

My Hardy's

We'll get you feeling good!

What if you could
*feel like you
again?*

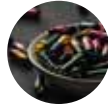




Purity: Keep It Clean
World class laboratory testing ensures the purest herbal products.



Integrity: Keep It Real
Herbal DNA testing verifies 100% label accuracy claims - every, single, time.



Potency: Keep It Strong
Concentrated Liquid Phyto-caps® deliver superior absorption results.

The Healing Power of Nature

Since Gaia Herbs was just a seedling in 1987, we have remained true to our purpose. Named after the Greek goddess of Earth, the mother of all life - Gaia Herbs nurture the land so it can in turn, nurture us. Channelling the wisdom of generations of cultivators who have forged the path of discovery before us, and with it the knowledge that deep within every herb lies the expression of plant intelligence - our mission is to harness the powerful force of plant potential.

The Magic of Our Farm

Our Gaia Herbs Farm is a living laboratory for the latest organic planting and cultivation methods. Each year we produce three million individual plants, representing 20-40 species of herbs. Our fields are brimming with the abundance and brilliance of nature, all nourished by the clear mountain waters flowing through the valley. We nurture and observe each plant, allowing it to flourish in the sun until the right moment to harvest. By mirroring the growing conditions of nature, we ensure the purity, potency, and integrity of each plant.

Committed to Quality: From Farm to Bottle

Just as your health is a journey, so is the life of each of our herbs. Seeds are nurtured before being transplanted into the fields of our Certified Organic farm. Once harvested, the herbs precious constituents are unlocked in our on-site Certified Organic production facility. Selecting the most appropriate extraction method for each plant, means our products contain the full spectrum of concentrated plant goodness along with specific ratios of plant actives. We take pride in managing the entire supply chain to ensure the highest quality, every step of the way - from soil to shelf.

Concentrated Liquid Phyto-caps®

Following a 'whole herb' philosophy and incorporating supercritical CO2 extraction, ensures the fullest possible expression of each herb. Our patented liquid Phyto-caps® technology delivers pure, concentrated liquid plant extracts, for superior absorption.

Healthy Soil = Healthy Herbs

Nestled in the Blue Ridge Mountains, North Carolina, lies rich alluvial soil that provides the perfect growing platform for healthy and vibrant plants. The soil is enriched with organic fertilisers and biodynamic compost. Our farm contains an abundance of biodiversity, above and below the earth. Regenerative agriculture is the key to maintaining this biodiversity and protecting the health of the planet. We are proud to achieve Regenerative Organic Certification (ROC™) at the silver level, a certification that considers soil health, farm worker fairness, and animal welfare.

Transparency with Meet Your Herbs®

We believe in sourcing herbs from where they grow best. While we grow many of our herbs, we also procure herbs and ingredients from around the world, from farmers who share our commitment to quality, sustainability and ethicality. We source over 150 ingredients each year, touching almost every corner of the globe, demonstrating that herb farming supports communities to thrive. We created Meet Your Herbs®, the world's first herb traceability platform. Here you will discover the origin of your herbs and see validation of your product's purity and potency.

Planetary Wellness & Sustainability

Sustainability is at the core of what we do, from the way we plant, grow, water, harvest, and distribute our herbs. We are working hard to adapt, mitigate, and in some cases, reverse climate change in every aspect of our operations. We make decisions holistically, prioritising people and our planet.



Autumn's glow



Beautiful Autumn has arrived once again, with its gorgeous, rich colours and cooler days. It's time to nourish and build our bodies for Winter. And what better way to do that than to look first to our hormones.

Many of you will know this is a topic very close to my heart. One in which I've invested much time, effort and learning as a result of my own personal journey. Taking the time and care needed to nurture my hormones fundamentally changed my life. And it can do the same for you.

And because when we talk hormones, we're not just talking sex hormones, but rather hormones that affect and control every bodily function, this issue has something for everyone. No matter your sex, your age, your health status, or your life stage, there's something for you. Happy reading!

From the Hardy's team, we wish you a happy and healthy Autumn.

Love and light,

Diana Burgess - Naturopath



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Blissfully

BALANCED HORMONES

So, what are these things called hormones anyway?

Put simply, they are chemical substances that deliver messages via messenger molecules throughout your body. Once made in one part of your body, they travel to other parts of your body where they help control how cells and organs function.

Hormones are what drive us. They are responsible for growth and repair. They help us cope with everyday stresses, give us our spark and energy, and affect our moods. They are responsible for blood sugar balance, blood pressure and body temperature regulation. Hormones are needed to digest and metabolise food, control our hunger and sleep patterns. They control our ability to reproduce. And so much more.

In fact, just about every function in your body is driven by hormones. So it's easy to see why, when your hormones are out of balance, the very essence of who you are and how you feel can be affected.

No matter where you are in your health journey, or what hormonal symptoms you may be experiencing, this issue has something for you. I'm a true believer that it is much easier to look after the health



we have than it is to regain the health we've lost. Our hormonal health is a great example of this, and this issue is packed with incredible tools to help you get there.

When it comes to hormonal problems, it is important to note that there are no "quick fix" or "magic pill" solutions. There is nothing your doctor can prescribe to make you feel fabulous overnight. The real Magic to feeling great lies with you. It's about the steps you take every day. How you rest, exercise, manage stress, nourish and supplement your body.

But the good news is – your body was designed to heal. And throughout this magazine, we'll be providing you with some wonderful lifestyle tools, herbs, foods and supplements to enhance that healing process, helping you become the very BEST version of you!



BePURE™

The power of essential nutrients.

Vitamins and minerals are essential nutrients that our body needs to function. Every cellular process requires nutrients. The 'essential' nature of these nutrients means we need to consume them regularly to maintain our physical and mental wellbeing. We can do this by eating a balanced diet, rich in wholefoods and a wide range of colourful fruits and vegetables.

Unfortunately, our soils are deficient in certain nutrients, and if these aren't in our soil, they can't be in our food. This can mean that despite eating a broad spectrum of whole foods, we can still end up missing out on these key vitamins and minerals. To add another layer to this equation, our modern

lives are busier than ever, and filled with stress, meaning our nutrient requirements are higher and are more easily depleted.

Signs you may be running low on essential nutrients:

- Lacking energy to do the things you love
- Hormonal concerns
- Frequent ills and chills, and slow recovery
- Trouble sleeping
- Skin concerns
- Poor stress tolerance
- Low mood

The Restore Range was created to fill the nutritional gaps of our modern lives.

BePure's range contains a variety of key essential nutrients in high-strength, bioavailable forms, so you can support the restoration of these vitamins and minerals, and feel your best every day.



Always read the label and use as directed. Supplementary to a balanced diet.
BePure Health Limited Auckland. TAPS PP2169.

Adrenal SUPPORT

It's well known that our adrenal glands are incredibly important for dealing with everyday stresses, but what's not so well known is the effects that stress has on our sex hormones.

So many women, especially mums, are incredibly busy being super-beings, most with an over scheduled life and a tendency to constantly remain in a state of fight or flight. Whilst this is okay for short term periods, it's a recipe for disaster for the long term, especially for women entering into or going through menopause.

Here's why...

During our younger reproductive years, our sex hormones are mainly produced in our ovaries. This is wonderful until our ovaries start to wind down during perimenopause. At this stage, the ovaries hand the job of making sex hormones over to the adrenal glands, again perfectly okay, provided you've nourished and nurtured your adrenals for the 10 -15 years leading up to that.

If your adrenals are worn out and exhausted from an incredibly hectic lifestyle, they'll be left depleted of cortisol, progesterone and testosterone, due mainly to DHEA being the precursor to all three. And yes, you guessed it, DHEA is depleted when we live in a state of fight or flight.

We end up feeling wired and tired, lacking libido, feeling less creative, unmotivated, less tolerant, less productive, and with a sense of having lost our spark. And we haven't even started on the hot flushes and night sweats yet!

I always tell my patients, 'your menopause is a report card on how well you looked after your adrenals in your 30's and 40's, and your menstrual cycle is a report card on how well you nurtured and nourished yourself the month prior'.

The key to a smooth ride through menopause? Start nurturing your adrenals now, no matter your age!



BIO-SHODEN ASHWAGANDHA

Ashwagandha is an adaptogen widely studied for its anti-inflammatory, antioxidant, anti-stress, anxiolytic and anti-fatigue and immunomodulatory effects. Ashwagandha maintains and supports refreshing sleep and decreases sleeplessness. It is associated with reducing morning cortisol levels. Supports feelings of balance and calm. Supports memory and brain health.

Natural Health Trading, Auckland

Show your adrenals some much needed love:

- get a daily dose of oxytocin by hugging, petting your fur baby
- laugh every day
- learn to say NO
- prioritise self-care, go for a facial or a massage
- take long walks on the beach or in green spaces
- Start yoga or learn to meditate
- eat a whole food diet from all the colours of the rainbow
- take an adaptogenic adrenal nourishing herb like Ashwagandha
- do more of what makes you feel alive



GAIA® STRESS RESPONSE

Don't let stress steal your thunder! Build natural resistance to stressful influences and energy dips so you can embrace a more centred life, with balance and ease. A popular formula to nourish adrenal glands, support vibrant energy levels and healthy sleep patterns. Gaia® Herbs liquid extracts of Rhodiola, Holy Basil, Schisandra and Ashwagandha are safely encapsulated for herbal protection. Ages 12+.



Natural Meds, Napier



THE JOURNEY BEGINS WITH *perimenopause*

For many women, perimenopause can best be described as “PMS times ten”!

This I know first hand after spending my 20's experiencing every menopausal symptom imaginable.

Yes, I went through menopause at an incredibly early age, and since then have helped countless women over the past few decades with their own hormonal journey. You could say I am somewhat of an expert in this field however, in my experience, no two women are the same.

For some it's a wonderful time in their life - a time of great wisdom, creativity and a sense of freedom. For others the approximate decade long journey is a very rocky road and not so great. These are the women often left wondering whose body they're actually living in?! They don't recognise themselves anymore, often feeling emotionally and physically drained.

The good news is you are not alone. There is a light at the end of the tunnel. You will feel like you again, and in many case, become an even better version of the younger you!

The main thing to keep in mind about perimenopause is that it's a completely normal process, not a disease that needs to be treated. But in order to continue producing adequate levels of hormones to support your health, a woman must be optimally healthy as she enters menopause - and that means physically, emotionally, spiritually and even situationally.

It's important to understand that when the ovaries slow down, a woman's hormones do not shut down. Our incredibly clever bodies are designed to continue producing hormones like estrogen, progesterone and testosterone at sites other than our ovaries. Research has shown that hormones are produced in our body fat, skin, brain, adrenal

glands and even the peripheral nerves. But whether or not adequate production occurs depends on what else is going on in your life. Are you under significant stress? Are you overworked? Are you dealing with financial or family issues? Is your diet failing to meet your body's needs? Are you physically ill? Do you drink a few too many glasses of wine, or cups of coffee, or eat too much processed food? Do you exercise too little or too much? You get the picture. And as I mentioned earlier, there is no quick fix or magic pill that will make your symptoms go away. The hero here is you!

Yes, I always recommend some wonderfully nourishing herbs, supplements and hormonal nourishing foods, but the real magic is within you and that starts with my health and vitality plan which you can find online in our Summer magazine.

Here are some herbs that I personally love and are fabulous as part of your hormonal wellness plan:

- MenoPrime from Solgar®
- MenoCalm from BePURE
- Menopause Support from Gaia® Herbs



SOLGAR® MENOPRIME

Formulated specifically for women going through menopause and perimenopause, Solgar® MenoPrime combines Siberian Rhubarb (ERr-731®) and affron™ Saffron to help provide relief from a full range of symptoms.

Solgar® NZ Ltd, Auckland

This I know first hand after spending my 20's experiencing every menopausal symptom imaginable.

GAIA® MENOPAUSE SUPPORT

Let's face it, menopause has its challenges! Whatever your symptom picture, Gaia® Herbs has you covered with this thoughtful blend of liquid herbs that are especially supportive during the shifts that occur approaching menopause. Calmly embrace hormonal changes while balancing physical and emotional well-being. A holistic blend of Black Cohosh, Sage, Alfalfa, Red Clover, Chaste Tree, St. John's Wort, Oats, Vervain and Dandelion. Fast-acting liquid herbal capsules breakdown in minutes for optimal absorption.

Natural Meds, Napier



These are all great, but choosing which is best for you will depend on your main symptoms. Keep in mind they work 100% better when taken with an Omega 3 oil like Hempseed and a high quality magnesium.

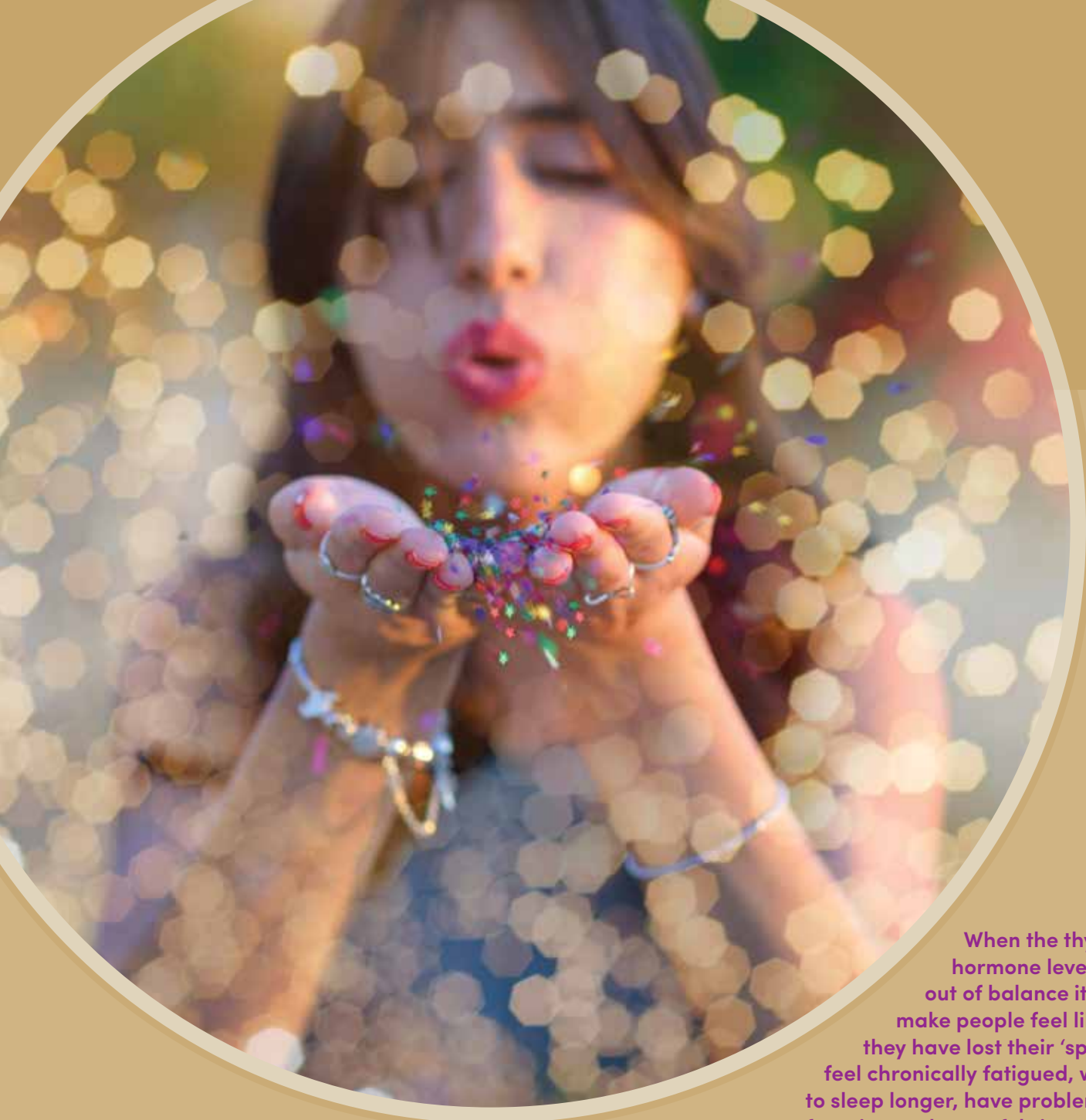
And remember, our wonderful Hardy's Experts are always available to help guide you when choosing what's BEST for you.



BePURE MENO CALM

Bye-bye hot flashes! MenoCalm is formulated with key nutrients and herbs such as Sage Leaf, Black Cohosh and Ashwaganda to ease the unwanted experiences commonly associated with menopause, such as hot flashes, mood swings, and disrupted sleep. Embrace menopause as a rite of passage, minus the discomfort of hormonal imbalance with BePURE MenoCalm.

BePURE Health Ltd, Auckland



NUTRIENTS THAT ARE SUPPORTIVE OF A WOMAN'S

spark

When the thyroid hormone levels are out of balance it can make people feel like they have lost their 'spark'; feel chronically fatigued, want to sleep longer, have problems focusing and stressful situations seem to be magnified. There is a higher occurrence in mature adults; particularly older women and then it is often dismissed as a menopause-related effect.

One reason for it to occur is being deficient in the nutrients needed for the thyroid to function properly.* There are several vitamins, minerals and even an amino acid that are important for supporting a healthy thyroid gland; and therefore play a vital role in our energy, metabolism and general well-being by supporting balanced thyroid hormone levels. When considering thyroid health many of these nutrients are often overlooked.



Most good quality multivitamins or women specific supplements have a source of iodine in them, either as potassium iodide or kelp. The body only needs a trace of iodine to make thyroid hormone, but vital to help regular normal metabolism and healthy oestrogen levels. It is vital not to overdose on iodine, so for those feeling a little sluggish it often better to focus on other thyroid supportive nutrients.

Selenium is often neglected with those struggling to support their thyroid naturally; but it is a vital partner with iodine, helping to balance iodine's uptake; supporting the synthesis of thyroid hormones while having an antioxidant function in the thyroid gland.

Tyrosine is an amino acid better known to support neurotransmitters and hormones making it a popular supplement product for those wanting to support mood, focus and stress management. It plays a part in the synthesis thyroid hormones. In a supplement form L-tyrosine is in a free-form, which has the advantage of immediate availability.

Cod Liver oil combines two nutrients Vitamin A and D and are important for supporting the health of the thyroid. Vitamin D deficiency is common in New Zealand and our levels tend to drop over the winter months. Vitamin D deficiency may affect thyroid levels, so it is a factor to

consider to ensure Vitamin D levels are stable all year round. Vitamin A is usually associated with eye health, but also plays a role in supporting thyroid balance.

Herbs that help the body adapt to stress, such as Ashwagandha (*Withania somnifera*) and Rhodiola (*Rhodiola rosea*) are supportive herbs for those who feel their stress levels are elevated, or are feeling overwhelmed, fatigued and irritable. Periods of stress tend to increase cortisol levels and may affect thyroid levels. As these herbs support cortisol balance, they may support thyroid hormone balance.

Solgar® has a range of supplements that may help support thyroid function. These are available as single nutrients or you may want to consider a good quality multivitamin and mineral, such as Solgar's VM 2000 or Botanical Female Complex.

** There are a number of reasons why thyroid function may be low, so it is important if you are looking at supporting your thyroid function that you have it checked with your health professional to consider a blood test or track basal body temperature to check its function.*



Solgar® has a range of nutrients and herbs available; discuss your needs with the staff at your local Hardy's Health Store.

Metabolic balance

A healthy, balanced metabolism begins with a healthy gut biome. This allows us to break down our diet into all the amino acids, nutrients, enzymes and phytonutrients we need, and ensure healthy regulation of blood sugars and insulin.

It's important to note that all cells in our bodies rely on glucose (blood sugar) and fat to obtain energy. Some organs, such as the brain, red blood cells and reproductive organs, can only get their energy from glucose. Therefore, our blood sugar levels must always be sufficiently maintained to ensure a steady supply.

This is all regulated by two of our other hormones, insulin and glucagon. Yes, once again hormones are needed to keep us feeling fabulous.

Blood sugar levels and insulin rise because of increased amounts of carbohydrates in our diet, especially when we regularly consume highly processed, sugary foods – those ones that come in a packet or a box and have lots of ingredients, many of which can't be recognised or are just numbers.

It's alarming when fad diets suggest carbohydrates are bad. NO nutritional REAL food is bad, and carbohydrates are essential for a steady supply of glucose and that much needed energy to our brains, red blood cells and reproductive organs. Wonderfully

nutritious carbohydrates come from fruits, vegetables, salad greens, and whole grains like oats and wild rice, and are ideally eaten with a balanced portion of lean protein and good fats.

Metabolic health issues can arise from either excessively low or excessively high blood sugar levels.

Too low can result in dizziness, a feeling of weakness, sweating and intense craving for sweet foods like chocolate.

Too high and the cells in your pancreas produce the hormone insulin, which then functions to transport the glucose into fat and muscle cells. When our muscle storage depot is full, our bodies cleverly make back up fat cells to take the extra insulin that's transporting the glucose.

Signs you may be metabolically out of balance

- Erratic blood sugar
- Unexplained weight gain, especially around the middle
- You've become a skinny fat person (scales don't change much but there's increased fat on hips, thighs and belly)
- Waist measurement is over 80cm for women or 94cm for men
- Cholesterol and BP are higher than recent years
- Feeling out of sorts, like your hormones are off kilter
- Slow recovery from illness
- Feeling wired and tired, and unable to cope with stress
- Digestive issues
- Not enough energy to power through the day
- Trouble sleeping

And whilst our muscles have a limit as to how much they can store, our fat cells don't! Once our fat cell depots are full, they'll continue making more and more fat for storage.

So, a healthy gut, nourished by a balanced, whole food diet, with stress under control and regular exercise is the key to a healthy, balanced metabolism, which is key to balanced hormones and overall health and wellbeing.



GAIA® THYROID SUPPORT

Sluggish thyroid glands can affect your ability to get the most out of life and may contribute to feelings of lethargy and constant tiredness, weight gain, dry skin and hair fall. Support thyroid hormone production and metabolism with a blend of herbal extracts and L-Tyrosine, plus iodine-containing kelp and brown seaweed. Gaia® Herbs liquid-extract capsules offer superior absorption. Ages 12+.

Natural Meds, Napier

BIO-BERBERINE

Berberine is a widely researched alkaloid and natural constituent of herbs such as Golden Seal and Barberry. Studies have shown that berberine helps support healthy blood sugar and cholesterol levels by activating AMPK. AMPK is regarded as a master switch for energy regulation. It is a key to correcting metabolic syndrome.

Natural Health Trading, Auckland







The gut-hormone connection, explained

Overall health can be attributed to the microbial diversity of the human gut microbiome, which is a collection of intestinal microbes and their genes. The relationship between hormones and the gut microbiome is *bidirectional*, which means that one can influence the other, so supporting gut health will have a positive impact on your hormones, too. Cultivating microbial diversity with specific nutrients supports gut health, hormones, a variety of health conditions, and whole-body wellness!



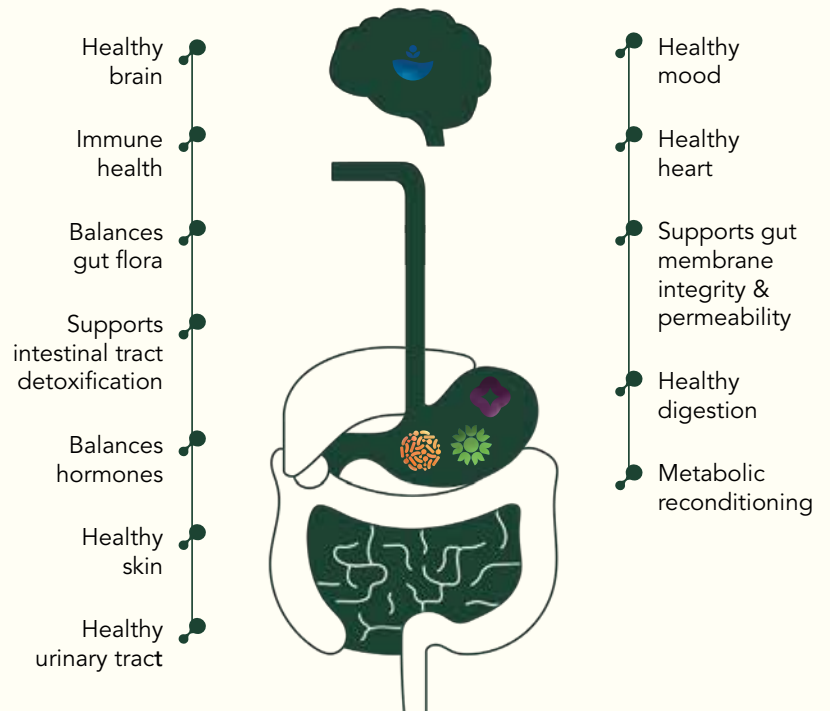
Probiotics are amazing little microbes! 100% spore-based, **Gutsi® SporeBiotic™** is a gut 'superhero' because it reseeds keystone bacteria, crowds out 'bad' bacteria, survives digestion and can live out of the fridge!



Prebiotics are specialised plant fibres that help your good gut bugs grow! **Gutsi® Gut Food** is a targeted prebiotic from 100% food-based oligosaccharides, which feed and nourish *only* your guts' good bacteria.



Postbiotics are the result of your good bacteria breaking down the plant-based polyphenols in **Gutsi® Good Guts** and include vitamins B & K, amino acids and short chain fatty acids, which are essential for a strong and robust gut barrier system.



A happy microbiome supports hormonal balance

A true gut reset provides researched, evidence-based and long-lasting change to get gut health back on track. Formulated by world-renowned Microbiologist Kiran Krishnan, the Gut Reset Kit by Gutsi® contains a trio of prebiotics, probiotics and postbiotics as well as a comprehensive plan that will support all systems of the body. Navigate everyday wellness with happy guts and healthy hormones!

"I'm so glad I discovered Gutsi! For years, I struggled with my gut health and tried so many things to help sort myself out. Since finishing the Gut Reset Kit my digestion is working like clockwork, my skin is glowing and I'm getting a great night's sleep!"

Recharge and reset your gut in 60 days

Your gut (and hormones!) will thank you for it!

Did you know that gut health impacts every facet of our overall health, from digestion to mood, skin and hormones, to energy levels and fatigue? The gut is the largest endocrine organ in the body and plays a critical role in the human endocrine system. Not just responsible for digestion, the intestines are where most of your endocrine cells and hormones are produced! The gastrointestinal tract releases various gut hormones that regulate physiological functions such as nutrient absorption, insulin release and appetite, and research shows that changes in gut microbiota composition and activity have been associated with reproductive health, thyroid function, blood sugar regulation, weight, skin health, your ability to manage stress, and more!

How do you know if your hormones are out of whack or you could do with a little extra gut support? If you experience weight gain, mood swings, fatigue, changes in sex drive, or have hair or skin concerns, chances are your endocrine system (and gut!) needs a little TLC.

A wonderful night's sleep

is one of the most important things we can do for our health, vitality and hormonal balance. The rest and repair it offers our bodies is critical to life.

With a restorative nourishing sleep, everything simply works better, from our digestive system, sex hormone balance, adrenal reserves, mood, libido, thyroid function, memory, cognition and immunity. Not to mention, sleep and diaphragmatic breathing is the fastest way to decrease both adrenaline and cortisol.

A great night's sleep also improves physical and emotional resilience, and increases physical endurance, the shine in our eyes and skin, and our ability to burn fat.

If you currently don't sleep restoratively, make this your number one priority. Start by chatting to one of our Hardy's experts to see what you can do to enhance your sleep quality to radiate your beauty from within.



HARKER HERBALS SLEEP WELL

A wonderful natural sleep support during times of stress and hormonal changes. This unique herbal blend relaxes the nervous system and calms busy minds to support a deep, restful night's sleep and normal sleep cycles. Includes scientifically researched valerian, zizyphus, passionflower and hops, to help you fall asleep and stay asleep.

Harker Herbs, Waipu



BIOSPHERE SLEEP

Deep sleep support from Biosphere contains Glycine, Ashwagandha Root Powder, Jujube Fruit Powder, L-Theanine, Hops Flower Powder, Lemon Balm Herb extract, Magnesium Bis-Glycinate-Chelate and magnesium Threonate, L-Tryptophan, Apigenin from Chamomile Flower, and Zinc. This combination of best sleep supporting ingredients is available in a great tasting powder, helping people getting to sleep and especially supportive of staying asleep.

Natural Health Trading, Auckland



TAKE TIME FOR YOU

Choose your favourite blend and relax with a cup of MagicT.

MagicT uses all natural and safe ingredients. Plants are carefully selected from local rose farmers in Kashan, an ancient oasis in Iran's desert to small farms in Turkey and India. All tea is handpicked, shade dried and hand blended, having fair and ethical deals with the farmers. Leaves and flowers are kept as whole as possible to give the best aroma and flavour without any extra, added fragrances, additives, or artificial flavours.

Designing a herbal blend is like creating a poem, it takes time, knowledge and inspiration. MagicT has all of them combined for you. MagicT has the vision of putting old tea rituals, benefits of nature and leisure of drinking tea together and gifting them to families.

Enjoy the benefits of nature in a cup of tea. Rest, relaxation, and sleep are the foundations of wellbeing and overall health. A good night's sleep is beneficial for a healthy immune system, important for mood and energy, and essential to combat long term stress and fatigue. Feeling calm also supports hormonal health.





ROSE BUD TEA or “the lady’s tea” is an excellent natural treatment for menstrual cramps and PMS. It helps reducing breast tenderness, stabilizing emotional ups and downs, and balancing the mental health while nurturing the spirit!

Try to add a couple of dried rose buds to your green tea or black tea to have a light floral flavour. Or if you like more, here you go make your rose tea hot or cold!

Hot Rose Tea

- Boil filtered water
- Pour and swirl hot water into your infuser, and throw out the water.
- Put dried rose buds into your infuser and add hot water. (3 or 4 buds each cup)
- Keep your infuser covered and let it steep for 5 minutes.
- Strain rose buds and enjoy your tea

Iced Rose Tea

- Cool or room temperature filtered water
- Put dried rose buds into your container and add water. (3 or 4 buds each cup)
- Cover your container and place in refrigerator overnight, or about eight hours.
- Strain rose buds and enjoy your tea. Adding ice or syrup is optional.

MagicT offers a wonderful range of teas to promote calm, relaxation and sleep



enjoy!



Hormone Disruptors

What are these things called xenoestrogens and why do they matter so much when it comes to hormonal health?

Commonly known as endocrine disruptors, xenoestrogens are a cocktail of man-made toxic substances that we are constantly being bombarded with. They bind to our hormone receptor sites, mimicking the effect of our very own sex hormones, often playing havoc with any hormonal messages received, leading to a myriad of hormonal symptoms. The most common felt are those of oestrogen dominance which include premenstrual migraine, irregular or excessively heavy periods, anxiety or nervousness, bloating or fluid retention, breast tenderness, mood swings, weight gain (especially around hips and thighs), decreased libido, fertility issues and premenstrual pain, to name just a few.

These thousands of endocrine disruptors are found in places like our make-up, skin and hair care products (the ones that aren't natural), many household cleaners, plastic drink bottles, food storage containers, the lids on throw away coffee cups and personal care products.

So to keep those hormones happy and balanced, it's important to familiarise yourself with what's in your products and use organic or natural wherever possible.

Recommended read
The Chemical Maze - your guide to Food Additives, Cosmetic Ingredients and Household Products

NEW

FREE
Living Nature Day Cream of your choice when you spend \$50 on any Living Nature products.

LIVING NATURE NOURISHING DAY CREAM

A nutrient rich day cream to leave your skin soft, radiant and hydrated. Active Mānuka Honey rejuvenates and draws in moisture, while native New Zealand Tōtara Extract effectively neutralises damaging free radicals. The additions of Avocado Oil, Shea Butter and Harakeke Flax Gel soothe and nourish.

Living Nature, Kerikeri



ANTIPODES MAYA HYALURONIC 72-HOUR HYDRATION SERUM

Your secret weapon for a dewy complexion! Plant-based hyaluronic acid combines with sustainably cultivated marine botanicals in a silky-light serum that provides intensive hydration. Featuring the innovative marine compound Pheohydrane G, it offers intense hydration for up to 72 hours, making Maya an enduring thirst quencher for dry and dehydrated skin.

Antipodes, Wellington



That's not healthy

PERIOD.

Most teens and young women will tell you their menstrual cycle is "normal" because they experience some bloating, pain, mood swings, fluid retention and headaches. However, just because it's common, does NOT make it healthy!

PMS symptoms and hormonal challenges most often start to occur when there is too much oestrogen compared to other hormones like progesterone (our soothing calming hormone). This imbalance is made worse by chronic stress, lack of nutrition and exercise, excess caffeine and alcohol, and from extra oestrogen produced in unwanted fat cells. Add to that the recycling of oestrogen when the liver is overloaded or there are gut issues, and in more recent years, the accumulation of xenoestrogen in our diet and in many cosmetics from endocrine disruptors. (These are the ones that cleverly mimic our own hormones that we need for reproductive, bone and cardiovascular health, but play havoc with our hormonal health.)

The key take-out here is that no hormone is a bad hormone. However, when they are out of balance or there is an excess, PMS and fertility issues will occur.

The good news? There is a lot we can do to reduce PMS symptoms and improve fertility, starting with a healthy gut biome from a well-nourished body, and getting lots of restorative sleep to help nourish adrenals and balance reproductive hormones. Supplement with a high-quality magnesium and chat to our Hardy's experts about an hormonal blend that best suits your symptoms.



GAIA® VITEX BERRY

Commonly known as Chaste Tree, Vitex Berry supports the fluctuation of hormones associated with the female menstrual cycle. From teenage PMS and fertility, to perimenopause, Vitex supports the ups and downs of the hormonal rollercoaster to help find balance in body and mind. Organic, single-herb liquid extract delivered in capsules for faster uptake into the cells. Ages 12+.

Natural Meds, Napier

Say goodbye to PMS symptoms

Solgar® Super Starflower Oil 1300 mg provides high levels of natural essential fatty acids called gamma-linolenic acid (GLA), Linoleic acid, Oleic acid and Palmitic acid from plant Borage seeds. One capsule of Super Starflower oil is equivalent to 3 standard Evening Primrose oil capsules.

Solgar® Super Starflower Oil may support hormonal balance, PMS, breast health, joint mobility and comfort, help keep skin soft and smooth, support breast milk production and dry eyes. The oil is obtained from cold pressing, without the use of solvents and the plant is grown without use of herbicide or pesticides and is GMO free.

Solgar® NZ Ltd, Auckland



PLANNING, PREPARATION &

prenatals



Since 1947

Thinking about getting pregnant? Before you begin your fertility journey, there are some important points that you may want to consider.

It's called 'preconception care' – and it's simply planning and preparation so that you and future baby will have all the advantages of a healthy start. Being as healthy as possible before you try to conceive may even increase your chances of falling pregnant.

Experts in preconceptual care believe that women considering getting pregnant should start at least 6 months out to make a health plan, tweaking their lifestyle and their diet before conceiving. This preparation stage gives the prospective mum the best opportunity to get as healthy as possible. It may mean simply ensuring that any medication you are taking is safe while pregnant or breastfeeding, getting physically fit, investigating more natural methods to help with controlling allergies and intolerances, and getting blood tests for FSH, LH, progesterone, prolactin, thyroid hormones, iron, vitamin B12 and folate so there is a baseline of health indicators that can be compared at a later stage.

This also is the perfect time to ditch the stress, fast food, smoking, alcohol, sugar, caffeine and soft drinks, together with an opportunity to investigate the home and environment to eliminate any unnecessary contaminants or toxic substances such as pesticides, fertilisers, household cleaning products, paint, synthetic fragrances, cosmetics, and plastic containers (especially plastic drinking bottles), all of which may influence hormonal balance and your health.

Starting a good eating plan as soon as possible helps establish important nutrient levels, while helping to create healthy eating habits that are necessary throughout preconception, conception pregnancy and even breastfeeding. The importance of folic acid is well known, but there are many other important nutrients that help support energy, vitality, the well-being of mum, and healthy development of baby

during these times. Hence the significance of taking a prenatal broad-spectrum multivitamin and mineral daily helps to ensure these vital nutrients are filled, throughout all developmental stages.

Women with special requirements often find it difficult to find a pregnancy multivitamin that fits into dietary needs. Many women just give up, or just don't feel great about what they are taking. Solgar® Prenatal Nutrients are a multivitamin and mineral formula for all women; including those on a vegan diet, or who have kosher or halal needs. It covers all the essential vitamins and minerals such as iron, iodine, chromium, B vitamins, a full range of amino acids and much more. Solgar® Prenatal multivitamin and minerals makes an ideal choice for those women working through the preconceptual care stage, those who are already pregnant, as well as breastfeeding mums who requires the extra nutritional support while nursing.



Check out Solgar® Prenatals at a Hardy's Health store near you

“ LET FOOD BE THY
MEDICINE, AND LET
MEDICINE BE THY FOOD.

- HIPPOCRATES ”

Mens Health



PROSGENIA – PROSTATE HEALTH

Prosgenia A and B has been formulated to support optimal prostate health and function. It has been designed to support male hormone balance, provide antioxidants, support healthy urinary flow and frequency and general prostate health and function. The formulation uses key scientifically researched nutrients to support balanced hormone levels. Antioxidants and immune supporting nutrients, such as Zinc, Selenium, Vitamin D3 are also included.

There are some key tasks when supporting prostate health:

Balance Hormone Levels

It is essential to support balanced hormone levels. Normal levels of free testosterone, low levels of oestrogen and low levels of DHT (dihydrotestosterone) can be supported by using the specific herbs in Prosgenia A and B.

Maintain a Healthy Weight

Obesity may affect hormone levels related to prostate cancer risk.

Regulate Diet & Alcohol Intake

Eat healthy, balanced meals rich in fruits, vegetables and whole grains. Try to consume more alkaline forming foods (80% alkaline and 20% acid). Consume no more than two drinks per day as studies show regular heavy drinking increases risk.

Exercise

At least 20 minutes of aerobic exercise every other day. Alternate with resistance training. Stretching daily (Pilates and Tai Chi are excellent).



Always read the label and use as directed. Vitamins are supplementary to a balanced diet. Natural Health Trading, Auckland.



OCEAN & GREEN™

Nourished by Nature



Ocean & Green Seaweed

Ocean & Green Seaweed is a powerhouse of nutrients known to support hormonal health and overall well-being.

Rich in iodine and antioxidants like fucoxanthin, it aids in hormone regulation, metabolism, and combating oxidative stress.

It provides a range of health benefits, supporting various aspects of our well-being, including thyroid health, hormonal balance, digestive health, weight management, heart health and antioxidant support.

Elevate your health naturally with seaweed supplements!

Ocean & Green Marine Collagen

Ocean & Green Marine Collagen is a unique blend of nutrients essential for hormonal health and overall well-being.

Packed with amino acids, it supports hormone production and balance.

Incorporating marine collagen into your diet through supplements or collagen-rich foods can provide a range of health benefits, including skin and bone health, joint and ligament support, and strong hair and nails.

Dive into natural wellness with Ocean & Green marine collagen!



oceangreenorganics.co.nz

GAIA® MALE LIBIDO

The natural choice for men looking to sustain that spark in the bedroom! This expert blend supports healthy stamina and vitality, while simultaneously nourishing prostate and male hormone health.

Contains Horny Goat Weed, Saw Palmetto, Tribulus, Maca, Fo-Ti, Tongkat Ali and Oats. Gaia® Herbs liquid extract capsules deliver speedy release into the bloodstream for a faster physical response.

Natural Meds, Napier



GAIA® WOMEN'S LIBIDO

At the end of a busy day, bedroom antics might be the last thing on your mind, but healthy sexual desire is key to a connected and fulfilling relationship. This unique blend with aphrodisiac and energising properties features Horny Goat Weed, Maca, Tribulus, Oats, Vervain, Damiana and Sarsaparilla. Gaia® Herbs liquid extracts are delivered in protective capsules to maintain potency over-time.

Natural Meds, Napier

BEST Picks!

CALM DOWN

Is a rapid stress soother in a capsule, for lessening feelings of stress, and worry. Enabling you to find your innermost calm. Contains a full dose of two scientifically researched ingredients, KSM® Ashwagandha and L-Theanine.



KAWAKAWA SOOTHING BALM

The skin recovery balm to help protect and support healthy normal skin. With NZ native Kawakawa, for optimal skin health.



Support your littlies this Autumn with these Kiwiherb get well ingredients.



KID'S CALM

The formula for settling and soothing over-active minds, and nervous tension, alongside supporting a good night's sleep. Helping to calm upset digestion, teething, and tummies. The perfect remedy for helping to settle little busy minds and bodies.



DE-STUFF FOR KIDS

Helps to support and lessen blocked and stuffy noses, for easy breathing and mucus removal for healthy respiratory and airway support. With the effective herbs, elderflower, peppermint and echinacea for de-stuffing noses and immune wellness.



ECHINATURE KIDS

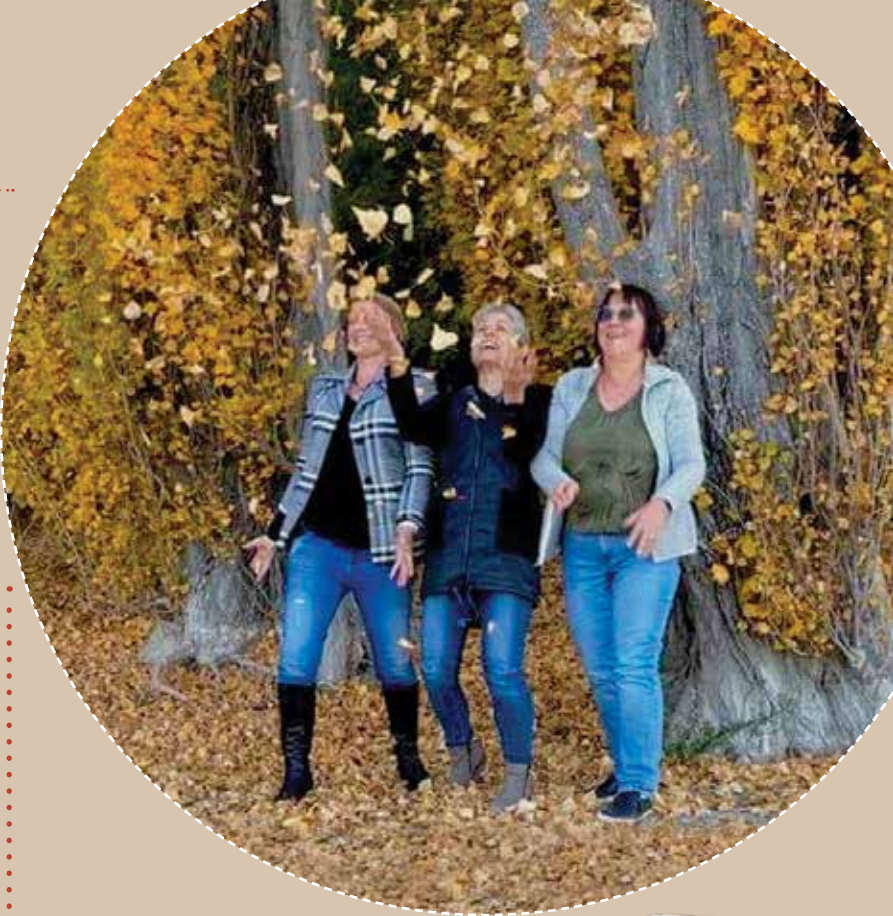
Ideal for daily immune support. Kiwiherb Echinature is rich in alkamides, the active ingredient for optimal immune health. Echinature can be used both for when you are unwell or recovering.



GOOD HEALTH ADRENAL BALANCE

Contains 2 formulas: one for daytime and one for night-time. Naturally formulated to support your body to cope better during times of stress, fatigue, and mental exhaustion. Adrenal Balance includes nutrients that are used to support stress and nervous tension; ideal for those who are fatigued or feeling wired and tired.

TAPS Approval No: PP1918
Good Health Ltd, Auckland



MENOMED AND WOMENS-MED ORAL SPRAY

Womens-med Oral Spray supports the body's natural response to emotional and physical states during menstrual and ovulation cycles from the start of the journey and anytime in between. Menomed Oral Spray supports normal hormone balance and the body's natural ability to cope with menopause. Gently supporting women's hormonal journey from beginning to end, whatever the adventure brings.

NaturoPharm Ltd, Rotorua



LIFESTREAM SPIRULINA BIOACTIVE

A concentrated, nutrient rich, ancient superfood that provides your body with a powerful combination of vitamins, minerals, amino acids and antioxidants. Spirulina contributes to reducing tiredness and fatigue, supports detoxifying, provides a natural source of iron, and is a rich source of plant based nutrients that are easy to absorb.

Lifestream International Ltd, Auckland



LIFESTREAM BARLEY GRASS

Certified organic and an excellent source of nutrition, it's packed full of vitamins, minerals, antioxidants, natural plant chlorophyll and carotenoids to support optimal health and wellbeing. It supports acid/alkaline balance and provides iron that supports immune system function and contributes to the reduction of tiredness and fatigue.

Lifestream International Ltd, Auckland




Free 100ml Sleep Well
When you purchase Immune Boost 200ml



HARKER HERBALS IMMUNE BOOST

Need a pick-me-up? Immune Boost is formulated as an everyday support for those prone to illness, low energy and feeling rundown. This unique combination of herbs and mushrooms supports healthy immune function and natural energy for adults and teenagers leading an active lifestyle. Delicious straight or blended into a drink.

Harker Herbals, Waipu



Are you getting to the root of the Problem?

If you've been feeling a little 'bleh' lately but you're not sure why, you're not alone! At Hardy's it's not uncommon for us to hear customers say "I just don't know what's wrong with me". Let's clarify this – there's nothing wrong with you! Rather, the body is just trying to tell you something.

An Allergenic Women's or Men's Health Test can be a useful tool to help us identify certain imbalances in body systems, and then we can work with you on a plan of action.

In these tests we often see elevated Cortisol. That's one of the 'fight or flight' hormones. If Cortisol is elevated for too long it can result in something called the 'Cortisol Steal' meaning that the body sacrifices resources needed to make the other hormones, such as DHEA, Progesterone, Oestrogen and Testosterone. When reproductive hormones are imbalanced this

can lead to a number of symptoms for both women and men, including impaired fertility. Or it may affect thyroid function, leaving a person feeling tired and unmotivated, gaining weight or losing hair. Women may experience menstrual problems or notice a change in their moods each month.

These tests are available with a consultation and a personalised wellness plan. If you'd like to find out a little more about the process come and chat to one of our Hardy's Health Consultants today.



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.

- Food and Environmental Sensitivity
- Comprehensive Women's Health
- Comprehensive Men's Health
- Comprehensive Nutrition Test
- Sleep and Mood Test
- Heavy Metal and Environmental Toxin Test

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

 **Allergenic**
Health Assessment Services

HARDY'S STORES & HEALTH HUBS

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

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

Or visit our Hardy's
Online Store

www.hardys.co.nz

Hardy's Health Stores
opportunities available

Franchises, Hardy's Health
Hubs and Career opportunities
for experienced natural health
retailers or practitioners.

Email Vince@hardys.co.nz

Hardy's Autumn Super Buy

Sanderson Evening Primrose Oil

1000mg - 220s

NOW ONLY

\$27.80*
SAVE 65%



SANDERSON®

*Offer valid till 31st May 2024 or while
stocks last. 65% off usual RRP of \$79.40.

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS

Spirulina: Nature's Secret Weapon

Nutritional Powerhouse

2X more Protein
than rump steak*

50X more Iron than spinach*

9X more Calcium than milk*

3X more Protein
than fish*

5X more Magnesium
than fresh kale*

1.5X more Dietary Fibre
than broccoli*



Lifestream Spirulina Bioactive

- ✔ Supports your energy, vitality + immune health
- ✔ Rich source of plant-based protein + iron
- ✔ Highly bioavailable for optimal absorption of nutrients



*When compared to Lifestream Spirulina Bioactive per 100 gram. 3x more protein than fish is compared to Cod fish.

Lifestream



lifestream.co.nz

[f](https://www.facebook.com/lifestream.plantbasedhealth) [@lifestream.plantbasedhealth](https://www.instagram.com/lifestream.plantbasedhealth)