SHOPPERS: TOP TIPS WHEN QUALITY COUNTS

Look for a multivitamin that:

- Contains the most bioavailable form of the vitamins and minerals you need
- Contains naturally-sourced nutrients
- Is free from preservatives, artificial flavours and colourings
- Is recommended specifically for you

If you haven't already got a quality multivitamin as part of your daily health regime, it's not too late to start. Talk to one of our Hardy's experts in store, as it's a fantastic way to kick off the new year to a great start.



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Always read the label and use as directed. Supplementary to a balanced diet.

HOW TO MANAGE WEIGHT WITHOUT COUNTING CALORIES!

By Cliff Harvey ND

IS THERE AN EASIER WAY TO SHAPE UP WITHOUT COUNTING CALORIES?

As a nation, we're getting bigger by the year. We're eating more than ever before and rates of obesity and diabetes are rising at an astounding rate. In spite of this, we may actually be starving... starving on a full stomach... and this could be one of the reasons that we find it harder and harder each year to shift that stubborn winter body fat.

WE'RE STARVING FOR MICRONUTRIENTS...

Vitamins and minerals support literally thousands of chemical reactions throughout the body, many of which are involved with the proper use of fuel as well as energy creation and use. Suffice to say, without enough of the 'little guys' of nutrition in our diets, nothing much can occur in the body, including fat loss.

US Department of Agriculture data suggests that some fresh produce may only provide around half the amounts of some vitamins and minerals that they did in the 1950s! This means that to get the same amounts of nutrients as we did 50 years ago, we

may need to eat twice the amount of some veges and other 'nutrient-dense' foods. Additionally, New Zealand Ministry of Health research suggests that many of us are not getting the recommended amounts of many nutrients, including vitamins A, B1, B6, B12, zinc and selenium², and, many more of us may not be getting optimal amounts of other nutrients for health and performance.

WE'RE STARVING FOR ESSENTIAL FATS...

Many people also do not get the right balance of essential fats (and other healthy fats) from food alone. Our modern diet distorts our omega-fat ratio in favour of omega 6 fats from vegetable oils and factory farmed meat and eggs, and is low in the omega 3 fats that help to reduce inflammation. This is considered one of the factors involved with many disorders resulting from the modern diet.

To help to correct this imbalance the most important thing we can do is reduce our intake of processed foods, seed oils (sunflower, canola and corn oils in particular), and factory raised meat and eggs. However, supplementation also helps. Fish and krill oils provide the most effective and easiest to use omega 3 fats to supplement the diet, but if you're vegetarian flax oil can be used for this purpose too.

What can you do to get all that you need every day?

- Eat 6 x serves of vegetables per day
- Eat 2 x serves of berries
- Take a good quality multi-nutrient

formula daily (NuZest's Good Green Stuff)

- Reduce or eliminate processed and refined foods and factory raised meat and eggs
- Take 3000mg of fish oil, 2000mg of krill oil, or 1 x Tbsp of flax oil per day (if vegetarian)
- Cook with 'stable' fats such as extra virgin olive oil, butter, ghee or coconut oil

WE'RE GETTING BIGGER...BUT WE'RE STILL STARVING!

In spite of eating lots of calories we may still be 'functionally starving'. Simply relying on 'calories in vs calories out' to help us lose weight may be limiting our results due to many factors, including how well we can stick to a diet, and the effects this has on our body composition (ie: fat-to-muscle ratio).

Satiety (feelings of satisfaction or fullness) from food, how different food affects where we store fuel (in muscle vs. fat, for example), and the internal drivers of hunger and cravings play a massive role in weight gain and weight loss³⁻⁶. What we eat, rather than simply how much, can drastically affect our weight, and other health outcomes, and focussing on the quality of what we eat may be all that we need to do to lose weight and keep it off!

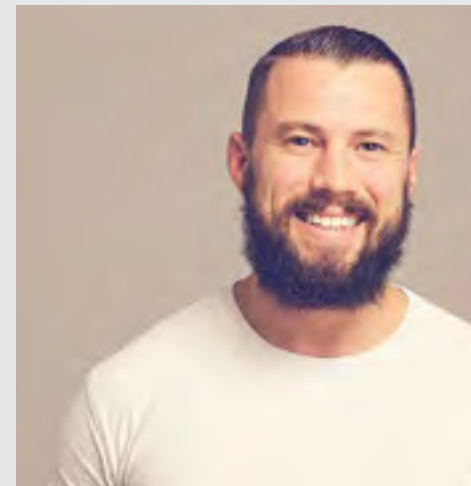
Numerous studies have found that diets based on natural, unprocessed foods improve satiety⁷⁻⁹ and may also positively affect metabolic markers,^{10,11} even offering better fat loss results than a typical calorie-restricted diet,^{12,13} while enabling you to still enjoy eating 'as much as you like'!

Actions:

- Make sure to eat a diet that contains at least 80% natural, whole and unprocessed foods like vegetables, meats, eggs, nuts and seeds. Avoid all processed foods (breads, crackers, etc.)
- Have a protein food (chicken, fish, meat, eggs, nuts, seeds, legumes) at every meal. Use a protein powder as a base for smoothies when you can't prepare a good, protein containing meal.
- Have a protein smoothie for breakfast and afternoon tea. Higher protein intakes are associated with increased fat loss, and smoothies are a great way to pack in additional nutrients. Add vegetables, berries and other nutrient-dense foods and healthy fats (like chia seeds, flax seed, nuts and coconut oil) to make it a substantial meal. **Top tip:** mix NuZest Clean Lean Protein with Good Green Stuff, berries, kale, spinach and a dash of coconut milk for a healthy, filling smoothie.
- Prepare too much dinner, so that you have a healthy lunch for the following day!



Losing weight and keeping it off can be a daunting prospect but focusing on the basics, of real food and smart supplementation, can remove a lot of the hassle and save you from the calorie counting nightmare!



ABOUT CLIFF:

Cliff is a registered clinical nutritionist and author and speaker. He is a researcher in the area of metabolic adaptation to diet at AUT University's Human Potential Centre and is the founder of Holistic Performance Nutrition—a provider of continuing education in the area of nutrition. Cliff is also a co-founder of NuZest and is the co-creator of products such as Good Green Stuff, Clean Lean Protein and Kids Good Stuff.

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LOVE AND BEATING HEARTS –

sharing the joy of love and supporting heart disease this Valentine's Day

The day of love is soon to be here, Valentine's Day on February 14. The day where we shower our loved ones in gifts and gestures that show how much we care. Also a day where husbands can find themselves in a bit of trouble if they haven't planned anything special or have forgotten a surprise in the morning!

Have you ever wondered why the heart is used as a metaphor of love and feelings for humans? The relationship between the heart, feelings and love dates back a long way. Ancient Egyptians believed that the heart was the source of the soul, memory, emotions and personality. Later, Aristotle also said that the heart was the source of intelligence, motion, and sensation, and the brain and lungs existed to cool the heart. So even though we know the scientific truth about the heart (it pumps blood, oxygen and nutrients through our bodies to keep us alive) a lot of influential literature is linked to the heart being the source of the soul and emotions, and that idea is still strong today.

February is also special when it comes to hearts because it's the month of the Heart Foundation's annual appeal. Did you know that cardiovascular disease (heart, stroke and blood-vessel disease) is the leading cause of death in New Zealand? One in twenty adults are diagnosed with heart disease and every 90 minutes someone in New Zealand dies from it, which means it claims more than 6,500 lives every year! The sad truth is that many of these deaths are premature and preventable and while some risk factors can't be changed, such as age, gender, ethnicity and family history, there are other ways to help.

Not to put a damper on the love vibes this Valentine's, but this year, why not consider loved ones as similar to the relationship we share with our heart – our heart is the most vital part of our bodies, it pumps for us every second of every day, it literally only exists to keep us alive – and make those gestures more meaningful this year?

HARDY'S TOP PICK VALENTINE'S ACTIVITIES FOR HEART-LOVE:

- **Go exploring.** One of the best ways to enjoy your partner is to spend uninterrupted time together. Why not go for a nice walk, head to your favourite beach and soak up the scenery, or go for a wander round your local markets, ticking off exercise and quality time in one?
- **Pack a picnic.** What do they say – food is the way to a man's (and woman's, let's not joke about that) heart? Pack a yummy picnic and enjoy good company over good food. Food choices are key to a healthy heart and can still be delicious. Pack the right foods and there's no harm chucking a few little treats in there to help celebrate the occasion!
- **Be active.** Make the most of the glorious weather by doing physical activity – we promise being active can be incredibly fun! Hire some bikes and go for a ride along the waterfront, try standup paddleboarding or share a kayak around some of New Zealand's beautiful islands. There are one million obese adults in New Zealand, fight the fad and do something involving exercise this Valentine's Day
- **Visit Hardy's and commit to change.** If you're worried about heart disease, make Valentine's the day to commit to change with your partner. Whether it's smoking, bad eating, not enough exercise or being too stressed; all these things impact on our heart health.

There are certain types of minerals and supplements that are beneficial to healthier hearts – ask your local Hardy's expert for help; stores stock a whole bunch of heart-loving products, including Hi-Strength Fish Oil, Magnesium and Co-Enzyme Q10.

Co-Enzyme Q10 is a powerful antioxidant and helps to convert food into energy. It's found in every cell in the body, but is thought to help support cardiovascular, arterial and heart health by improving the energy production in cells and helping prevent blood clot formation.



Fish oil is a fantastic nutrient for supporting healthy hearts; it's full of omega 3 essential fatty acids, EPA and DHA, which can help to support healthy blood pressure and triglyceride levels. Heralded as a beneficial support for a range of conditions, the key factor that studies have found is that omega 3 can actively support healthy cardiovascular and heart function.

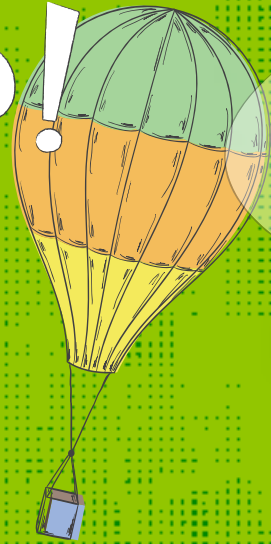
If you are worried about your own or a loved one's heart, seek professional help as soon as possible to eliminate the risk.



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CALLING ALL NATURAL SUMMER-LOVERS...

Are you holiday ready?

The cold and rainy weather is on its way out and, while you're hopefully feeling confident with your healthy eating and exercise regime that you've been perfecting, now is the time to ask are you really summer ready?

The weather can have all kinds of effects on our bodies, some of which we may not necessarily realise - such as dry skin and cracked lips during the winter, coldsores and worsened asthma and allergies in the summer. Either way, there's no doubt that our bodies naturally react to changes in climate.

But as soon as our bodies have made the adjustments they need to make, and with lighter days and summer festivities nearly upon on us, it's all fun and games and we should be prepared! So aside from all the health-related tips we hope you'll action anyway this season, we want to make sure you've got the right things ready to pack into your beach bag.

HARDY'S TOP PICKS FOR SUMMER BEACH BAG ESSENTIALS:

- **A good read.** A book is the perfect way to unwind at the beach or at your local café. Whether you're into gossip magazines for a little escapism or a thrill-seeking novel, make sure you've got a good read packed in your tote for an instant unwind this summer, wherever you may be.
- **A water bottle.** Find a water bottle you like and keep it close this season. One of the major causes of headaches is dehydration and with the added heat and exposure to the sun during summer, it's even more important to drink water. Carrying a water bottle round with you is one sure-fire way to keep on top of those eight glasses a day!
- **Oasis Sunscreen SPF30+.** As relatively small as we are, New Zealand is known to have some of the worst levels of ultraviolet radiation (UV) and, according to SunSmart, the highest rate of

melanoma skin cancer in the world. In fact, about as many Kiwis die each year from melanoma as those who die on our roads! If you're hitting the beach, it's vital to pack an effective sunscreen and block up. Oasis uses all-natural and organic ingredients, making it the perfect worry-free, natural sunscreen this summer.

- **Eco Tan Invisible Tan.** UV rays also damage our skin in other ways, giving more wrinkles and making us look older faster. Luckily, there's less risk to looking beautiful with stunning fake tans and bronzers now on shelves. Like Oasis products, Eco Tan uses only organic ingredients, such as cacao, herbs, floral extracts and fruit extracts, meaning you don't have to worry about what chemicals are being spread on your skin, like with other self-tanning lotions. Plus, because it doesn't have any of that chemical bronzer in it, it won't stain your clothing or sheets, so you can rest easy while your glowing tan develops overnight!

- **Kiwiherb Herbal Insect Repellent.** What about those nights where you're barbecuing at sunset, the music is playing, maybe the sand is still even between your toes, and let's be honest, you just don't want to go home? Insect repellent is an absolute essential to ensure bugs don't kill the buzz. Offering 100% natural protection against mosquitoes and other biting insects,

Kiwiherb Herbal Insect Repellent is made from lemongrass, fennel oils and herbal extracts, is chemical-free and smells delicious. It's suitable for the whole family, including babies.

- **RAW Sugar Crave Release.** We're sure it's not just us but summertime often makes us want to eat lots of yummy food. While we love to opt for delicious summer fruits like strawberries and melon, after Christmas and lots of eating, our bodies can naturally feel hungrier. With more day-outings, more relaxing and likely less hours spent in the gym, we might have more regular cravings or feel the need to snack more often. Raw Sugar Crave Release is designed to help sugar and carbohydrate cravings. Made from all natural ingredients and in a convenient spray bottle, Sugar Crave is perfect to chuck in the beach bag for a few handy spritzes when the tummy starts niggling not too long after lunch. A couple of sprays of the Sugar Crave each morning when you wake up, with a warm glass of water, also helps to wake up the digestive system. *(Always read the label and use as directed. Supplementary to a balanced diet)*

For a summer of feeling fabulous, pop into your nearest Hardy's store and ask one of our experts to help find your top summer essentials this beach season.



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HAPPY HOLIDAYS FROM THE HARDY'S TEAM



Shopping at this time of year can be a little hectic, but we all want to get the Christmas presents sorted and stock up for the holiday season. It helps to know what you're buying and make a list before you go.

We caught up with some of our Hardy's experts and asked them to share their favourite picks for holiday must-haves and gifts this festive season! At Hardy's, you're bound to find healthy, positive Christmas shopping-inspo that will make a real difference to the wellbeing of the whole family.

WHAT PRODUCT CAN'T YOU LIVE WITHOUT THIS HOLIDAY SEASON?

- **Emily – Hardy's New Plymouth**
I'll be using my new EcoTan Face Tan Water. It's perfect as it means I don't have to wear makeup but I can still look nice and tanned with an even skin tone.
- **Morgen – Hardy's Taupo**
Spirulina for an extra bit of oomph! I find it gives me longevity of energy at the end of the day and I take the Spirulina Blue Minis because I find them easier to take.
- **Kaye – Hardy's Pakuranga**
Oasis Sunscreen and BB cream – two products I can't live without! They're non-greasy, natural and completely organic and give great coverage.
- **Kirsty – Hardy's NorthWest**
The number one product I can't go without is Lifestream's organic vitamin C. The holiday season is an essential time to keep the immune system healthy, especially when we're a little stressed with the busy Christmas rush around! Vitamin C helps with anti-ageing too.
- **Fiona – Hardy's NorthWest**
I believe that the root of great health and wellness starts from the core and digestive system, so I won't be going without Nature's Way Primadophilus

Reuteri. It's perfect for boosting immunity from inside out and I like to combine it with magnesium to help relax the body.

- **Tatiana – Hardy's Queensgate**
This holiday season I won't be without my Lifestream Spirulina Blue. It gives me extra energy for the busy lead-up to summer and Christmas and it is a good source of iron. I take it every day, once a day, because it's nice to have the extra energy available when I need it.

WHAT PRODUCT WILL YOU BE GIFTING THIS CHRISTMAS?

- **Emily – Hardy's New Plymouth**
Good Green Stuff! For anyone who is worried about their health or is incredibly busy, it's amazing for energy. All types of people can take it too – it's a good healthy all-rounder.
- **Morgen – Hardy's Taupo**
I'll be gifting the Antipodes Immortal Face and Body Moisturiser. It's an organic and natural product that gives you protection from the sun as well, with SPF15.
- **Kaye – Hardy's Pakuranga**
For women I like to gift skincare, body care or aromatherapy. For men a good gift is liver support supplements to help keep the liver clean and nourished during the silly season! If they like to drink a bit, probiotics and supplements are really important for protection of the liver.
- **Kirsty – Hardy's NorthWest**
Niugini 100% organic coconut oil. I absolutely adore this product from its taste and smell to its texture and packaging. It's a master of all things for nourishing the body; I use it as a moisturiser, as a makeup remover, in my protein shakes and as a hair mask. It's the perfect Christmas present because it is amazing for cooking yummy holiday

treats. Everyone needs to make some dark chocolate with cacao and this coconut oil – heaven!

- **Fiona – Hardy's NorthWest**
I spend lots of time outdoors, in the garden and by the water, and know how important a good sunblock is. The Oasis Sunscreen is perfect for the whole family – it's made with all-natural ingredients and doesn't leave you feeling greasy like a lot of sunscreens do.
- **Tatiana – Hardy's Queensgate**
EcoTan Winter Skin gradual tanning moisturiser. It's the perfect gift for summer because when the sun is shining, it's nice to have a bit of colour! It's a great natural option to protect your skin from sun damage while still wearing that summery glow. It's also good for getting rid of dry skin which is also never a good look!



ENRICH THE LIFE YOU HAVE

By Sarah Laurie



A couple of things have caught my attention recently, specifically relating to our wellbeing - one in particular, as my friend and I were driving to the beach to walk our dogs. She was chatting animatedly to me about her new pattern of eating... Lots of healthy food - however certain foods could only be eaten at certain times of day - no dairy, no grains, and her sugar intake was to be below a certain percentage in anything she ate. It certainly made sense.

However, it left me thinking... We are living in an information age, yet it seems that as a result, we are becoming completely seduced with any new idea, concept, number, list or plan that will change our body, our health, our life. And, in doing so, we are losing sight of what we know truly nourishes us. In other words, this endless search for the 'right' answer is lessening the richness of our life.

For this reason, I have created something for you; let's think of them as reminders... Gentle reminders of what you already know, as opposed to a list of new information that you need to hold yourself to.

As we wind up 2015 and enter into a new year, consider these simple, yet robust resources designed to help you nourish, refresh and experience joy:

- **PAUSE.**
How often do you just keep on going? Not taking a break has large health implications. A moment where you turn away from your screen at work, or a 1 minute break (yes, that small will still help!) every 90 minutes during a work day, during which you just breathe, will help you to feel plugged back in. *(Every 90 minutes)*
- **DEVELOP A FUTURE ORIENTATION.**
Humans are inherently creatures of progress. So whether you take just a moment to review a personal goal, or have a 3 hour brainstorm on the direction of your business, you become energised when you look forward. *(Weekly - or anytime you feel like you are 'on the treadmill')*
- **MEDITATE.**
Immunity, inflammation, brain function, memory, attention, anxiety, stress and depression are just a few factors that are positively impacted by meditation. If you cannot meditate initially, that is perfectly fine; it's a skill that takes time to cultivate. Simply be still and breathe slowly, deeply and rhythmically for as long as you can. *(Each morning)*
- **CREATE RHYTHMS.**
Nature operates in rhythms. Tides, seasons, cycles of the sun and moon, they all operate with an exact precision. Similarly, your body operates with, and responds to rhythms. Create patterns in your day and week where you can: morning rituals, set gym days, sleep and wake times. Be committed to honouring and keeping them. *(Plan weekly, based on what works for you)*
- **GRATITUDE.**
New neural pathways are formed in your brain when you consistently focus on positive, uplifting, or special events, no matter how big or small. Consequently, this creates a shift in how you view

challenges and life in general. I can't put it more simply; gratitude is an essential health and wellbeing tool, so take a moment to think about the good in your day and all that you're thankful for. *(Nightly)*

• **BREATHE.**
The simple act of one big, deep, beautiful breath has a huge impact on your health and vitality. Your breath is a vital vehicle that oxygenates, alkalises and detoxifies your body, when you do it properly. This increases your energy, reduces stress, and prevents inflammation and disease. Practice breathing properly, and eventually it will become natural to you. *(Consistently)*

• **CHOOSE OPTIMISM.**
Worrying depletes us emotionally. The cells of your body experience worry as a negative stimuli, which causes them to reduce and separate from one another. When you worry, you are less likely to find the answer to your problem and, of more concern, your health is compromised in the meantime. What are you worried about? Be still and ask yourself what you need to do about it? You'll know. *(Consistently)*



• **REKINDLE YOUR JOY.**
Most of us are not sure what truly brings us joy and even if we are, we probably don't prioritise it in our schedule. When you are engaged in a joyous, meaningful encounter the brain responds and creates attachments to that experience. If you are continually engaged in rushing, worrying, and mindlessness, those neural circuits develop differently and form patterns accordingly. A special joy may be a remnant from your childhood: perhaps playing the piano, or riding horses, or being outside in nature. Your joy need not come from time-consuming activities; they may simply stem from moments spent laughing with a best friend or reading outside in the evening. Ruminating on them. Choose one or more for yourself. Engage in it regularly. *(Consistently)*

STRESS LESS - A NEW SARAH LAURIE BOOK

Sarah Laurie is a best-selling author, speaker and coach, who works with people to enrich their lives and be their best. In her new book, Sarah explores the topic of stress and how, despite the wealth of tools we have at our disposal to combat stress, statistics still show that over 60% of New Zealanders are suffering stress-related illnesses. Even more of us, are suffering the effects of stress, and thinking that it's 'just life'.

So, why can't we make the necessary lifestyle changes? Laurie embarked on a fact-finding mission and has discovered why. Her book details her new programme that helps people to switch the stress response off and recalibrate. By explaining the mechanics of stress and how to counter it, this book will enrich your life.



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NOTHING ADDED, NOTHING TAKEN AWAY

Lifestream Algal Pure Protein is a revolutionary and sustainable algal protein. A breakthrough technology has been used to extract the protein from the superfood Chlorella to provide a naturally derived, GMO free, protein powder that is highly nutritious and delicious.

This protein powder is an all vegan/vegetarian hypo-allergenic choice. It is a dairy, gluten, nut, soy, additive, colour, synthetic ingredient free product. Lifestream Algal Pure Protein is a yellow (from the naturally occurring lutein) super fine, easy to mix powder with a slightly nutty taste. No added sweeteners or flavours are used to ensure a pure, natural base for smoothies and inclusion in cereals, baking etc.

For every one scoop serve it provides 20g of protein, which helps with performance and the maintenance of energy levels and is essential for healthy muscles.

- 100% algal protein
- Contains all essential amino acids
- Good source of fibre
- No added flavours, colours or synthetic ingredients
- Nut free, gluten free, dairy free, soy free, hypo-allergenic
- Vegan, Vegetarian, non GMO

The power of protein

Protein is an essential building block for bones, cartilage, skin and hair. It is required for growth, strength and repair of muscles, helps you feel fuller for longer and supports energy levels for normal metabolism.

Extra support

Fitness enthusiasts looking for a pure protein source, vegetarians & vegans, lactose/dairy intolerant, teenagers needing added energy and support for a growing body, pregnancy and breastfeeding support, elderly that are struggling to gain enough protein from their diet.

Sustainable

As one of the earth's first foods, microalgae addresses people and planetary needs by delivering essential nutrition to an expanding population in a responsible and sustainable way. Lifestream Algal Pure Protein provides a new exciting, sustainable protein source.

The Superfood specialists

Lifestream is New Zealand's most recognised and trusted superfood and wholefood nutrition brand for over 30 years.

- Made from food
- Ethical
- Sustainable
- Guaranteed

It's nutrition to live by



HEALTHY EATS FOR GROWING HEALTHY KIDS



Good food is essential to children's health, as well as their growth and development. The food our kids eat now lays the foundation for their eating habits and approach to food for the rest of their lives.

Whether at home in the holidays, or during school time, children require a variety of nutrient-dense foods such as fresh fruits, vegetables, whole grains, meat and fish and enough calories that they can develop and grow.

Studies show that children who eat breakfast perform better in school, with better problem-solving abilities, recall, memory, verbal fluency and creativity. A good lunch is essential to getting them through a day of learning and helping them to stay alert in class. In fact, research conducted by Tufts University School of Nutrition found that students who were hungry were distracted in the classroom, not to mention the interference to normal physical and mental development that undereating can have.

Knowing how important it is to provide good choices that kids actually want to eat, how do you find them?

HAVE SOME TRUSTY FAVOURITES:

Children have more simple tastes than adults (hence why most restaurants have the same five options on kid's menus!) They're also more likely to be happy eating the same thing over and over without getting bored. While we often feel like variety is the spice of life, don't be afraid to stick to a few trusty favourites if the kids enjoy them.

INVEST IN GOOD EQUIPMENT:

There are lunchboxes available that will keep food chilled until lunchtime, which opens up your options of what you can put in them. Consider a thermos for keeping healthy soups warm, or smoothies cold, as these are easy ways to get lots of good fruit and vegetables in.

MAKE IT FUN:

Your kids are still discovering the world, so part of their opinion about food is based on what it looks like. Make it fun and you'll have more

chance of it getting eaten. Appeal to their interests by cutting food into shapes, or present it in a fun way, for example, threading grapes and berries onto skewers to make fruit kebabs.

SHARE RESPONSIBILITY:

So much of your kids' days are decided by others, so consider giving your kids control over their lunch, as chosen from a range of options you make available. This is a great way for them to start taking responsibility for their choices and an educational opportunity.

LOOK FOR INSPIRATION:

Ask your friends or other parents and browse Pinterest, or other sites online, for recipes – there are a wealth of them available.

To get you started, try some of our favourites:

- If you're making homemade BBQ burgers, make extra patties for lunch the next day. They're great cold either in a bun, or packaged with salad for a protein hit.
- Vegetables are fun and travel well. Try carrot sticks, raw beans or snowpeas, celery sticks, cherry tomatoes, or raw cauliflower or broccoli. Add a little hummus, natural yoghurt or peanut butter for dipping.
- Pita pocket pizzas are easy to make the night before, and still good come lunchtime. Get the kids to help you make them with toppings they choose. Try feta, spinach and mushrooms or pesto with ham and capsicum.
- Boiled eggs can be cooked in the morning, or a few days in advance, and stored in the fridge to pop in a lunchbox. Draw cute pictures on the shells to make them fun.

OTHER THINGS TO HELP GROW HEALTHY KIDS:

Little bodies need all the help they can get. DHA from omega 3 is essential for the proper development of children's brain, eyes, nervous and immune systems. **Nordic Naturals Children's DHA**, available in liquid and soft gels, is suitable for children aged 3+ and, because it's strawberry flavoured, kids love it.

Balancing good bacteria is important for little tummies too. **Inner Health for Kids** is especially formulated for children and can help to promote the growth of healthy flora within their digestive systems. Especially after antibiotics, Inner Health can support a healthy gastrointestinal system, helping to improve general wellbeing.

To scoop up the other extras that little growing people need, we love the **Radiance Kids** range. With vitamin C, vitamin D, colostrum, probiotics, multivitamins and special formulations to boost immunity and support healthy bones and teeth, the range is specially formulated for kids, in flavours they'll love.



SERVING SUGGESTION

ALGAL PURE PROTEIN TASTINGS IN HARDY'S DECEMBER, JANUARY AND FEBRUARY



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NEWS AND EVENTS

NEW STORES: NORTHWEST & FIVEMILE

We've unveiled our latest thinking in a fresh, new innovative format at Auckland's newest shopping centre, NorthWest, in Massey, and Queenstown's Five Mile.

Responding to consumer feedback, we continue to stock only the best products on offer, conveniently sorted by health condition, and have used special lighting that provides relief from the harsh indoor lights often used in retail environments.

In terms of design, we wanted a warm, inviting and natural store environment, so we've embraced openness and borrowed from nature's textures themselves. There's an architecturally-inspired centerpiece around our new molecular flower logo and a living wall of plants that will grow with the store!

These two new stores promise to be a destination health location, with expert staff and a curated range of New Zealand's finest health solutions. A healthy place to be and certainly somewhere where you'll learn to feel amazing... We look forward to your visit!

WELCOME MILLIE!

Hardy's Queensgate in Lower Hutt has a marvellous new manager. Having now been at the store for six months, Millie says she was initially attracted to Hardy's because of its well established place as a family brand. "I also trained in Clinical Nutrition, Aromatherapy and Personal Training, and have an administrative background, so it seemed like a logical place to work and use my knowledge," she says.



Hardy's Northwest

Millie says that she loves working at Hardy's because of the variety it offers each day, as well as the fact that she's constantly learning something new. Another highlight has been the connections she's made with people, hearing their heartfelt stories: "I've had lots of meaningful moments engaging with customers, staff and suppliers." Looking forward to her future with Hardy's, Millie says she can't wait to help her store evolve and grow, and connect more with the local community.

5+ A DAY

The New Year is also the time to be thinking about 5+ a day. Led by the 5+ A Day Charitable Trust, February's challenge encourages all New Zealanders to feel the health benefits of getting more fruit and vegetables into their diets. Vital for reducing the risk of cardiovascular disease, an increased intake of fresh fruit & vegetables is vital for our health. Find some fun ways to add an extra serving to each day, then pop onto the 5+ A Day Facebook page for your chance to win weekly prize packs. Turn to page 10 to check out our smoothie recipes for some easy intake ideas.



THE HEART FOUNDATION ANNUAL APPEAL

Heart disease is New Zealand's biggest killer; claiming one New Zealander every 90 minutes. That's over 6,500 people every year – more than 30% of lives lost annually! Many of these deaths are premature and preventable, however, which is why the work of The Heart Foundation is so important. They're committed to funding vital research, promoting healthy lifestyles and advancing cardiac care in New Zealand.

The Heart Foundation relies on support and funding to carry out their work. This February is their annual appeal, so their volunteers will be out on the streets, collecting vital funds. Make a donation or volunteer, if you can – and if you'd like to look at ways to protect your heart, visit the team at Hardy's.

NEW PRODUCT: DIGEST PREGNANCY

Pregnancy can be a time of incredible changes to your body, and especially your digestion. From nausea in the early months, to bloating and discomfort later on, it all takes its toll. That's why we're excited to bring Mums-to-be Enzymedica's Digest Pregnancy. With the enzyme phytase, to help the body's utilisation of essential minerals, and the addition of organic ginger root to calm queasy tummies, Digest Pregnancy's pure and gentle formula can help to ease digestive discomforts.

STORE LOCATIONS

NORTH ISLAND

NORTHLAND

KERIKERI 69 Kerikeri Rd, (09) 401 7126
WHANGAREI The Strand Arcade, 23-25 Vine Street (09) 438 3188

AUCKLAND

WHANGAPARAOA The Plaza, Whangaparaoa Rd, (09) 424 3882
GLENFIELD Westfield, cnr Glenfield & Downing Sts, (09) 443 1896
DOWNTOWN Shopping Centre, Customs St West, (09) 377 3756
NEWMARKET Westfield, 277 Shopping Centre, Broadway, (09) 529 1364
LYNNMALL Great North Road, New Lynn, (09) 827 6700
ST LUKES St Lukes Westfield Mall, 80 St Lukes Rd, Mt Albert, (09) 846 4477
SYLVIA PARK Sylvia Park Mall, 286 Mt Wellington Highway, (09) 573 0310
MANUKAU Westfield Gt South & Wiri Station Rds, Manukau, (09) 262 1827
PAKURANGA Pakuranga Plaza, Aylebury St, Pakuranga, (09) 576 5843
NORTHWEST NorthWest Shopping Centre, 1-7 Fred Taylor Drive, (09) 416 9605
QUEEN ST 107 Queen Street, Auckland, (09) 377 3756

HAMILTON

THE BASE The Base, Maahanga Drive, (07) 847 0340
CHARTWELL Westfield, Cnr Comries & Hukanui Rds, (07) 854 8342
CENTRE PLACE Centre Place, 501 Victoris St, (07) 839 2522

BAY OF PLENTY

BAYFAIR Bayfair Shopping Centre, Cnr Maunui & Givren Roads, (07) 574 3430

TAUPO

TAUPO 37 Horomatangi Street, (07) 378 9057

TARANAKI

NEW PLYMOUTH Centre City Shopping Centre, 11 Gill St (06) 759 4342

PALMERSTON NORTH

PALMERSTON NORTH The Plaza, Church St, (06) 356 7860
FEILDING 102 Ferguson St, (06) 323 8301

WELLINGTON

LAMBTON SQUARE 180 Lambton Quay, (04) 472 6969
COASTLANDS Coastlands Shopping Town, Paraparaumu, (04) 296 1227
QUEENSGATE Westfield, Queens Dr, Lower Hutt, (04) 586 2098

SOUTH ISLAND

NELSON

RICHMOND Richmond Mall, 216 Queen St, (03) 544 5769

CHRISTCHURCH

NORTHLANDS Northlands Mall, Main North Road, Papanui, (03) 354 1630

QUEENSTOWN

FIVE MILE Five Mile Shopping Centre, Frankton, (03) 441 4225



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