

My Hardy's

We'll get you feeling good!



Find your
inner glow
by reducing
the fire within

FOOD
MATTERS





BEPURE™

Designed To Transform Lives

We've got one core purpose at BePure, to transform lives. That's why our products are created out of real need when it comes to your wellness. Inspired by the BePure Clinic and over 15 years of experience — our supplements are high strength, high quality and grounded in science and research. In a nutshell, they're designed to work, with everything you need and none of the nasties you don't.

Why are we nutrient deficient?





Research shows that the way we live is taking its toll on our health. Food quality is diminishing and modern farming practices mean less nutrients in our soil, which means less nutrients in our food. On top of this stress levels are increasing and we're demanding more from our lives and bodies. Health challenges are on the rise as nutrient deficiencies are becoming the norm. This is where we come in.

Where did we come from?

Back in 2004 leading Clinical Nutritionist, Ben Warren, saw the diminishing trend in our wellness and founded BePure in the sunny Hawkes Bay of New Zealand. The BePure range of premium, high quality, high strength supplements were created to fill our nutrient gaps and the BePure Clinic opened its doors to support people one on one with more in-depth health challenges we're now facing.



BePure products lead the way because they are:

-  Inspired by clinical practice, science and research
-  High quality, high strength, bioavailable formulations that really work
-  Sustainable, toxin-free glass packaging
-  100% New Zealand owned and operated



Springing forward into Spring

Spring is the most amazing time of year for cleansing and renewal. The return of the sunshine and the vibrant beautiful colours of flowers-in-bloom can signal to our own internal body clock that the time to refresh, rebalance, and restore ourselves, has once again arrived.

This Winter particularly, was a challenging season for all of us as we've struggled to navigate the wave of illness and fatigue washing over our shores. But with each wave of illness we saw a renewed interest in health and people choosing to make their own health their number one priority in a bid to either stay well, or to recover more quickly from the Winter bugs.

So now that Spring is here, we wanted to put a focus onto helping our wonderful customers re-establish their energy-equilibrium, get their bounce back, and spring into Spring! We talk about my own personal health journey, and how over the space of many years I kept putting pieces of my health jigsaw puzzle into place so that I was finally able to overcome my symptoms and restore my internal balance and vitality. Chronic inflammation in the body can be a powerful disruptor to our homeostatic balance. It can be likened to a burning fire in the body, putting out tendrils into all our organs and systems and manifesting itself in all kinds of manner. Therefore, a key piece of any health puzzle is to identify the source of the flame early on, so that we can extinguish it before it takes hold. And within the pages of this magazine we have outlined a few ways in which you, dear reader, may be empowered to do just that.

So put your feet up and enjoy a cup of herbal tea while you flick through the pages of our Spring edition. If any of our articles resonate with you and you feel you'd like some more information, then do pop into your local Hardy's store or give us a call, and any of our amazing team will be able to assist.

Wishing you much love, light, laughter, and a big energetic Spring in your step!

Love and light,

Diana

Diana Burgess - Naturopath

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

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Finding health balance

FOR MEN AND WOMEN

With the departure of Winter and the return of Spring, there is a crispness in the air that inspires us to think of fresh starts and new beginnings Flowers return, the temperatures warm up, and everything in the natural world starts to creep back into life. The seasons all exist as the natural rhythm of our planet, the delicate balance between cool and warm, night and day, yin and yang.



**ANGE YOULE
REGISTERED
CLINICAL
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Spring can often be a time for health resolutions as the chill leaves our bones and our motivation and inspiration returns with more vigour. Because sometimes despite our best efforts to live a healthy life, we can easily end up feeling unbalanced or 'out of whack'. You might eat well, exercise, get 7 or 8 hours of sleep, but STILL end up feeling depleted, tired, worn out, and 'out of whack'. Sometimes

all we want is to get our whack back but we just don't know where to start. And it can be super frustrating right? We've all been there.

Just like our delicately balanced planetary ecosystem, the human body functions with all its systems on a finely tuned set of scales – or multiple sets of scales that are all joined together. What we want are perfectly balanced scales for all our organs and body systems so that we can function at our best. The fancy word for this is 'homeostasis'

**HOMEOSTASIS
– DERIVED FROM
THE GREEK LANGUAGE
TO MEAN 'A STATE
OF STABILITY OR
SAMENESS'.**

– derived from the Greek language to mean 'a state of stability or sameness'.

Oftentimes however, our internal balances get a little skewiffy and this can manifest in our body as all types of symptoms ranging from fatigue, to pain, to skin complaints, to digestive upsets, to sleeplessness, hormonal issues, and the list goes on. We have undoubtedly all experienced one or more of these things at various times throughout life.

There are many ways to help restore homeostatic balance – in fact the principle of homeostasis means that the body is always working to restore the internal balance for us to maintain our optimal health, but

sometimes we need to give our body a helping hand. Functional testing can be one of the tools we can use to figure out our starting point, to know where and how to begin to get our system back in to balance.

At Hardy's we use the Allergenics Hair Analysis as one of the ways we can help you to restore balance to your body. Your hair is not only a reflection of what's going on in your body, but of your overall health too. Your hair is able to retain energy patterns which can be measured and used to assess your state of health. The Women's Health / Men's Health tests provide an overview of the body and determine where hypo and hyper-function, or chronic or acute stresses within the body systems are occurring. This can then help us work with you to navigate a return to 'homeostasis', or, a rebalancing of your internal scales.

Each test through Hardy's provides you with a comprehensive report, a consultation, and a plan of action. Supplements recommendations can then be more specifically tailored to your unique requirements based on your own individual results.

**GUTSI® SPOREBIOTIC™
PROBIOTIC + ANTIOXIDANT**

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

NaturalMeds, Napier



**SPIRULINA BLUE EXTRA
200 TABLETS**

Contains up to 50% more phycocyanin (than Spirulina Bioactive) to provide more energy and stamina support for extra active, busy or stressed lifestyles.

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FIGHTING YOUR

inflammatory fire

When our body presents us with a 'symptom' of some sort, this is more often than not a warning sign or message that something isn't quite right.

Our body has a language in which it speaks to us, and any new pain or discomfort is our body starting to alert us that there is an issue.

DIANA BURGESS
NATUROPATH

This alert call shouldn't be ignored, otherwise what starts out as a simple whisper can manifest over time to something much louder and more intense.

And then any small niggle has the potential to snowball into a more serious chronic pain. This pain is a symptom of inflammation somewhere in the body. Inflammation can



be likened to an internal fire, and when unresolved, this indicates there is something that is continually fuelling the inflammatory fire.

The fact is, we **do not** just wake up one day and get a full blown disease such as Arthritis, Alzheimer's, Hypertension, or an auto-immune disease such as Coeliac Sprue. These can be simmering away for years prior to receiving a diagnosis. The key is to find out what is fuelling that inflammatory fire as soon as it begins. The things that fuel inflammation can range from food sensitivities, lifestyle choices, prolonged stress, environmental toxicity, and even unfriendly endotoxins residing within our own gut.

The key point here is to tune inwards and listen to your body's alert call as soon as it starts. This is the time to take action. For example, if someone experiences foggy thinking, trouble concentrating or short term memory loss (now



SO, WHAT'S THE DEAL WITH GLUTEN?

IS IT REALLY THAT BAD FOR ME?

Well, let's take a dive into this and check it out!

Gluten is the general name for a family of proteins found in many grains. These include wheat, rye, barley and oats, to name a few. What research is now demonstrating is that actually, no human can fully digest gluten.

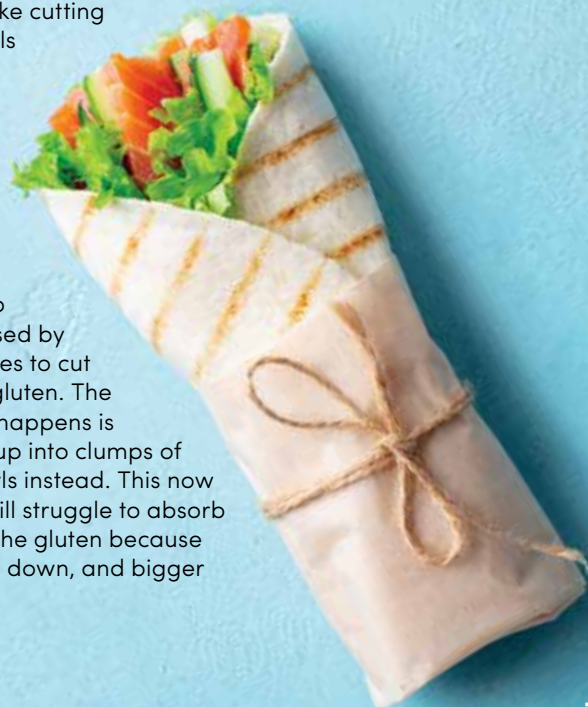
At this stage it is important to note that wheat is not totally the 'bad guy'. It has been a staple in many cultures and diets around the world. During times of famine wheat has been shipped to nations in need and has been able to help sustain them through sparse periods. However, over time we have learnt that because humans don't have all the enzymes needed to fully digest the gluten proteins, this means they cause inflammation and intestinal permeability each time they are consumed.

Alessio Fasano MD, an Italian born medical doctor, paediatric gastroenterologist and researcher, conducted research at Harvard University and recently published an interesting paper that demonstrated the gluten in wheat is actually causing intestinal permeability (aka leaky gut) in EVERY human. Wow!

To do this research his team studied four populations – recently diagnosed coeliacs, coeliacs' in remission, non-coeliac gluten sensitive patients, and patients with no sensitivity to gluten at all. In his conclusion Dr Fasana states "increased intestinal permeability (leaky gut) after gliadin exposure, from a piece of poorly digested gluten, occurs in all individuals".

So just to say this one more time... Leaky gut after eating gluten occurs in all individuals!

To explain how this happens – when we eat, our body produces enzymes that act like scissors, to cut up proteins into individual amino acids. Just like cutting up a string of pearls (the proteins) into individual pearls. The problem is gluten's strange molecular composition which makes this task more difficult. The sequence of amino acids isn't recognised by the scissors as it tries to cut up (or digest) the gluten. The best that typically happens is cutting the pearls up into clumps of maybe 3 or 4 pearls instead. This now means the body will struggle to absorb the nutrition from the gluten because it's not fully broken down, and bigger



where did I put my car keys?), it's easy to dismiss this as 'getting old' or 'just the way it is now' – but symptoms such as this can also be attributed to food sensitivities such as wheat and/or gluten sensitivity. And should the brain symptoms and sensitivities be ignored for 20 years, it has the potential to manifest as an inflammatory brain condition such as Dementia or Alzheimer's. But the **good news** is that if we can identify these sensitivities; the fuel that feeds the fire, then we have a much better chance of preventing that type of condition from developing. Put simply, the key is to find the fuel feeding the fire, and stop it getting out of control.

continued over...



continued from page 7

problems can arise further downstream as the gut and immune system try to then deal with the clumps of pearls.

The consequences of poorly digested gluten for the vast majority of people may mean nothing at all as their bodies cope with repairing the gut each time they eat it. These people can appear to remain symptom free. However, for others, the poorly digested gluten can be highly irritating to the gut and immune system. And this is what is commonly known as gluten sensitivity.

For many with gluten sensitivity, the brain seems to be particularly vulnerable. This can manifest as memory lapses, poor attention span, difficulty concentrating, headaches, fatigue and more. The clumps of gluten pearls can essentially end up being the fuel that feeds an inflammatory fire, resulting in inflammation anywhere in the body. Some people may experience this inflammation as eczema, rheumatoid arthritis, inflammatory bowel issues, body aches and pains, infertility or in a number of other ways.

A very simple way to see if you may be gluten sensitive is to record your symptoms, and then remove gluten from your diet for 21 days. After 21 days record how you feel again. Then put gluten back in for a day or two and wait to see if your symptoms return. If you react the first time you re-introduce gluten, then you've established how your body tells you it doesn't like this food. You've learnt to tune inwards and listen to your body's language. And do remember, being a non-coeliac gluten sensitive person, is a very real condition. Removing all gluten from your diet may be the one change that makes you feel your absolute best. And don't forget disease does not pop up overnight – it is often simmering for many years. If we discover what fuels inflammation in our body then we can potentially turn down the genes for the condition before it develops.

Hardy's stores offer an Allergenics hair analysis which looks for foods and environmental triggers that may be fuelling inflammation in the body, so come and chat to us today if you wish to find out more.

Gutsi[®] SporeBiotic[™]

Probiotic + Antioxidant

We believe that a happy microbiome is the key to your health. Our Microbiologist-formulated, 100% spore-based probiotic formula reconditions the gut to support a healthy, flourishing microbiome. Trust your gut – be Gutsi[®].



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Immune



Skin



Energy



Sleep



Hormones



Mood



Metabolism



DNA verified



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

gutsi.co.nz

Instagram icon @gutsi_wellness

Epigenetics teaches us that while genes influence our health, they need not be our destiny! We also know that genes are like dimmer switches, which can be turned up or down depending on what influences them.

Jeffrey Bland, PhD, explains this beautifully in his book Genetic Engineering. Here is the last paragraph of his book: "Throughout your life, the most profound influences on your health, vitality, and function, are not the doctors you have visited or the drugs, surgery or other therapy you've undertaken. The most profound influences are the cumulative effects of the decisions you make about your diet and lifestyle, and how these decisions affect the expression of your genes".

It's how you live your life that decides what genes get turned on, and whether you're vibrantly healthy or terribly sick, or anything in between. It's important to note that we can't change the genes we were blessed with, but we can absolutely change the way they express themselves. Yes, the food we eat, our lifestyle choices, quality of supplements we take, and the environment we live in, really do matter! And these changes can start as soon as your very next walk, meal, or green drink!

When it comes to gluten and the expression of genes, my personal story is an interesting one. As I mentioned earlier, we do not wake up one day and suddenly become coeliac or develop a rare auto-immune disease like Achalasia or ovarian failure. And yes....these are diseases that I have been diagnosed with. They didn't pop up overnight, and I've since learnt that gluten is the common thread between me and these conditions.

Although I was not diagnosed as coeliac until I was 48 years old, there were signs and symptoms throughout my life. As a toddler, my first teeth came through with no enamel. At 7, I developed a rare eating disease called Achalasia. As a teen, I was much shorter than my siblings, was often constipated, had delayed menses, and I had to be treated for acne. In my twenties I had fertility issues, which resulted in my ovarian failure diagnosis at age 22. This was essentially an 'early menopause' diagnosis. And then finally years later, I received the diagnosis that I was coeliac.

ALTHOUGH I WAS NOT DIAGNOSED AS COELIAC UNTIL I WAS 48 YEARS OLD, THERE WERE SIGNS AND SYMPTOMS THROUGHOUT MY LIFE.

The great news is that I am now 55 years old and feeling vibrantly healthy! By removing gluten, sugar and processed foods, the fuel that was continually feeding my inflammatory fire was removed once and for all. I take personalised well-being supplements that communicate to my genes – like Sulforophane, fish oils, Curcumin and a spore-biotic, and I have made lifestyle changes to support my genetics. I have undoubtedly changed the expression of my genes – the evidence being that I no longer experience inflammatory symptoms.

I've always considered my health to be like a jig-saw puzzle. The most recent pieces of my health puzzle was understanding my well-being by way of genetic testing, and taking a simple test from a few drops of blood that identified my inflammatory foods driving my gut and immune disorders. Remember, ongoing inflammation, even very low grade, can result in an issue in the future. The key to great health is therefore identifying the cause of any ongoing inflammation.

If you'd like to get your well-being genes tested or find out what foods you may be sensitive to, you can do these tests with me, via a remote consultation. Just pop into your local Hardy's store to find out more.

HARDY'S SLEEP SPRAY AND RELAXATION SPRAY

These wonderful Sprays are unique to Hardy's and get you feeling good, naturally.

Hardy's Sleep Spray provides support for a fabulous sleep and hormonal issues, whilst our Relaxation Spray is an aid to help with times of stress, such as sitting exams, worry and many other day to day stresses we experience.



My story



Need help finding the right probiotic?

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Flavour



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Chat to Vee, your probiotic assistant.

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

Bring on Spring with a **detox + cleanse!**

Spring's the perfect time to think about a detox and spring clean your body to make way for a healthier you – just in time for summer! Lifestream's detox + cleanse range can help you with this!

LIFESTREAM CHLORELLA

Chlorella is a microscopic plant that is rich in phytonutrients, vitamins and minerals and contains the richest source of chlorophyll which helps support your natural cleansing and detoxification pathways.

Chlorella is also an amazingly powerful antioxidant that can help support against cell damage, toxins, and pollutants. It's also known to support your skin health, digestive and bowel health and overall wellbeing.

LIFESTREAM GREENS DAILY BLEND

This is a unique combination of three nutrient dense superfoods: Spirulina, NZ Barley Grass, and Chlorella.

Spirulina is a fantastic plant-based source of protein and iron to support your vitality and energy, NZ Barley Grass provides alkalising nutrients and supports your body's response to the effects of high acid forming foods and stress, and Chlorella has powerful detoxifying properties. Together this powerful formula provides your body with a natural, highly concentrated source of nutrients including carotenoids, chlorophyll, vitamins, minerals and antioxidants – essential for optimal wellbeing.



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L-Theanine is an amino acid found in green tea. It helps to support a calm, relaxed mood and wellbeing. A natural phytochemical.



SOLGAR® FORMULA VM-2000

One-a-day high potency formula containing 32 key vitamins, minerals, amino acids and botanical extracts. Formulated specifically to support us through the stresses and strains of modern life.



SOLGAR® MENOPRIME

Solgar® Menoprime provides two scientifically-studied botanical extracts, shown to support body and mind during menopause.



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If symptoms persist please see your healthcare professional.
Solgar NZ Ltd, Auckland. TAPS PP9223.

SCIENCE OF NATURE

HOW TO SUPPORT

Ovulation

BY BEPURE CLINICAL MANAGER &
LEAD RESEARCHER, LISA WALKER.



BEPURE™

We commonly think of our period as the main event of our menstrual cycle, however the foundation of a healthy menstrual cycle is in fact, ovulation. When we ovulate, our hormones switch on and whether pregnancy is on the agenda or not, our body thanks us.



4 steps to nourish ovulation

1. GET 7-8 HOURS OF SLEEP

Our body needs adequate time to rest and restore to maintain healthy hormone production. Among supporting balanced hormones, sleep is also vital for optimal brain function, muscle recovery, repair, and digestion.

2. MANAGING STRESS

Life is full of ebbs and flows and stress can easily catch up on us. When we are stressed, our body finds it difficult to regulate, find balance, and feel calm - this wrecks havoc in our system, and triggers hormone imbalances.

3. SUPPORTING YOUR BLOOD-SUGAR BALANCE

Stable blood sugars are an integral component of our hormone balance. Choose to eat a diet that is packed with whole foods, rich in protein, and organic when and where possible.

4. NOURISH WITH NUTRIENTS

Micronutrients; Zinc, Magnesium, and Iodine are key when it comes to healthy ovulation and balanced hormones. Herbs are also fantastic support for a calm, regular, ovulatory cycle.

In a nutshell, ovulation requires adequate levels of our sex hormone oestrogen and through the process of ovulation our body produces progesterone, commonly called our calming hormone. Oestrogen and progesterone are the key hormones of our cycle and when these hormones are playing ball, we tend to look and feel our best.

Little do people know, we can still have a period bleed without ovulating - this is called an anovulatory cycle. An anovulatory cycle suggests an imbalance between oestrogen and progesterone and without the calming surge of progesterone, we are more inclined to experience discomfort over the course of our cycle, including heavy bleeding, cramping, skin breakouts, low moods, mid cycle bleeding and bloating. Some of these symptoms you may recognise, and interfere with your day-to-day life.

The good news is, there are 4 important steps you can take to nourish ovulation and bring your hormones back into balance.

BePure CycleCalm is the queen of a balanced cycle. Containing powerful hormone nourishing herbs like Vitex, Cramp Bark and Peony combined with adrenal supporting herbs like Ashwagandha, they support ovulation, progesterone production and a calm, regular cycle. If you're one of the many menstruators out there who struggle with PMS, mood swings, bloating, hormonal acne, breast tenderness, and other hormone-related worries, CycleCalm is here to help.





SOLGAR®

Since

1947

SCIENCE OF NATURE

Brain health support

We wear a helmet to protect our most precious asset – our head, (or more specifically our brain), during rough activities and sports. Apart from this form of protection, many of us overlook the health of our brain. However, there are times we can feel mentally depleted, have a low mood or feel exhausted from stress, so may benefit from support from life's ups and downs! Whether you are a student worried about upcoming exams; a busy executive burning the midnight oil or an older person concerned about their general mental ability. Brain health concerns us all and sometimes we need extra support!

When feeling overwhelmed, many of us reach for a good cup of comforting tea to help get into 'the..... aahhhhhh zone'. The secret of tea is an unique amino acid known as L-theanine, of which small amounts are found in tea and a rare mushroom. Researchers have shown L-theanine is supportive for people during times of worry and restlessness. Solgar's L-Theanine is the natural way to support the roller-coaster ride of tension that daily life can throw at you; while supporting focus and naturally getting back in to 'that zone'; (especially during times when extra attention is needed for a project, study or for work!).

For those looking to keep their mind sharp in times of stress or aging, consider Solgar Brain Works with Full Spectrum

Curcumin®. A combination of curcumin, a spice known for its antioxidant properties and Bacopa monnieri (BacoMind®), has been used for centuries in Ayurvedic herbal practice to support mental clarity and for those feeling worried. These herbs are formulated with choline and methylcobalamin (Vitamin B12) which usually decrease in level with age, and fractioned coconut oil for supporting brain energy.

Looking for energy and getting a little spark back? Solgar® Neuro-Nutrients is a specialised formula that has been created to support the synthesis of neurotransmitters connected with mood balance, mental clarity and alertness. An unique combination of free form amino acids; L-Tyrosine, L-Phenylalanine, L-Glutamine and lecithin that help support the brain chemicals to support motivation and alertness while having a mild mind brightening effect. Ginkgo Biloba Leaf supports circulation for oxygen and nutrients to the brain and together with vital co-factors thiamine, niacin, riboflavin, pyridoxal-5'-phosphate and vitamin C.

Inositol is often overlooked in brain health. It is commonly associated as a B vitamin, but is a carbocyclic sugar that is abundant in the brain that supports energy metabolism. Researchers believe that people with low levels of inositol are more likely to have low mood, feel anxious or have compulsive behaviours. Inositol is important for the synthesis of serotonin and dopamine neurotransmitters that are key in supporting good mood and a more upbeat outlook. Solgar Inositol is a high dose 500 mg per made with 95% myo-inositol, the preferred form of inositol.



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NEOCELL® SUPER COLLAGEN + C & BIOTIN

The original iconic Super Collagen + C just jumped up a level! Combining the three most essential beauty nutrients, the ultimate new formulation with biotin offers improved support for luscious hair, strong nails, and soft, bouncy skin. Be strong, be beautiful, with NeoCell®!

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SUKU VITAMINS® APPLE EVER AFTER™

Get your daily dose the easy way! Offering the age-old benefits of apple cider vinegar infused with methylated B12 and folate, all wrapped up in a delicious and nutritious gummy explosion! Supports healthy weight management, normal blood sugar levels, detoxification and fresh-faced beauty.

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Hot Picks!



ENZYMEDICA® DIGEST SPECTRUM™

Avoiding gluten and dairy due to food intolerance can be hard work! Digest Spectrum™ offers specialised enzymes for multiple food intolerances. This 100% vegan formulation offers complete meal-breakdown with the addition of DPP-IV enzymes to specifically target gluten and boosted levels of enzymes that focus on dairy based foods. Now you can eat with confidence!

NaturalMeds, Napier



NEW

Introducing Antipodes Flora Probiotic Skin-Rescue Hyaluronic Mask and Credo Probiotic Ferment Revitalise Serum. Two new formulas that harness probiotics to deliver a healthy, clear complexion, for all skin types!

Antipodes, Wellington

FREE
Vanilla Pod Hydrating Day Cream 60ml when you buy any two Antipodes products. Available while stocks last.
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Straight-up, honest labels.

Carefully formulated by a team of Nutritionists and Naturopaths with your needs in mind. We blend only the purest and cleanest ingredients for transparency you can trust.

Leading the way through honesty and reliability, we provide optimal quantities of bio-available nutrients, for products that are designed to truly make a difference.

Simply, we believe in great health for everyone.



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my skin



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Designed to help your skin to thrive from the inside out, because we know it's what's on the inside that counts! A highly bioactive blend of antioxidant and skin-nourishing ingredients support overall skin health and integrity, leaving you feeling confident in your own skin.

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An amazingly pure collagen and vitamin C blend that leaves you feeling energised and refreshed, with just a hint of vanilla. This powerful skin duo is made from the highest quality, all-natural ingredients, to bring you beautiful, healthy skin that glows from the inside out.



Raise self-awareness and connect with your inner self



Written by

Amal Karl, CEO and
Founder, NaturalMeds

Amal is a regular contributor for Mindful Living articles. For him, yoga is a way of life and a system to support life to its fullest potential.

Increased self-awareness has the potential to enhance virtually every experience we have, as it's a tool and a practice that can be used anywhere, anytime, to ground ourselves in the moment and, realistically evaluate any situation. It allows us to see things from the perspective of others, practice self-control, enhance our wellbeing and leads to better decision-making.

Awareness is knowledge of one's self and surroundings. Self-awareness is the ability to see oneself clearly and objectively through reflection and introspection. One of the drawbacks of living in our hectic, fast-paced society that equates external achievement with self-worth, is that we lack connection with our own bodies and have lost touch with our inner self. Yogic science offers us a systematic approach to truly internalise and be connected with ourselves.

How do we inculcate self-awareness in our lives?

An article in The Harvard Business Review noted that only 10-15% of the people studied display self-awareness, although most of us believe we are self-aware. The Sanskrit word 'Svadhya' translates 'to study one's own self'. In the ancient Vedic scriptures, self-study is considered an inherent part of our learning, and is quoted as, *"Yoga is the journey of the self, through the self, to the Self"*.

The quote by Lao Tzu conveys how important self-awareness is for us, *"Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny"*.



Improving our self-awareness with the SWAN method

We can use SWAN analysis (Strengths, Weaknesses, Aspirations & Needs) to gain a better understanding and acceptance of ourselves. We may not think about these qualities, yet at every moment they are active in our lives and dictate who we are. If we don't understand ourselves at a deeper level, then what is the quality of our existence? If we wish to direct, control and guide the subtle expressions of our personality, awareness has to be extended into these areas.

These strengths and weaknesses are physical, mental or spiritual. The *Strengths* can be willpower, compassion or anything that can be applied positively and constructively in life, traits which help us evolve and grow. *Weaknesses* can be a lack of mental clarity, tension, and other such traits which sometimes overshadow the strengths or positive aspects of our life. We need to accept our shortcomings and take the time to learn from rather than dwell on them. Our *Aspirations* and ambitions may be external in relation to family, society, fame and status. How can we shift these to become more internal, such as wanting to be a more compassionate person? We have our *Needs*, which are physical, emotional (e.g. relationships), mental (e.g. satisfaction) and spiritual. We could reflect on how to reduce our material needs to make our life simpler.



SWAN meditation practice – brief outline

Sit comfortably in a meditation position, keeping spine, head, neck, shoulders straight and in alignment. Gently close your eyes. Then, become aware of your whole physical body from head to toe. Allow the entire body to relax in this position. Become aware of the natural breath, settle into a rhythmic breath and feel the whole body becoming calm and still. As you hone into the space directly in front of your closed eyes, bring your focus to one aspect of SWAN (say strength), and pay attention to the top 3-5 attributes that come to you easily of their own accord. Now move onto visualising a small, steady, brightly burning candle flame just in front of your closed eyes, and chant the mantra OM, or a mantra of your choice three times. Now slowly come back into the physical space and body. Move your fingers, stretch the body, release the posture and open your eyes.

Carry on this practice to visualise your weaknesses, aspirations and needs. Meditation is the first step to identify our SWAN, followed by self-reflection. As a *Sadhana* (discipline or dedicated practice) for one month, pick up only ONE strength and cultivate it to the maximum, or focus in a month to overcome only one weakness. Use these monthly reflective sessions to also update your SWAN attributes as you will continuously gain better personal insights.

When it comes to designing a yoga practice, it's easier to picture doing seated forward bends and downward dogs than engaging with yogic attitudes such as cultivating positivity and contentment, which are more contemplative in nature and require a measure of truthful self-examination. As a result, they tend to fall off our practice map. Perhaps it's time to dig a little deeper into the underpinnings of yoga – Svadhya, in the sense of studying ourselves in daily life, involves taking our yoga practice off the mat, and exploring the nature of yoga itself.



Mind, Mind Management & Raja Yoga

By Swami Niranjanananda Saraswati

Learn how to achieve Sadhana, a practicable, step by step method.

Spiced Pumpkin Loaf

**IT'S A SHOWSTOPPER.
ANTI-INFLAMMATORY, BEAUTIFULLY
NUTRITIOUS INGREDIENTS.**

DAIRY FREE | GLUTEN FREE | LOWER CARBOHYDRATE
Kerry Locatelli, BNat



Gluten Free

This isn't the simplest of recipes, there are a lot of ingredients, but it is totally worth the time and effort! It is delicious, packed full of flavour and it has a beautiful soft texture. You would never guess its gluten free, dairy free, refined sugar free and loaded with protein from the eggs, almond flour, and the Clean Lean Protein. A slice of this loaf is satisfying for both your taste buds and your hunger.

This recipe goes beautifully with a Cinnamon Delight Smoothie. It's beautiful for breakfast or for a morning or afternoon tea snack. You could even have it for dessert with warm coconut custard...

Time: 1hr 40mins

Serves: 8-10

METHOD

Chop and roast the pumpkin in the oven at 180 C for 30 mins. Once the pumpkin has roasted allow it to cool. Mash the pumpkin and add to a blender. Add the eggs, golden brown sweetener, avocado oil, orange zest, vanilla and honey; and blend.

Add all the dry ingredients to a large bowl and mix well. Add the sultanas and crystallized ginger and mix again. Pour the wet ingredients over the dry ingredients and mix well to combine.

Pour into a prepared loaf tin and bake in the oven at 180°C (170°C fan forced) for 30mins.

Cover with foil and bake for a further 25-30mins. Once the loaf is baked, remove it from the oven and allow it to cool before removing it from the loaf tin. Slice and serve with your favourite drink - this goes beautifully with a Cinnamon Delight Smoothie.



INGREDIENTS

- 1 ½ Cups Cooked Pumpkin (+ ½ a medium sized pumpkin)
- 1 ½ Cups Almond Flour
- 1 Cup Gluten Free Flour
- 1 Serve Clean Lean Protein
- 4 Eggs
- 1 Cup SweetNZ Golden Brown * Sweetener
- 1/3 Cup Avocado Oil
- 2 T Honey
- Orange Zest from 1 Orange
- 1 tsp Vanilla
- 1 Tbsp Cinnamon
- 2 Tbsp Ginger
- 1 tsp Mixed Spice
- 2 tsp Baking Powder
- ½ tsp Baking Soda
- ½ tsp Salt
- ½ Cup Sultanas
- ½ Cup Chopped Crystallised Ginger
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Sunflower Seeds

Enjoy!



A creamy smoothie treat with a hint of cinnamon

- Almond milk to desired consistency
- 1 banana
- ½ cup greek yoghurt
- ¼ tsp cinnamon
- 1 serve Smooth Vanilla Clean Lean Protein

Place all ingredients into blender, blend on high.

This recipe uses Clean Lean Protein. It's easy to digest, low in allergens and extremely low in carbohydrates.





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- Supports spring wellness
- Liposomal technology aids 12x greater absorption in a single capsule

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

Good health starts in the gut



Hippocrates famously quoted “**all disease begins in the gut**”.

A healthy gut means we process and absorb our fuel source, our food, plus eliminate waste and toxins as well as support our immune system and our mental health. The importance of our gut health is far reaching, every day it fights off harmful invaders, eliminates toxins and plays host to influential gut bacteria.

Our digestive system starts in our mouth with the breakdown of food by chewing and the release of digestive enzymes in our saliva. Then, in the stomach our stomach acid breaks down the food even more, so that when this “chyme” reaches the small intestines the nutrients are readily absorbed into the large intestines to feed our gut bacteria. Our microbiome is where specific functions take place including nutrient metabolism, toxin and drug metabolism, maintenance of structural integrity of the gut mucosal barrier, immune function, and protection against pathogens. Finally, waste and toxins are eliminated via the elimination channels.

GOOD HEALTH’S RECOMMENDATIONS TO HELP WITH ALL THINGS DIGESTION AND DETOXIFICATION:

BODY CLEANSE TOTAL BODY DETOX

It is a gentle, two-part detoxifying formulation that contains popular herbs and nutrients to naturally support the body’s detoxification processes, along with fibre to absorb and remove toxins. **Body Cleanse Total Body Detox** supports healthy liver and bowel function and contains key herbs for blood cleansing and supporting healthy skin.

GUT GUARD

It is also a good idea to follow a liver and bowel cleanse with a gut rebuilding product. This is important to nourish the digestive tract with nutrients that soothe, protect and support. **Gut Guard** supports your digestive system to rebalance, protecting the gastrointestinal lining, supporting digestive function and uses a prebiotic to nourish good bacteria.

MULTI FIBRE

Fibre has been synonymous with ‘being regular’ but it is also protective against bowel disorders and heart disease. To support regular bowel function and digestive comfort, try **Multi Fibre** for a gentle yet effective formula that works naturally to support the body’s cleansing process.



LIVER TONIC 17500

It is important to support ongoing liver health and function, as this is a key part in the overall digestive process. **Liver Tonic 17500** contains herbs such as *Milk Thistle* to support continual gentle detox and digestion, making the digestive function of the body easier, while ensuring that nutrients from our food are processed properly.

PANNEX DIGESTION

From time to time we can experience digestive discomfort and sometimes it may be important to address it. The ingredient PEA in **Pannex Digestion** supports soothing comfort for the gastrointestinal tract and pomegranate compounds may support healthy gut bacteria.

MG LAX

Good Health **Mg Lax** is a magnesium based formula designed to naturally encourage healthy bowel regularity by attracting water into the bowel to soften stools. Herbal extracts of Fennel and Aloe Vera provide soothing and settling qualities for the bowel.

Good Health has your digestive health covered, this Spring and year-round.



Hot picks

FOR SPRING VITALITY

BUY HARKER HERBALS ENERGY ELIXIR 250ML & GET 100ML VITAMIN C FOR FREE



Get your daily dose of Energy Elixir to support recovery and healthy energy levels.

An original Harker Herbals tonic suitable for adults over 12 years.

Harker Herbals, Waipu

CHECK IN-STORE FOR OUR SPRING SAVINGS!

NATURE'S SUNSHINE CORDYCEPS

Nature's Sunshine Cordyceps is a prized mushroom shown to help the body build strength and endurance, combat fatigue and support the respiratory, immune and circulatory systems. It can also support male sexual performance and female vitality.

Nutricom Australasia, Auckland



ETHICAL NUTRIENTS TRIPLE ACTION SLEEP SUPPORT

Ethical Nutrients Triple Action Sleep Support contains traditional Western and Chinese herbs that may help you:

- Get to sleep easier.
- Stay asleep longer.
- Improve sleep quality.

Vegetarian & Vegan Friendly

Triple Action Sleep Support may support a sound sleep. Enjoy a lavender aroma when taking this product.

TAPs Approval no: NA10467



INNER HEALTH KIDS 60G POWDER

- Supports the maintenance of healthy intestinal flora
- Supports a normal healthy gastrointestinal system
- Supports the maintenance of general wellbeing

Antibiotic use: Take Inner Health Kids during & after antibiotics as it contains Lactobacillus rhamnosus (LGG®) to help restore the balance of good gut bacteria.

TAPs Approval no: NA12512 11/20

Metagenics, Auckland





NOW NIACINAMIDE

- Vitamin B-3, does not cause Niacin flush
- Supports energy production
- Supports skin health
- Helps convert food into energy
- Helps support digestive and nervous system
- Helps support DNA repair

Natural Health Trading, Auckland



GREAT LAKES COLLAGEN HYDROLYSATE

- Collagen is found in all structures of our bodies. It is most abundant in young people.
- It supports healthy skin, hair, nails, joints, and bones.
- Great Lakes Collagen Hydrolysate provides 11 grams of collagen per serve to support healthy muscle growth.
- Recognised form of collagen by the body as found in bones, skin, and cartilage naturally.
- Easy to use powder in hot or cold liquid.

Natural Health Trading, Auckland



BE PURE ONE

A high strength, high quality multivitamin specifically designed for New Zealanders based on what's missing from our soil and modern diets, with 50+ scientifically backed ingredients. BePure One supports all aspects of our wellness, from energy to hormone balance and immune health.

BePure, Auckland

ASTAZAN ANTIOXIDANT 90 GEL CAPS

Contains Astaxanthin – considered the 'King of the Carotenoids', this powerful antioxidant helps to combat free radical stress + provides support for healthy skin aging, brain, eyes, and exercise recovery.

Lifestream International Ltd, Auckland



ARTEMIS LIVER DETOX AND KIDNEY CLEANSE TEAS

Liver Detox and Kidney Cleanse Teas work together to support your detoxification system. Take this Detox duo for enhanced cleansing and flushing.

Artemis Ltd, Dunedin





INTRODUCING

Shaheena

HARDY'S HEALTH EXPERT
FROM OUR HARDY'S HEALTH HUB
AT 7 DAY PHARMACY, DEVONPORT

With over seventeen years' experience in the natural health industry, Shaheena is one of our most experienced Hardy's Health Hub Experts. She has spent many years managing Health 2000 stores in both St Lukes and Browns Bay, and her passion is helping families with their health requirements.

ONE AREA OF
PARTICULAR INTEREST
TO SHAHEENA IS
INFLAMMATORY SKIN
CONDITIONS

One area of particular interest to Shaheena is inflammatory skin conditions. This comes from her own personal experience in healing her son's difficult skin condition. Because of this experience, she has exceptional knowledge and care when helping anyone with their own skin concerns. From eczema to acne, Shaheena will be able to create a personalised solution for you.

In her spare time, Shaheena loves to cook and travel! Her gorgeous energy and zest for life transpires through to her customer service skills, helping to make people feel at ease, even if talking about sensitive health concerns.

You will find Shaheena in our Hardy's Health Hub at **7 Day Pharmacy** in Devonport, Auckland.

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69 Kerikeri Rd (09) 401 7126

Hardy's Paihia
Shop 1, Selwyn Mall (09) 945 8394

Hardy's Whangarei
41 Cameron St (09) 438 3188

Hardy's Whangaparaoa
The Plaza, Whangaparaoa Rd (09) 424 3882

Hardy's Glenfield
Shop 5205, Glenfield Mall (09) 443 1896

Hardy's NorthWest
Northwest Shopping Mall (09) 416 9605

Hardy's Taupo
37 Horomatangi Street (07) 378 9057

HH HARDY'S HEALTH HUBS

Albany Village Pharmacy
1/287 Oteha Valley Road, Albany
(09) 415 9676

Devonport 7 Day Pharmacy
31A Bartley Terrace, Devonport
(09) 445 4000

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

Anglesea Pharmacy
9 Thackeray St, Hamilton
(07) 839 3999

My Pharmacy Papamoa
Papamoa Plaza, 7 Gravatt Rd
(07) 572 0355

Pharmacy 53
10 Ballance Street, Whataupoko, Gisborne
(06) 867 3038

Balmoral Pharmacy
25 Munroe Street, Napier South
(06) 835 4540

Vautier Pharmacy - Summer Hill Village
198 Ruapehu Drive, Palmerston North
(06) 355 8173

Clive's Chemist
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Ph (04) 5648618

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