

My Hardy's

We'll get you feeling good!

from tots
to teens

Nurturing
them
to be their
BEST





Naturop Pharm

Feeling better, Naturally



Support for your little adventurers... Summer essentials.

ARNICA - Supports the body's natural responses to shock, injury, fatigue, and bruising. Aids normal defence mechanisms in times of trauma and after surgery.

BURNMED RELIEF CREAM - Stimulates healing of the skin following burns, scalds and sunburn. Has soothing properties.

CALENDULA CREAM - Stimulates the skin's natural healing processes after injury and trauma. Supports healing of wounds and soothes sensitive areas.

Always read the label and use only as directed.
If symptoms persist see your healthcare professional.

Naturop Pharm, Rotorua



Quality ISO 9001



MADE WITH ALL NATURAL INGREDIENTS



www.naturop Pharm.co.nz/shop



Summer has arrived!

As Kiwi's, collectively we are a Summer bunch aren't we? We are all about beaches and BBQ's and enjoying the long sunny days with our family and friends. But there is another thing

us Kiwis apparently like to do over the Summer months, and that is create babies! According to our NZ statistics records, September and October are the busiest birth months, meaning that in NZ our Mums and Dads tend to fall pregnant over the Summer holiday season. Which makes this the perfect time to talk to you about the importance of pre-conception, pregnancy, and children's health within the pages of this magazine.

As a mum myself, I know the energy and love that we parents put into our babies, children, teenagers, and of course even our adult 'babies', and I really wanted to share with you some of the knowledge I've learnt along the way. Also included, are articles from our team of Hardy's Experts sharing their own pearls of wisdom, and highlights around some of our BEST recommendations for all stages of the Baby-to-Young-Adult life cycle.

Raising a happy healthy vibrant child can be an emotional roller-coaster at times, with highs and lows. So I want you to know that as parents we all share this amazing crazy journey; we can share the load and support one another, share our stories, and come together to raise our future generations. There is an old proverb that states "it takes a village to raise a child". It might be an old proverb, but it certainly still rings true today because children really flourish when they have a supportive community environment to interact with, to grow, learn and gain positive life experiences from. We hope that any Parents-to-Be, new Mums and Dads and even old Mums and Dads, can consider our Hardy's family to be a part of your village.

As always fabulous readers, I wish you much love, light and sunny joy, for the coming Summer and festive season.

Diana



CONTENTS

- 4 Tots to Teens
- 8 Eczema
- 12 BEST Solutions Acne
- 16 Prenatal & Pregnancy Care
- 19 New to Hardy's: Solimara
- 20 Nature's Toolbox
- 22 BEST picks for Anxiety & Sleep

WIN

A Harker Herbs Wellness Pack!

Purchase any Harker Herbal immune, sleep or stress product from your local Hardy's or Hardy's Hub and go in the draw to win a Harker Herbs wellness hamper*



*All purchases between Dec, Jan & Feb receive an entry.



Kids Toothpaste Gel Xyliwhite

Strawberry



Orange



Bubblegum



Popular Flavour!

Remarkable fluoride-free toothpaste gel.

Main ingredient is natural Xylitol.

Always read the label and use as directed. If symptoms persist see your healthcare professional. - Natural Health Trading Ltd, Auckland

"I'M PREGNANT!"

"Wow, congratulations,
that's brilliant news!"

People often think of this bit, as the starting point of a new human's life. Right? Well, what if I said to you that actually, this wee human's starting point should really be considered a good six months or so prior to conception. Because how healthy mum and dad are, usually determine how healthy their precious bundle turns out to be.



JUST MAKE SURE TO
CALL IT A 'SMOOTHIE'
AND NOT A 'FISH-OIL-
BRUSSEL-SPROUT-
SHAKE' IF YOU GET
MY DRIFT.

IN THIS MAGAZINE WE WANT TO TAKE YOU THROUGH ALL STAGES OF A CHILD'S HEALTH AND WELLBEING, RIGHT FROM THE BEGINNING OF THE BEGINNING! FROM PRE-CONCEPTION, THROUGH TO PREGNANCY, BREASTFEEDING, SCHOOL AGE, TWEENS, TEENS AND ONTO YOUNG ADULTHOOD.



ANGE YOULE
REGISTERED
CLINICAL
NUTRITIONIST

To be able to share our pearls of wisdom throughout the pages of this edition, we consider a great privilege and a blessing. Let's face it – the kids of today are our future! They are the adults of tomorrow. So, it's our hope that we might be able to contribute, in even the smallest way, to build up healthy happy well rounded little people that grow up and go out to make this world a better place.

Working in store, we'll often get mums and dads come to us for advice after they get pregnant. They want to know what things to consider to give their bubba the best starting chance at life. And that is amazing and wonderful. But what I want to do here, is to let you know – we want you to come and see us WAAAAY before that, when bubba is still nothing more than a cheeky twinkle in your eye. But if you haven't, don't worry, because it's certainly never too late to start making changes for your sweet bundle of love and joy (no matter how old!)

It's at this point, that I, the writer of this article, would like to make a confession. I do not have children of my own. My parenting experience extends to that of furry babies – but I'm working on the basis that the health and wellbeing principles are the same. And I want to share my story to make the point about it never being too late to make changes to influence health and wellbeing for the better.

So let me tell you...

My dog was a rescue, and I didn't know her health history, nor the health history of her parents, or anything about where she came from. I got her age 3 from an amazing foster carer who had put love into her for a year before I adopted her. But my baby was still scared, not loving food, and eating dirt and grass when she came to me. I understand about the principles of 'nature vs nurture', and I was determined to nurture my baby to her best health potential since I had no idea about the health of her parents or her genetic / disease risks. Fast forward 2 years, and my little 'sausage-bunny' is now a picture of health and vibrancy. She is confident, food driven, happy and healthy. She eats multiple protein sources a week, she eats soft bones for her teeth, furry bits and feathers to sweep out her intestines, she gets veggies, fermented herbs and probiotics, she gets good quality supplements such as fish oil and mushroom powders, and she gets regular walkies and enrichment games for her

mental health (such as playing tug of war with her lammie). So why am I telling you all this 'crazy-dog-lady' stuff about my little sausage-bunny, when this article is about kids? Because the same points apply to our non-furry human babies! (Although I am absolutely not advocating feeding your human babies' furry bits and feathers, just for the record).

It's just as a passionate health-conscious mamma, I want to pass this knowledge on to all the other passionate mamas', mamas' to be, and dads out there, about the importance of good nutrition, good quality supplements, and exercise and fun-times for your child's physical and mental health.

And we at Hardy's, also want to shed some light on current issues facing the kids today. For example, since Covid particularly, we have a lot of concerned parents coming to see us worried about their children's stress levels and mental health. Kids may be having problems sleeping,



feeling anxious around school, and tending towards withdrawing into depression, or expressing their stress through behavioural outbursts. In some instances, this has been affecting the child's appetite and their relationship with food (this whole thing with our 'gut-brain axis' can be even more tightly-wound for younger people).

Childhood allergies such as eczema, hayfever and chronic respiratory issues are also becoming more common place these days. These things can be triggered by bacterial imbalance in the digestive system, food sensitivities, stress, or even things like being exposed to moulds (mould issues due to damp buildings are sadly quite common in NZ). They place a further burden on the body, create inflammation, and add to the stress of the child, which then results in an increased demand for nutrients and antioxidants to help the body cope with the higher load of toxins.

Because an inflamed or stressed body tends to use up a lot more resources (aka nutrients) in the body more quickly, nutrition becomes even more important than usual. But when stress may be impacting appetite or behaviour this can become tricky! This is when the art of 'smuggling' can play a role in getting different things into the diet. A colourful yummy smoothie can be a fantastic way to 'smuggle' extra ingredients into the diet. Just make sure to call it a 'smoothie' and not a 'fish-oil-brussel-sprout-shake' if you get my drift. Dress it up with extra protein, a banana, some yummy plant-based powders, some yoghurt, some peanut butter, or whatever flavours your little treasure

GET KIDS INVOLVED IN FOOD PREP TOO.

Make plates colourful and fun, with lots of different shapes or stick figures made out of fruit and veggies.

enjoys. This is also a good opportunity to sneak in a quality probiotic or SporeBiotic to further enhance the health benefits of the shake. Probiotics support not just gut health, but mental health, skin health, immunity and so on.

Get kids involved in food prep too. Make plates colourful and fun, with lots of different shapes or stick figures made out of fruit and veggies. Make star-charts for food and number of veggies consumed and reward more stars with fun-filled family days out. These don't need to be expensive, just a picnic in the park with a ball or frisbee with family and friends can be a brilliant incentive for stressed out kiddies to focus on their 'milkshakes' or veggie-stick plates.

For our older kids and teens, they may not be so easily swayed by the art of disguise, so this is when a good quality multi-vitamin can really reap dividends in terms of boosting overall health, and especially in the case where stress and/ or anxiety/depression may be present. Do be aware that 'not all supplements are created equal' and choosing one that is free from nasty additives, heavy metals or other chemicals, and that is bio-available (easily absorbed by the body) is incredibly important. It's better to take one good quality supplement just a few times a week, than a poor-quality one every day. It works out easier on the wallet in the long run too.

For a child or young adult of any age, being well nourished with macro nutrients (protein, carbs and fibre, and essential fats), micro nutrients (vitamins and minerals) and phytonutrients (plant chemicals that benefit health and wellness) will support overall health, growth and development, brain function, immunity, gut health and mental health, and will build resilience for navigating through our sometimes stressful world full of twists and turns. And remember that all these same principles apply to mum and dad so that the cheeky twinkle in their eye will become a bouncing healthy happy bundle of joy somewhere down the line.



The Importance of Protein As We Age

Protein plays an essential role in almost everything our bodies do, including the recovery and repair of tissues in the muscles, skin, organs, blood, hair and nails. Adequate dietary protein also provides the building blocks for hormones, good gut health, mental well-being, detoxification, blood sugar balance, and quality sleep.

As we age and evolve, so too do our protein requirements:

Protein for Kids

Protein is vital for the growth and development of children and adolescents. In fact, growth delays during childhood can be a clear sign a child may not be getting the protein and nutrients they need for healthy development.

Any parent or caregiver will know how challenging it can be to get enough nourishment into kids, especially at breakfast time. A morning protein-enriched smoothie offers an easy and tasty way to get protein into your kid's morning and help set them up for greater mood balance and focus for their day ahead.

Protein for Adulthood

From the age of 25, our bodies stop growing and our growth hormone levels begin to decline. Prior to this, our growth hormone gives us the ability to maintain our body composition, physical fitness and metabolic health regardless of what we eat and how we move. Beyond this growth stage of life, we become more reliant on adequate dietary protein to maintain our muscle health, metabolism, mobility and physical well-being.

How much protein do adults actually need?

Recent research shows that men and women alike need a minimum of 1.2g of net protein per kilogram of body weight at rest to feel at their best. If you're physically active through your work or you're a regular exerciser, or you're on a mission to lose weight or build muscle, upping this to 1.5g - 2.2g of net protein per kilogram of body weight appears to be more beneficial and often necessary to support our physical well-being.

Protein for menopause and beyond

Protein is particularly important for women from the age of 40 onwards as a useful tool for supporting mood stability, weight management, sleep and stress tolerance as they journey through perimenopause, menopause and beyond.

At the BePure Clinic, we aim to help our perimenopausal and menopausal clients consume a minimum of 1.5g of net protein per kilogram of body weight per day.

Our Protein Powders Are More Than Just Protein.

Scientifically designed with your full life in mind, they give you the fuel you need to feel your best inside and out.

BePure Perfect Protein™

Our complete vegan protein to power your energy, body and mind.



NEW



BePure Good Gut Protein™

Gut loving probiotics, collagen and protein all in one.



Eczema

ANGIE YOULE
REGISTERED
CLINICAL
NUTRITIONIST

Herb.eauty HEMP BODY BALM

Sensitive Skin Hemp Body Balm Supports the skins delicate balance. Bringing calm to even the most angry skin. A beautiful blend containing: Coconut oil, Beeswax, Extra Virgin Olive Oil, Hemp Seed Oil, Sunflower Oil, Kawakawa, Calendula and Arnica.

NZ Hempres, Loburn



Some of you lovely readers may remember me telling you my story about eczema, and how I used to be covered in it! Well, I'm talking about it again!

The reason being, is that it is one of our most common childhood complaints that we chat to worried parents about. We even see parents who have teeny tiny babies who already have angry red skin for one reason or another.

As it turns out, our skin is a very expressive organ that likes to alert us in a BIG LOUD VOICE, that something isn't right. And if the person involved is a wee one, they will often also express their discomfort in a BIG LOUD VOICE. So, we ideally want to get to the root of the problem to help it resolve, rather than just focus on a 'band-aid' type approach (whilst resorting to ear-plugs).

One of the drivers of eczema and rashes for babies is food sensitivities – even if baby is just on breast milk! For example, when we see wee babies with eczema in store, one of the first things we do is ask mum about her diet. Foods such as dairy, gassy type foods (think beans, broccoli etc) or overly processed foods, can affect the baby's digestive tract from the proteins that have passed through in the milk. This creates gut inflammation, which can then express through the skin.

Other drivers can include yeast or bacterial imbalance (in the digestive tract or on the skin), household chemicals (think in washing powders etc), mouldy homes, or heavy metals (again, very common in our modern world!) so it's absolutely worth doing some digging to find out the root cause.

We have a number of BEST solutions in store that span the typical drivers of eczema as well as soothing balms and creams that help take away the redness and itchy pain. Depending on the age of the child may determine what we recommend, but with breastfed babies we can often just 'treat the mum' and it helps the baby – how cool is that! Introducing relevant probiotic or SporeBiotic strains to mum during pregnancy and breastfeeding can have a profound effect on a child's skin health, through aiding the gut, and the immune response. And things such as essential fatty acids (think fish oils) and nutrients, can make such a difference to skin health. Of course, if the child is old enough they can take these things themselves! For older children, a good 'gut-powder' may also provide much needed relief.



Do have a chat to your local Hardy's Health Expert about some BEST solutions if you have any worry about your children's skin health. We can also recommend specific Allergenics hair analysis which is completely safe for all ages including newborn babies. Relevant tests include Food & Environmental Sensitivities, Comprehensive Nutritional, and the Heavy Metals test.

NORDIC NATURALS® COMPLETE™ OMEGA JR.

A foundational Omega 3, 6, 9 'healthy fat' blend for buttery-soft and hydrated skin. This high-absorption formula pairs triglyceride form, sustainably-sourced fish oil with plant-based borage oil. Formulated for positive mood, brain development and immune system support, with a focus on healthy skin.

NaturalMeds, Napier



Are you getting to the root of the problem?

Allergenics 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

**NOURISH YOUR SKIN
AND VITALITY
FROM WITHIN**

**BEST
Picks!**



SUKU VITAMINS™ THE COMPLETE KIDS MULTI

Wouldn't it be great if we could get kids to eat everything that we put on their plate? This multi delivers a balanced nutrient profile to support great health and fill in nutritional gaps that may be missing from their diet with 14 essential micronutrients. Formulated with a natural prebiotic base that supports gut health and is allergen free, sugar and sugar alcohol free. FODMAP friendly.

NaturalMeds, Napier



**INNER HEALTH SKIN SHIELD KIDS
60G POWDER**

Children's skin health can be impacted by low levels of Vitamin D.

When sun exposure is limited, Inner Health Skin Shield Kids:

- Helps soothe dry, itchy skin
- Supports skin health & function
- Helps support skin hydration

Metagenics, Auckland

**IMMUNITY FUEL
PROBIOTIC SUPERFOOD**

At Immunity Fuel they are passionate about fuelling your body with only the best food source nutrients around and the fact that they have fermented them with their special bacteria makes it even better.

When your body receives these nutrients, it is able to clear out unwanted toxins and waste.

One of the ways that your body tries to get rid of toxins is through your largest organ, your skin! By helping the body to remove these toxins, organs such as your skin will be cleaner and clearer.

We have seen some amazing results when the body gets what it needs to heal, nutrients and bacteria, it is that simple and it is all in Immunity Fuel.

Suitable for all ages from infants to adults.

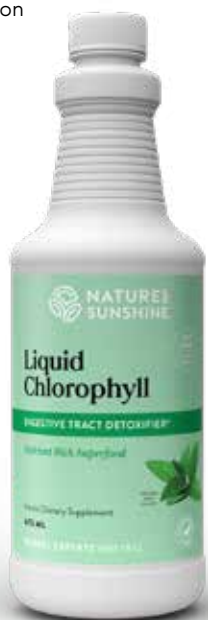
Immunity Fuel Ltd, Coromandel



**NATURE'S SUNSHINE
LIQUID CHLOROPHYLL**

A nutrient rich, delicious green superfood that helps the body cleanse and deodorise, whilst supporting healthy digestion, energy and vitality – a perfect way to support healthy skin and overall well-being.

Nutricom Australasia, Auckland

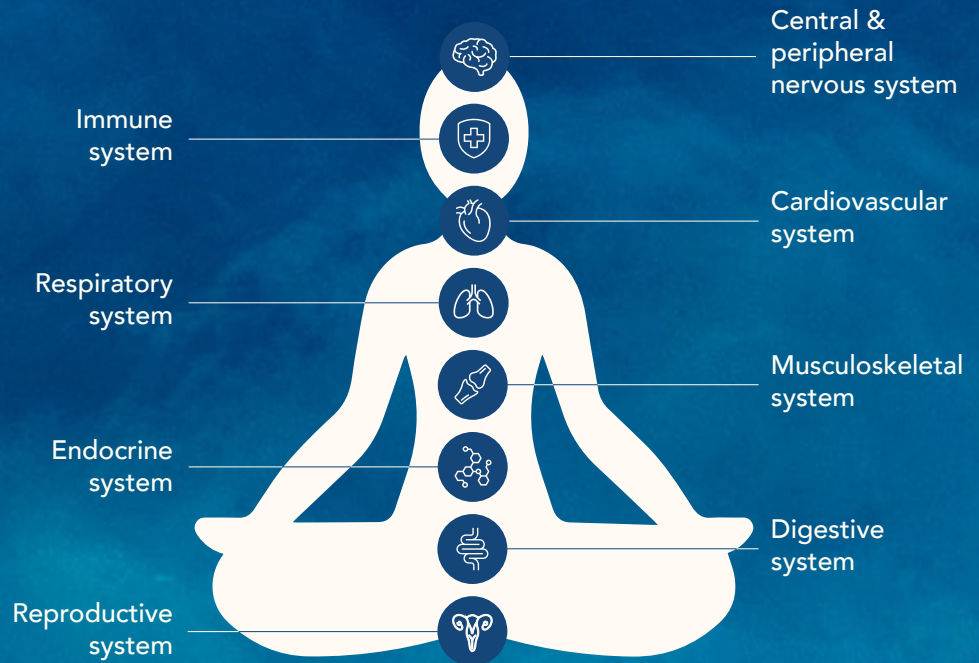


Gutsi® MoodBiotic™

Live calmer, think clearer. Transform your psychobiome.



For ages 8+ years.



These days, stress seems to hit us from every possible angle. Stress can impact all systems of the body, and continuous stressors can have a cumulative toll on our mental and physical health.

Did you know that supplementing the microbiome with a distinctive type of probiotic can support occasional stress, mood and sleep challenges? Brain and mood health is related to the composition of good and bad bacteria in the gut that are able to influence behaviour and regulate the gut-brain axis. The gut-brain axis is a two-way communication

between the gut bacteria, known as the microbiome, and the central nervous system in which communication is exchanged continually. This 'information superhighway' explains how stress and emotions can be felt in the gut, and conversely, how the gut can play a role in supporting mood, sleep, and brain function. The mix of bacteria in the gut microbiome that influences thoughts, feelings and behaviours is referred to as the 'psychobiome'. Psychobiotics are probiotics for your brain!

Microbiologist formulated for maximum potency, Gutsi® MoodBiotic™ combines the most heavily researched mood support probiotic available, psychobiotic *Bifidobacterium longum* 1714™, with powerful brain-nourishing nutrients from L-theanine and Passionflower. Together they nurture your neurotransmitters, support states of stress, and champion a healthy mood.

Gently uplift your body and mind with researched psychobiotics + calming botanicals formulated to support stress and overwhelm, and help you unlock your inner calm.



Novel psychobiotic



Calming ingredients



Gut-brain axis support



Targeted stress support



Balances mood & energy



Brain function & focus

gutsi.co.nz

@ [gutsi_wellness](https://www.facebook.com/gutsi_wellness)

Acne



WHILST WE OFTEN THINK OF ACNE AS ONLY BELONGING IN THE REALM OF 'TEENAGE ANGST', THE TRUTH OF THE MATTER IS THAT ACNE CAN AFFECT ANYONE, AT ANY AGE. THE REASON FOR THIS IS THAT THERE CAN BE MANY DRIVING FORCES BEHIND THE ANGRY SKIN FLARE UPS.

After sitting down and chatting with Diana we realised we have similar stories when it comes to our teenage years and Acne. For Diana eating wheat and dairy was the driver behind hers, later finding out that she is in fact Coeliac. My own story started when I was put on the pill as a young teen to turn off my hormones to quench the acne, which was raging! Big angry deep red pimples that left me traumatised looking in a mirror. Turns out my teenage acne was being driven by the big angry hormone monster with ferocious fangs and giant claws... and the yeast overgrowth, the dysregulated insulin, and the stress of just living life as a teenager. But don't forget, acne can occur at any age!

Now you know why Diana and I are so passionate about this topic and love helping others in similar situations. So, let's take a dive into the reasons why this pesky condition might develop.

Let's start with 'Hormones' as this can be a very common driver of acne flare-ups. The reason is that with hormonal ups and downs, there is an increase in the amount of oil the skin produces.

This oil is called sebum, and it's a waxy substance, which is why it's able to clog pores the way it does. This oil then interacts with bacteria on the pores of the skin where the hair grows (ie the follicle) which results in acne.

Insulin resistance is another thing worth discussing, as it is becoming more common due to modern-day lifestyles and is affecting people at a much younger age. Essentially higher sugar levels in the blood create inflammation, and extra insulin can trigger the release

Glowing skin essentials

Promote glowing, hydrated skin this summer with new natural skincare from Living Nature.

1. Daily Protect Facial Lotion SPF 20
Protect your skin during the day with this lightweight serum formula. Combining broad spectrum UVA/UVB protection with premium skincare ingredients, it glides onto skin, leaving a soft, natural finish.

2. Hydrating Glow Exfoliant
This innovative gel harnesses 100% natural actives to gently exfoliate skin, revealing a soft, glowing complexion. AHA's from Lactic, Tartaric and Citric Acids target dry, dead skin cells, while BHA from Willow Bark clarifies and unclogs the pores.



of excess androgen hormones (think testosterone). PCOS is a condition that can be driven by insulin resistance, resulting in excess androgens, which can lead to acne on the neck and upper back.

Gut and Stress are also key players in the Acne game – in fact they are linked as a trio known as the Gut-Brain-Skin axis. One explanation is that inflammation and bacterial imbalance in the digestive tract, and any of the little toxin-type-by-products from the bacteria, can affect not only a person's state of mind, but also their skin. The gut inflammation then affects nutrient absorption, meaning essential key nutrients that help the skin heal and recover can become deficient. This is where a high-quality acne formula comes in.

Poor diet is another common culprit that can initiate an inflammatory gut/skin cascade. For example, sugary diets can lead to a yeasty overgrowth, which can create IBS type symptoms in the gut, and this in turn upsets the skin as we sweat out the yeasty toxins. The yeast imbalance can then affect brain function, which creates stress, and the sugary diets can drive the insulin resistance we just mentioned, which can then affect the hormones.... See how everything in the body can be linked? Imbalances in the body can be likened to a chain reaction, where one thing affects another, affects another and so forth.

So where to from here....? What can be done? Come in store and have a chat to one of our awesome Hardy's Health Experts! We have been able to help a lot of our customers with their acne woes, so don't be afraid to approach us for a chat. We have a great range of products to help with your individual situation. Our Experts can work with you to figure out what the key drivers may be. For those who may wish to do some investigating and testing, we can even chat to you about our Allergenics hair analysis tests, and which test/s might help you discover the root of the issue.

So please don't feel you have to suffer in silence, come and chat to one of your local Hardy's Experts today.

GUTSI® SPOREBIOTIC™ PROBIOTIC + ANTIOXIDANT

This powerful team of beneficial bacteria work hard on the inside to nurture beautiful skin on the outside! Formulated by a microbiologist and containing 100% spore-based probiotics, Gutsi® SporeBiotic™ supports a diverse and flourishing gut microbiome, while also supporting the production of skin-loving carotenoids right at the site of absorption! How clever is that?

NaturalMeds, Napier



THERAPURE® MY SKIN

Is your skin troubling you? Say HELLO to fresh, vibrant and healthy skin! Developed by naturopaths this synergistic blend helps your skin to thrive from the inside out. Packed with skin nourishment to calm and restore and support skin distress that can last well beyond the teenage years. Let your confidence shine with a glowing complexion!

NaturalMeds, Napier





Since

1947



WHERE DO YOU START?

Many people get overwhelmed with the array of supplements available when trying to choose what is right for them. While everyone is an individual (and some recommendations are based on a person's health), the most important nutrients are often the nutrients that a person is low or may be deficient in. Solgar supplements helps fill these possible nutrient gaps, making supplement choice easier.



SOLGAR® VM 2000

SCIENCE OF NATURE

Solgar recommendations

A multivitamin that helps to provide an umbrella-like range of nutrients for optimal health, helping to cover possible nutrient daily gaps.

Solgar® VM 2000: A comprehensive multivitamin containing 32 key vitamins, minerals, amino acids and botanical extracts to support daily vitality. This is an ideal supplement for anyone under stress, feeling run down, lacking in energy or have a busy lifestyle.

Omega 3 oil is crucial for your health and only available through your diet. Although New Zealand is surrounded by the ocean and seafood should be plentiful, most people don't get adequate levels of Omega 3 fatty acids in their diet. This may be due to high cost of seafood, or dislike of seafood.

Solgar® Triple Strength Omega 3 helps maintain optimal Omega 3 levels with a concentrated form as each softgel capsule is similar to taking 3 ordinary 1000 mg of fish oil.

Magnesium is vital for over 600 enzyme processes within the body and can impact on other nutrients levels such as calcium and vitamin D. Low magnesium levels can result in issues with bone health, tense muscles, blood sugar issues, fatigue, poor blood pressure management, feeling anxious and even an irregular heartbeat.

Solgar® Magnesium Citrate is a highly absorbable form of magnesium supporting energy production, muscle function, heart health, stress and nervous system support and much more.

Your digestive system at times can have trouble breaking down some foods. Digestive enzymes are vital for food to be broken down into smaller molecules enabling it to be absorbed, utilized and energy and nutrients released from it. A lack of key digestive enzymes may result in flatulence, a bloated sensation, increased heaviness, fatigue and even nutrient deficiencies.

Solgar® Digestive Enzymes are a comprehensive formula to support multiple food groups; proteins, carbohydrates, starches and fats. It also includes ox bile, betaine, pancreatin, papain and pepsin extract developed to target multiple food groups and support the digestive process.

Beta glucans, a soluble fibre which is often overlooked also must be sourced from the diet. Found in cereal (oats, barley), reishi, shiitake, maitake mushrooms and yeasts has shown it has numerous functions contributing to immune system, blood sugar balance and cholesterol support.

Solgar® Beta Glucans and Elderberry Immune Complex is ideal for those wanting to support their health with the addition of Beta glucans. This supplement has the added support of Elderberry fruit concentrate and key immune supportive nutrients, while being gluten free.



SOLGAR® TRIPLE
STRENGTH OMEGA 3



SOLGAR® MAGNESIUM
CITRATE



SOLGAR® DIGESTIVE
ENZYMES



SOLGAR® BETA GLUCANS
AND ELDERBERRY
IMMUNE COMPLEX

Prenatal & pregnancy care



For those of us who have mastered the art of planting a vegetable garden and reaping the rewards of brightly coloured, delicious and nutritious home-grown harvests, the concept of preparing the soil before planting will come as no surprise.

And for those who haven't as yet dabbled in the green-fingered art, the summary is this – in order to grow nutrient-rich, tasty fruit and veggies, you need to do some work on the soil beforehand. This is to ensure that the conditions are right and the correct nutrients and microbes are present, to ensure a little baby seedling can grow up to become a mature plant bursting with flavour, vitamins and minerals.

Many things in nature follow similar principles... and growing a human baby from a seedling includes some prep-work beforehand as well! If we consider that creating a new human requires certain building blocks, it's important to note that Mum and Dad need a good supply of these to make sure they don't run out halfway through the building process. This means it's important for both parents to have a good supply of essential nutrients so that all their building blocks are complete and abundant for the creation and building (or growing) process of their offspring. This includes vitamins, minerals, essential fatty acids, and the right microbes, to ensure the little baby seedling will implant and begin to grow and flourish in the 'garden'.

So, if you are planning to conceive in the near future, it's never too early to start tending to your garden! The idea is to start focusing on a whole foods diet, adequate water intake, and regular exercise, as well a few good quality supplements (think pregnancy-multi, fish oil, and a relevant probiotic) at least 6 months prior to conception. Consider this part the same as tending to the soil before planting the seeds and ensuring the building blocks are all in place.



In order to grow nutrient-rich, tasty fruit and veggies, you need to do some work on the soil beforehand





BEPURE MUM'S ONE

An advanced daily formula of over 30 important nutrients and minerals that each play a unique role in supporting mum and baby throughout their journey from conception to pregnancy, postpartum, breastfeeding and into motherhood.

BePure Health Ltd, Auckland

BEPURE FOLATE RESTORE

Combines the most bioavailable and best quality forms of folate — Folinic acid and methylated Folate for effective absorption to support women in preparation, during and post pregnancy.

BePure Health Ltd, Auckland



If you are wondering where to start with all of this, do pop into your local Hardy's and have a chat to one of our amazing Health Experts who can talk to you about some of our BEST recommendations for helping to build a bouncing baby bundle of joy.

IT'S IMPORTANT FOR BOTH PARENTS TO HAVE A GOOD SUPPLY OF ESSENTIAL NUTRIENTS SO THAT ALL THEIR BUILDING BLOCKS ARE COMPLETE



INNER HEALTH PREGNANCY & BREASTFEEDING 30 CAPSULES

- Supports a healthy pregnancy
- Supports baby's development during pregnancy
- Supports maternal health
- Maintains health & wellbeing in breastfeeding women

TAPs Approval no: NA12512 11/20

Metagenics, Auckland



NORDIC NATURALS® PRENATAL DHA 90S

Baby brain? Yep, it's a real thing! During pregnancy, a woman's demand for the healthy fat DHA increases as the growing foetus draws from mum's own stores of this vital nutrient. DHA is essential for baby's brain and eye development, and for mum's mood too! Nordic Naturals® features stringent freshness and purity testing and is sustainably sourced from wild sardines and anchovies.

NaturalMeds, Napier



Top Picks!

BRAIN HEALTH

NOW BRAIN ATTENTION

Cutting edge cognitive support supplement made with Cera Q. Supports memory, learning, attention and focus in adults and children (7 & up). Comes in easy to chew yummy chocolate flavour.

Natural Health Trading, Auckland



NORDIC NATURALS® ULTIMATE® OMEGA JR.

Omega-3's are essential! A potent strength triglyceride form fish oil, sustainably sourced from wild anchovies and sardines to provide high-intensity Omega-3 'healthy fats'. DHA is critical for brain development and focus, and EPA is needed for mood balance and a strong immune system. 6-12 years. Ultimate Omega TEEN is available for 12-18 years.

NaturalMeds, Napier



LOVE YOUR MUSCLES



ETHICAL NUTRIENTS

LIVE LIFE RESILIENT

Always read the label. Follow the directions for use. If symptoms persist consult your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Metagenics (NZ) Ltd. Auckland. ETH10079 - 04/21 TAPS BG1209

**INTRODUCING
SOLIMARA'S
NATURAL SPF50
MINERAL SUNSCREEN!**

**New
TO
HARDY'S**

NZ summer has got to be one the best times of the year - a time when family and friends get together for road trips, beach days, and creating memories in the sun. There's one companion who always joins you on these adventures - providing protection, safety, and reassurance - sunscreen! But how trustworthy is your sunscreen? Is it really SPF50? Does it protect against both UVA and UVB rays? What chemicals are being applied, and soaking into your family's skin? And what effect do those chemicals have on your health, and the coral reefs?

Your companion you can trust (with data and proof!) Filled with skin-loving ingredients including zinc, sweet almond oil, shea butter, and beeswax - it's perfect for sensitive skin, and can be used on babies from 2 months old. New Zealand-made and owned, cruelty-free, coral-reef safe, and most importantly - Certified 100% Natural. This certification 'NATRUE' by BioGro, the leading Australasian certifying organisation, reassures you that what you're putting on your skin is free from synthetic chemical fragrances, parabens, colours, preservatives, phthalates, and silicones. Solimara Mineral Sunscreen has a very high UVA rating (UVA PA+++), conducted by Eurofins Dermatest Australia.

One of our customers' favourite things about Solimara Sunscreen is there is zero wait time for it to become effective. That's right, the kiddos can jump straight into the sea after applying - no more "has it been 20 minutes yet!" This is due to the zinc creating a natural barrier on the skin to reflect the sun's rays, as opposed to regular sunscreen where you must wait 20 minutes for it to absorb and a chemical reaction to occur.

A summer must-have for the whole family - your skin and the environment will love you for making the switch to Solimara Mineral Sunscreen.



Also available in 'White Marine'

Nature's toolbox

The best way to keep kids of all ages happy and well. It's simple!

- REAL nutritious foods
- Fresh air
- Movement in open green spaces
- Love & Laughter
- Sunshine
- Healthy sleep patterns



MAKING REAL FOOD FUN!

Remember, try not to unwittingly make veggies the 'bad guy'. You know the old saying, "you're not getting any pudding until you eat all your vegetables". This makes pudding the desirable, and vegetables the undesirable, which is a concept that then starts to set in a child's mind. Rather - make veggies fun, lively and desirable! Fruit and veggie 'art' can be a wonderful way to cultivate a healthy mindset towards real food and encourage eating ALL the colours of the rainbow in fun and creative ways.



Understanding the 'GARDEN TO TABLE' principle is the best way to keep kids connected to their food. Getting the little ones involved in their own food production provides a valuable life lesson about our connection to the natural environment, and how it sustains us. By planting and nurturing a baby seed through to a mature vegetable which can then be harvested, prepared, and eaten, helps to establish a healthy relationship with real food from a young age.

SPEND TIME IN THE GREAT OUTDOORS!

Playing with friends out in the fresh air and connecting with nature is so important to foster good physical and mental health. Socialising, getting their hands into the soil, breathing in the goodness of gardens, all helps to promote overall health and wellbeing. The more kids are outdoors living life the less time they'll spend indoors on their screens and devices. Encourage family fun outdoor activities, such as starting a veggie garden with friends or joining up with a local community garden project.

SUNSHINE!

Just like our baby veggies need sunshine to grow, so do our kids! Time spent outdoors in sunshine boosts the 'happy' hormones and ensures a good dose of Vitamin D (known as the sunshine vitamin), to promote healthy bones and development, as well as a strong immune function. Vitamin D is also needed for a healthy 'sleep/wake' cycle, making time outdoors a winner for good overall health on so many different levels.

GOOD FOOD AND TIME OUTDOORS ENCOURAGES HEALTHY SLEEP

Remember, too much screen time can be over-stimulating, especially if late at night. Getting kids outdoors to really tire themselves out for a bit after school and at weekends, and then having a lovely nutritious colourful dinner that provides all the key nutrients required for the body's 'sleep/wake' cycle, does wonders to help the little ones drift off for some good night zzzzzz's.



NATURAL FIRST AID

FOR IMMUNITY



CHILDREN'S EAR, NOSE & THROAT

A handy syrup for stuffy heads and dripping noses. Ear, Nose & Throat dries excess mucus, supports clear sinuses, and soothes heavy heads and raw throats. Suitable to take long term during spring allergen season for little ones prone to sneezing and watery eyes. For ages 0-12 years.

Harker Herbs, Waipu



ETHICAL NUTRIENTS EXTRA C ZINGLES BERRY 50 TABLETS & ETHICAL NUTRIENTS EXTRA C ZINGLES ORANGE 50 TABLETS

Daily immune support with vitamin C & Zinc in a zingy chewable tablet for the whole family.

Also available in Berry flavour.

Metagenics, Auckland



ARTEMIS KIDS VIROGONE

All year round immunity support

Support your youngest immune systems all year round with kids ViroGone - an all-natural, targeted plant power formula, designed especially for your little ones

Artemis Ltd, Dunedin

TCJ Kids Head-lice products

NZ developed and manufactured

EVERYDAY HAIR PRODUCTS

to break the life cycle of head-lice.

100% Herbal Actives Neem and Quassia both known in nature for their ability to protect themselves from pests. The range contains Spray on Treatment (Leave-In Conditioner), Shampoo, Conditioner, Hair Styling Paste and Spiral Tooth Nit Comb.



- Highly effective
- No harsh chemicals
- Leaves hair healthy, nourished and smelling great

Always read the label and use as directed. If symptoms persist see your healthcare professional. - Natural Health Trading Ltd, Auckland

BEST Picks!

ANXIETY & SLEEP SUPPORT FOR YOUNG KIDS



NEW ERA NO.6

Provides soothing support for frayed nerves, exhaustion and stress. This natural mineral formula promotes feelings of calm, aiding restful sleep and relaxation so you can get the pep back in your step

Nutricom Australasia, Auckland



GAIA HERBS® SLEEP GUMMIES

Gaia Herbs® are the masters at delivering herbal preparations that work! These magic little drops of goodness support sleep onset as well as sleep length. The calming herbs Ashwagandha, Passionflower and Zizyphus, along with the nourishing qualities of Reishi mushroom combine to induce a state of 'zen'. Naturally sweetened with apple, tart cherry and sweet orange oil.

NaturalMeds, Napier



CHILDREN'S CALM & SLEEP

Calm & Sleep can be used day or night to relax the nervous system. When feeling relaxed, little ones can settle into sleep if they need it, or just snuggle in for some quiet time. Great to calm restless or worried children during the day and soothe teething babies.

For ages 0-12.

Harker Herbs, Waipu



KIWIHERB BEDTIME BLISS

- Eases children's feelings of overwhelm, anxiety and stress at bedtimes.
- Settles a busy mind and body to support falling asleep.
- Helps re-set healthy sleep patterns.
- Supports falling asleep and staying asleep.
- Suitable for babies from birth upward – no alcohol.
- Easy to take liquid.
- Tastes great! (natural strawberry flavour)

Phytomed, Auckland

SLEEP, STRESS & MOOD SUPPORT FROM TWEENS TO ADULTS



FELIX

Highly prized saffron extract with amazing potential. Felix helps to support positive mood and assists in the management of mood swings.

It also may help to relieve stress. Utilising superior Saffron extract Affron®. Great for teens to adults.

Natural Health Trading, Auckland

STRESS RELIEF

Feeling wired? Harker Herbals Stress Relief supports a calm, relaxed mood, eases nervous tension and symptoms of stress that affect sleep, mood and the immune system. This potent blend includes stress buster superstars, saffron and ashwagandha. For adults over 12 years. Take with Harker Herbals Sleep Well for extra sleep support.

Harker Herbals, Waipu



SLEEP WELL

Get some restful shut-eye! Sleep Well supports uninterrupted deep sleep and healthy sleep patterns. A great syrup to calm busy minds and fall asleep naturally. Safe to take long term and a high strength natural support for those nights when sleep is elusive. For adults and teenagers over 12 years.

Harker Herbals, Waipu



GUTSI® MOODBIOTIC™

Live calmer, think clearer. Transform your psychobiome. MoodBiotic™ offers a new approach counterbalancing stress and overwhelm. This novel formula pairs the well-researched psychobiotic Bifidobacterium longum 1714™ with powerful botanical extracts. It nourishes the gut-brain axis, supports feelings of stress for positive mood and vibrant energy.

NaturalMeds, Napier

GREAT FOR ALL AGES
Tots to teens!
(and beyond)

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.



NATURAL FIRST AID TO COMFORT SORE TUMS



CHILDREN'S WIND, CALM & SETTLE

Your go-to syrup for all tummy upsets, especially young babies with wind and discomfort after feeding. It calms upset stomachs and settles symptoms associated with bloating and wind. Supports settled digestion and a relaxed nervous system, so little ones can rest and recover. Especially soothing for ages 0-12.

Harker Herbs, Waipu



GUT SOOTHE

If suffering from indigestion, an upset stomach, acid reflux or poor digestion, Gut Soothe is a probiotic and prebiotic formula designed to help improve gut health and provide relief. Great tasting for the whole family from 6 years old.

Lifestream International Ltd, Auckland

ENTEROSGEL®

Breakthrough gut support for a wide range of gastrointestinal issues! Enterosgel® is a unique gel-based adsorbent that provides effective 'first-aid' for your digestive system. Like a sponge cleaner for your gut, it specifically binds irritating pathogens, toxins and allergens. Keep a tube on hand for those just-in-case moments. Perfect for travelling and suitable for the whole family.

NaturalMeds, Napier



KIWIHERB COLIC COMFORT

- Eases burping, wind and bloating
- Calms the digestive tract.
- Soothes and settles the nervous system
- Encourages normal and regular digestive function
- Helps soothe stomach discomfort from colic, teething and hiccups
- Suitable for babies from birth upward
- No alcohol
- Easy to take liquid
- Tastes great! (natural strawberry flavour)



Phytomed, Auckland



Summer Fun Support with Magnesium Kids

Summertime Fun

Summer is here and the kids will be home for the holidays. But while school stops, your child's need for nutrition doesn't stop. Nutrients should come from a child's diet, one that contains plenty of nutrient-dense animal foods, and the fruits and veggies that they like. But Christmas and summer are times for sugary treats and lots of outdoor play and one nutrient that can become depleted when muscles are tired, and sugar is on the menu, is magnesium.

At Good Health we design products for everyone in the family. Whether big or small, anyone can be affected by poor nutrition, especially at Christmas time and in the summer. While you can try and avoid those sugary sodas, ice creams, etc, that deplete magnesium, supplementation can give you peace of mind over the holidays. Getting sufficient magnesium can make a huge difference to how you function every day, supporting the wellbeing of the whole family!

Why magnesium for kids?

Magnesium is essential for over 700 metabolic and cellular processes within the body. It plays a key role in supporting stable blood sugar - 28 molecules of magnesium are required to metabolise 1 molecule of table sugar! It helps our muscles and nerves function properly, supports a steady heart rhythm and healthy immune function and support in keeping bones strong. Magnesium is commonly used as a gentle aid to help ease restlessness, support relaxation, and a restful night's sleep. Rest and recovery are essential parts of maintaining healthy immune and nervous systems, and overall health and well-being.

Good Health Magnesium Kids is vital for every cell in growing bodies, supports kids during growth spurts, soothes muscle tension, and supports a better night's sleep by having a calming and relaxing effect on busy minds and bodies. Magnesium Kids contains vitamins C and D, also depleted when sugar is in the diet, and zinc, to help support strong bones for later in life.



- Supports bone development
- Supports blood sugar stability
- Helps to calm and relax
- Soothes muscle tension
- Support for "wired" tiredness and poor sleep patterns
- Support for nervous tension

No artificial colours, flavours, sweeteners or preservatives!

HARDY'S HEALTH STORES AND HEALTH HUBS

HS HARDY'S STORES

- Hardy's Kerikeri**
69 Kerikeri Rd (09) 401 7126
- Hardy's Paihia**
Shop 1, Selwyn Mall (09) 945 8394
- Hardy's Whangarei**
41 Cameron St (09) 438 3188
- Hardy's Whangaparaoa**
The Plaza, Whangaparaoa Rd (09) 424 3882
- Hardy's Glenfield**
Shop 5205, Glenfield Mall (09) 443 1896
- Hardy's NorthWest**
Northwest Shopping Mall (09) 416 9605
- Hardy's Taupo**
37 Horomatangi Street (07) 378 9057

HH HARDY'S HEALTH HUBS

- Devonport 7 Day Pharmacy**
31A Bartley Terrace, Devonport
(09) 445 4000
- The Capsule Pharmacy**
231-233 Great South Road, Drury
(09) 294 8892
- Anglesea Pharmacy**
9 Thackeray St, Hamilton
(07) 839 3999
- My Pharmacy Papamoa**
Papamoa Plaza, 7 Gravatt Rd
(07) 572 0355
- Pharmacy 53**
10 Ballance Street, Whataupoko, Gisborne
(06) 867 3038
- Balmoral Pharmacy**
25 Munroe Street, Napier South
(06) 835 4540
- Vautier Pharmacy - Summer Hill Village**
198 Ruapehu Drive, Palmerston North
(06) 355 8173
- Stratford Pharmacy**
235 Broadway, Stratford 4332
06 765 6566
- Clive's Chemist**
20-21 Queen Street, Wainuiomata
Ph (04) 5648618
- Pharmacy @ Ferrymead**
1005 Ferry Road, Christchurch
(03) 943 9635
- Roslyn Pharmacy**
287A Highgate
Roslyn, Dunedin 9010
03 477 9793

NATURAL HEALTH CLINICS LOCATED AT KERIKERI, WHANGAREI, NORTHWEST, THE CAPSULE DRURY AND TAUPO.



New Hardy's Hubs coming soon!

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

A huge welcome to Roslyn Pharmacy, Dunedin and Stratford Pharmacy to our growing family of Hardy's Health Hubs.

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

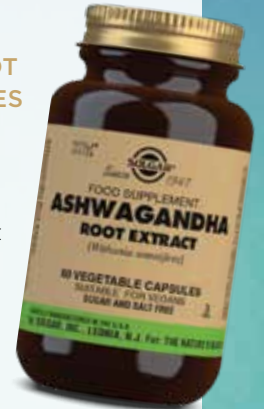


LIVE MORE, WORRY LESS



SOLGAR® ASHWAGANDHA ROOT EXTRACT VEGETABLE CAPSULES

- Natural product used in Ayurvedic practice
- Classified as an adaptogen
- Helps the body manage and adapt to stress
- Vegan, Vegetarian, Kosher, Halal



SOLGAR® VITMAIN B6 100MG

- Supports normal energy levels, reducing tiredness and fatigue
- May support women through their natural cycle
- Supports healthy formation of red blood cells
- Supports healthy mind balance
- Supports the immune system



SOLGAR® ULTIMATE CALM DAILY SUPPORT

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



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

SCIENCE OF NATURE

Missing the sun?



Try **Hardy's Hot Deal**
on the Sanderson

Vitamin Twin Pack

Sanderson Ester-plex®
1300mg Vitamin C / **200s plus**

Sanderson Premium Vitamin D
1000 IU / **100s**

NOW \$41.90*

SAVE 40%



SANDERSON®

*Offer valid while stocks last or until 28/02/2023. Always read the label and use as directed. If symptoms persist see your healthcare professional.

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS