

My Hardy's

We'll get you feeling good!

Tips For Feeling Fabulous

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Cool fresh you!

Boost Vitality
This Winter





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winter ills and chills

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NEW ZEALAND'S NATURAL HEALTH SPECIALISTS

Welcome to winter!



I'm all about finding the joy in this invigorating season. For some, winter can be a time of lower moods in response to the shorter days and longer nights, but I love the colours winter can bring, and those beautifully crisp, clear blue-sky days that give us a wonderful feeling of warmth and nourishment.

While the idea of an exercise and/or healthy eating programme can feel unappealing at this time of year, lack of or no exercise, combined with a lack of good nutrition and sunshine, often culminates in us feeling stressed, fatigued, anxious or overwhelmed. This often leads to sickness and lethargy, which in turn lowers our immunity; then come the winter ills and chills.

It isn't always easy to feel proactive in your approach to better health during the cold winter months; often we tend to hibernate as it gets colder, only to have to react when our immunity is weakened, and those winter blues hit. There are so many little things we can do to make our winter brighter, and keep ourselves fit and well. To get the best out of our body, we need to invest in it, giving it the love it needs in order for the machine to work properly.

This magazine is full of ideas on ways to make ourselves feel fabulous over the next few months, keep the winter bugs at bay and release those all-important feelgood endorphins that offset the main stress hormone cortisol. This time of year it's more vital than ever to make sure we get enough of the right foods and vitamins. We also need to take time for the all-important exercise we need, especially outdoors so we get plenty of Vitamin D, making us feel happier and more grounded.

So let's get proactive! As you will see, everything in this issue is about feeling great this winter. Rediscover the joy of the winter season, learn how to boost your immunity, improve your wellbeing and most of all enhance your mood. So if you want to be the best you can be this winter, come on in to Hardy's, talk to one of our experts and you'll walk out feeling good!

Until next time,

Diana

Diana Burgess - Naturopath



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BE
IN
TO *Win!*

Each Hardy's store will be giving away a fabulous Dr Organic gift hamper this winter.

Buy any two
Dr Organic
products to
enter draw

Drawn 31/7/18



Winning the Fat Fight Right

For some of us, losing weight can feel more like a losing battle. If you're eating well and exercising regularly, surely weight loss is inevitable? Not always, as Diana explains.

One of the most common reasons patients contact me for advice is to drop unwanted kilos. But while most people know that a healthy, nutritious diet and regular exercise are vital for weight loss, there is a core group of frustrated people who come to see me, feeling that the harder they try to lose weight, the more they seem to stay the same weight, or even gain extra kilos.

I needed to investigate why this group were finding weight loss so hard. Perhaps these patients were telling me one thing and doing another? Another possibility was some sort of hormonal imbalance or an overload of toxicity in the gut and/or liver. Whatever the reason, any underlying issues needed to be addressed before their body would start working to shift the fat.

But the more I investigated, the more I discovered that this particular group didn't fit into any of these categories. They ate a balanced diet, exercised daily, had great gut health and didn't present any other symptoms of hormonal imbalance.

What I did discover, however, was that this group exercised 'hard out' because they felt they had to. The runners who run with

grim stress written all over their face; the gym goers who hate what they see in the mirror, driving them to push themselves even harder, all the while counting the minutes until they can go home. Then there's the boot-campers or those who sign up with a personal trainer so someone else can push them 'hard out' to improve results, but they often loathe every minute.

Don't get me wrong, many people love these forms of exercise, and feel fabulous afterwards. But what if you loathe it? If you love your chosen exercise then fantastic! Keep it up. If every time you exercise it's a chore, however, there's a chance that the stress you feel by doing something you hate is actually creating the very problem you're trying to solve.

There is an abundance of research that shows when we are chronically stressed we produce excess cortisol, a hormone the body releases when it's under duress. Any extra cortisol we produce has nowhere to go, so floats around our system. Our body then produces extra fat cells to store the excess cortisol away from harm's way. Clever, yes – but it's no fun discovering the exercise you're doing is actually counter-productive.



Talk Nicely to your Body

Of course, the key to successful weight loss isn't just exercise. I'm a firm believer that you can't exercise out bad nutrition. You can go to the gym all you like, but if you're eating badly and drinking too much, it won't take away the damage that's been done. Remember, your body stockpiles information. What information did you send to your cells today? Did you send vitality, peacefulness and calm, or did you give your body stress, acidity, inflammation and pain? If you want to be successful, send the right information to your physical body.

**Chronic stress = Excess cortisol = Extra fat cells = Extra stress
= Weakened immunity = Winter bugs = Feeling blah over winter!**

It's not just exercising in a way you loathe that can cause this reaction either. If you're overstressed by anything – a nagging partner or boss, being stuck in traffic, the demands of raising kids, eating too many processed foods, drinking too much alcohol – you'll produce extra cortisol. When we are stressed, our immunity is lowered, with hormones becoming imbalanced as our body puts all its effort into dealing with stress, weakening our resistance.



So my solution is simple: find your own personalised Joy Of Movement. What do you love doing? It may be walking the dog, putting on music and dancing, yoga, walking mindfully, meditating at the beach or simply playing with the kids. Whatever form of exercise you choose, make sure it is something that nourishes your spirit, soothes your soul, makes you feel great and reduces your stress, which in turn reduces excess cortisol and the need for those extra cortisol storage units - AKA Fat Cells.

Enjoy your Exercise
Diana Burgess ND

tips for Feeling Fabulous

- Eat the colours of the rainbow every day, as close to nature as possible
- Try to reduce your stressors. There are some beautiful natural calming stress formulations available that can help you feel more balanced and in control. Talk to a Hardy's Expert who will help you find the right supplement for you.
- If you're particularly stressed or busy, add an immunity booster to your daily routine.
- Just breathe. Take a moment every day when you're doing something you love, and simply appreciate it.
- If you're particularly stressed or busy add some calming herbs or an immunity booster to your daily regime.
- Blend up lots of seasonal fruits and veggies in a variety of colours to make your super smoothie!
- Spend time outdoors to connect with nature and soak up some winter sun.




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Best for those looking to **replenish moisture** and **revitalise** the skin.

Naturally restoring and hydrating, this versatile ingredient helps moisturise while penetrating deep into the skin.



Sensational C

For hundreds of years, we've known Vitamin C is good for us. A daily dose of around 200mg of Vitamin C helps boost immunity, especially during colder months, and protects against all kinds of health problems like cardiovascular disease, prenatal issues, eye disease, scurvy and even anti-ageing. It's also used by regular travellers who want to stay healthy, and over the past couple of decades, this important vitamin has even been linked to cancer cures, by spurring on the death of cancerous cells. It's all pretty exciting stuff!

However, our bodies aren't naturally very good at storing Vitamin C; it is estimated that oral Vitamin C has just a 20 per cent absorption rate into our bloodstream, which is where it's needed in order to be useful. This is where Lypospheric Vitamin C comes into its own.

Lypospheric Vitamin C is coated in a similar substance to our own cell walls, making it easier for us to absorb. Much of our biological chemistry is based around water and fat solubility. In the same way that water and oil don't mix, Vitamin C (a water soluble vitamin) and our cell membrane walls (made up of fatty acids) don't work well together.

Cardiologist and orthomolecular specialist Dr Thomas Levy found that lypospheric compounds of Vitamin C are far more effective at being absorbed than regular Vitamin C. Think of regular Vitamin C molecules as little ping-pong balls, bouncing around your system. Some of them make it through the cell walls and into the bloodstream where they can get to work, but most of them don't. With its special coating, Lypospheric Vitamin C allows around 90 per cent of this precious substance to be absorbed.

What are Liposomes?

Liposomes are miniscule, spherical 'sacs' made out of the same material as a cell membrane. Liposomal Vitamin C is basically Vitamin C, packaged up like the body's cells, so it passes through the digestive barrier, delivering the vitamin straight into the bloodstream.

Vitamin C and cancer

Although research surrounding the effects of Vitamin C on cancer cells is still relatively new, results so far are very positive. Nobel laureate Linus Pauling and Ewan Cameron, MD, first suspected Vitamin C might help cancer patients more than 30 years ago, and conducted a clinical trial of 13 subjects with terminal cancer. By providing them with 10,000mg doses of Vitamin C every day, Pauling and Cameron managed to increase patients' survival time and wellbeing. Since then, several clinical trials have shown that many cancer patients are naturally low in levels of Vitamin C, and there are more in progress.

Vitamin C and travel



Whether you're in traffic or on a long-haul flight, travel is stressful. When our bodies are stressed, our immune systems are compromised. Animals that are capable of making their own Vitamin C, have been shown to make significant amounts when under stress. However, when humans are stressed they make no vitamin C, which is why many travellers often take a Lypospheric Vitamin C on flights and long journeys.

A Tale of Triumph

New Zealander Alan Smith made international headlines after the King Country dairy farmer went from a comatose state, to being discharged from hospital, after being given high doses of Vitamin C and Lypospheric Vitamin C. Alan had been on life support following complications from leukaemia and pneumonia, and doctors believed he was at the stage where nothing more could be done. Alan's brother-in-law insisted doctors administer him with high dose intravenous Vitamin C, and while medical staff weren't initially convinced, they agreed to try.

Alan's condition improved so much, he was soon able to sit up and drink liquids. The family started giving him Lypospheric Vitamin C, after which he recovered to the point he was well enough to leave hospital.

To learn more about Lypospheric Vitamin C, ask one of our friendly Hardy's staff in store for more information.





Ben's Blog

Benjamin Brown is a well respected Naturopath, Nutritionist, Science Writer and Speaker. See more from Ben's Blog at www.timeforwellness.org

Grounding Quickly Improves Mood



Earthing (grounding) involves bringing your body in contact with the earth, and has important health benefits. A recent study found grounding improved mood, fast.

In the modern world people rarely come in contact with the earth's natural surface as we wear rubber soled shoes, live and work in buildings and sleep elevated from the ground.

"The earthing hypothesis states that the earth's subtle negative electric surface charge equalizes the electric potential of the body with that of the Earth," comments Getan Chevalier, leading expert on the science of grounding, and author of a new study that tested the effects of grounding on mood.

In the study 40 adults were either grounded or sham-grounded (no grounding) for 1 hour while relaxing in a comfortable recliner chair. For the group that was grounded, the chair was equipped with a conductive pillow, mat, and patches connecting them to the ground.

Using a mood assessment, it was found that the group that were grounded had a statistically significant improvement in pleasant and positive moods compared to those who were not grounded.

"If these effects are confirmed in further studies," commented Chevalier, "then it is possible that grounding may be a simple way to improve mood states and help mitigate common detrimental effects of negative moods on health and psychological state, such as anxiety, stress, and depression."

Ref: Chevalier G. The effect of grounding the human body on mood. Psychol Rep. 2015 Apr;116(2):534-43

New

Let nature care for your
HEART

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RRP***

*Offer applies 1st June - 30th June. RRP is NZD \$40.



FRESH PICKED™
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**CARDIOVASCULAR
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Contains 136mg Oleuropein,
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Offer applies 1st June — 30th June. Always read the label. Use only as directed. Do not use in place of prescribed anti-virals or anti-infectives. Comvita New Zealand Ltd Te Puke. DA1801EH 212. ^ Lockyer et al. Eur. J. Nutr. 2017

Put Time On Your Side

LifeGuard Essentials

*Ageing, oxidation and illness
and what to do about it*

Ageing; what is going on?

Ageing is a natural part of life. You're born, you grow, and you age.

Life should get richer and happier as you pass through it. Unfortunately, later years are often a time of chronic illness. Most people will get a chronic condition, but they are not isolated events. The scientific evidence is pouring in, and points directly at oxidation and imbalances in the immune system causing cellular damage.



When you're young, healthy immune reactions are a normal part of good health; it is how the body deals with infection and injury. However, as you get older, your immune system gets slowly over stimulated; it is a killer. You can't feel it, but it is quietly burning in your organs, a bit like rust on an old car.

You can't stop the process, but you can do a lot to help slow it. Exercise helps. As does a healthy diet. Fruit and vegetables contain many immune balancing and antioxidant compounds.

This is a major reason exercise and plant foods are at the heart of healthy ageing. However, even the best diet and exercise regime can be improved upon. The compounds in fruit and vegetables that support healthy immune function and oxidation exist in high levels in other natural sources that are not conventional foodstuffs. Taken daily, these potent herbal compounds optimise the healthy ageing lifestyle.

Immune mediated damage is a silent process.

You cannot tell that your immune system is undermining your health as you get older, but if you've passed the start of middle-age, your internal balance is changing. Each year of your life adds to the attacks your immune system has cleared away and resets it at a higher level. Each year strains the systems that remove free radicals, which your cells make when they generate energy. For these and other reasons, ageing can mean more immune dysfunction and cellular damage. Unfortunately, mainstream science now shows that these processes underpin ageing and the chronic diseases that are associated with ageing.

LifeGuard Essentials

LifeGuard Essentials is first in the LifeGuard range of healthy ageing products, formulated by a doctor who specialises in age care.

LifeGuard Essentials contains five powerful herbal bioactives that support even the healthiest diet: Turmeric, Boswellia, Grape Seed and Skin, Olive Leaves, and Baikal Skullcap. The recommended dose is 2 capsules per day.



TURMERIC

Has been part of traditional Indian medicine for thousands of years, and modern research shows it has a machine gun effect for supporting healthy immune responses. Results of clinical research are showing very positive results in supporting the body in times of discomfort or illness. A key support for longevity in humans



BOSWELLIA

The sap of a desert tree. Boswellic acids offer support in times of illness especially for supporting joint comfort for immune damaged joints.



OLIVE LEAVES

Olive oil is a well-known part of heart healthy eating and contains many natural immune balancing compounds like Oleocanthal and Oleuropein. What is less well known is that olive leaves contain even higher levels of these key compounds. Clinical research of olive leaves active compounds show they can act through multiple pathways to support cardiovascular function, lipid balance and blood pressure health.



BAIKAL SKULLCAP

A plant from the mint family which grows in China and Mongolia. It has a spindly root which contains powerful compounds like Wogonin and Baicalein, which have a particular affinity for protecting the brain, liver and lungs due to their antioxidant and immune balancing actions.



GRAPE SEED & SKIN

Well known for resveratrol, grapes have the highest bioactive load of almost any fruit, but 70% of them are in the seeds! Even people who eat grapes regularly spit the seeds out. Most of the rest are in the skin. This exceptional fruit is most effectively consumed via extracts of its seed and skin.

Grape seed and skin extract are rich sources of potent antioxidant compounds to support healthy cardiovascular wellness, brain and cognitive function as well as vision. A key ingredient for your healthy ageing tool box.

5 STEPS TO HEALTHY AGEING



Ageing inevitably causes oxidation and immune damage, but just how much is all to do with lifestyle. The 5 steps below are not a miracle cure but they will maximise your chances of ageing well.

1 DIET: Highly processed food promotes oxidative damage. Fruit and vegetables contain many natural compounds that suppress it. Natural compounds that influence metabolism are called bioactives, and the bioactives in fruit and vegetables are the major reasons why such food is so important.

2 EXERCISE: Exercise reduces weight, lowers blood pressure and suppresses some immune pathways. Regular moderate exercise and plant based diets are the two keys to a healthy ageing lifestyle.

3 MAINTAIN A HEALTHY WEIGHT: Scientists now recognize that the fat in your body is not a silent blob. Fat is active; it both produces and stimulates immune damage. Maintaining a healthy weight helps to manage this.

4 SLEEP: Rest gives the body a chance to recover. Inadequate rest actually means that your immune system will go into overdrive.

5 A SUPPLEMENT: Even the best diet will not contain all the bioactives in the natural world that manage the damage that can occur in the body due to ageing. Maximum intake requires a good quality supplement.

LifeGuard is a wholly New Zealand owned company committed to health, wellbeing and graceful ageing

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



Exclusive to Hardy's!

LIFEGUARD Health Limited, Auckland +64 (4) 974 9089

The Sunshine Vitamin

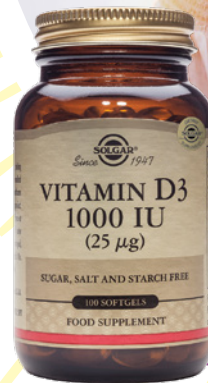
Vitamin D – ‘The Sunshine Vitamin’ – is called this for good reason. Vitamin D, and especially the D3 form of this nutrient is manufactured in the liver after sunlight meets up with cholesterol beneath the skin. Sounds easy enough to make in a country known for its beaches and outdoor living. But does living this far south of the equator interfere with this natural process? And in this age of ‘slip, slop, slap’ are we actually allowing this natural process to happen? Let’s take a look at these two questions.

Due to the azimuth of the sun (the angle of the sun’s rays) at certain times of year, the ultraviolet B (UVB) rays that are required for the manufacture of vitamin D3 are quite limited. They literally reflect off the atmospheric layers during certain times of the year and get beamed

into space. Unfortunately, this impedes the natural production of vitamin D significantly. So much so that between the months of May and September we are unable to make any significant amount of vitamin D at all.

Another challenge we have here in NZ is that we have been conditioned to be afraid of the sun, and we layer up with sunblock. Sadly, this practice actually stops the UVB rays from penetrating our skin and reaching the awaiting cholesterol, thereby eliminating the opportunity to manufacture the ‘Sunshine Vitamin’.

Fortunately, vitamin D3, the same form that the body produces with the interaction of the sun on cholesterol is available in supplementary form, and although it isn’t as relaxing as sitting in the sun for the recommended 20 minutes, Solgar’s Vitamin D3 can offer you a full 1000iu of plant sourced vitamin D3 in a single dose.



Solgar Vitamin D3 100 chewable tabs \$28.50

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

The Comeback Cod



5 Reasons Nana Was Right About Cod Liver Oil!

While massive strides are being made in the world of medicine, people are realising that for great health, many tried and true methods really are as good as Nana always told us they were. And there’s none so tried and true as getting a daily dose of cod liver oil.

Cod liver oil has been used for centuries as a cure-all for everything from rickets to joint mobility. But anyone who was made to gulp down spoonfuls of this miraculous oil will remember that taste! Luckily, modern cod liver oil products no longer taste even slightly fishy; if it does, stop taking it – it won’t be good quality. Not all omegas are created equal!

However you choose to take your cod liver oil, whether in capsule or in liquid form (I particularly like the lemon-flavoured liquid), this ancient favourite has become much easier to take – and it’s well worth it.



HEART HEALTHY. There’s strong evidence to suggest the omega-3 fatty acids in cod liver oil could help protect against heart disease. Studies show that supplementing a regular healthy diet with the omega-3s in cod liver oil can support a healthy cardiovascular system.

BRAIN BOOSTER. Cod liver oil is rich in omega-3 DHA (docosahexaenoic acid), the most abundant fatty acid in our brain. Low levels of DHA in the brain have been linked to poor brain function. Adding omega-2 to your diet can support the way the brain functions, especially when under stress.

GOOD BONES. Cod liver oil is one of the richest sources of Vitamin D, which is why it was used in the treatment of rickets, a children’s disease where bones would soften and distort as a result of low Vitamin D. Taking cod liver oil as a supplement in addition to regular exposure to sunlight is a highly beneficial way of gaining sufficient Vitamin D, and supporting bone development and maintenance.

THE EYES HAVE IT. As with the brain, a healthy eye has high levels of DHA present in the retina. Taking regular doses of cod liver oil can support eye health. This clever oil is also a good source of naturally occurring Vitamin A, which can help with night vision problems.

LOVE YOUR SKIN. Cod liver oil is fantastic for your skin. High in Vitamin A, cod liver oil is useful for dry, flaky skin conditions. Vitamin A is often found in beauty products aimed at anti-ageing and skincare – with cod liver oil you’re getting health AND beauty in one capsule!

Sanitary Revolution

Many of us have heard of menstrual cups, but research shows that most of us will keep using the menstrual products we were first introduced to during puberty. That means if you didn't hear about menstrual cups from your mum or carer, or through school, chances are you've never tried using one.

Susan Johns from Canterbury began using a menstrual cup in 2008, and she's loved the results so much, she's taken on the job of bringing Lunette menstrual cups to New Zealand.

"Everyone has a different 'wow' moment when they switch to a menstrual cup," says Susan. "For me, it was the lack of rubbish. I grew up very conscious about the environment, and when I had my first baby I was horrified when I saw the wheelie bin full of disposable nappies – I changed to cloth straightaway. So when it came to sustainable sanitary options, a menstrual cup was a natural step."

Susan says that many people know very little about the benefits of using menstrual cups, but the women who try it describe it as 'revolutionary'. "We have customers who are amazed by the health benefits," explains Susan. "Freedom from bleaches, dioxins and fibres means women are reporting less period pain, cramping, irritation and dryness. Many women tell me that switching to a menstrual cup is life changing."

Educating the Next Generation

Lunette Australia and New Zealand launched the Sustainable Period Project in February 2018 to educate young women about menstrual hygiene options, allowing them to make informed decisions and



encourage period positivity. Every high school in both countries will receive a free resource kit containing reusable and sustainable menstrual products, including menstrual cups, cloth pads, period underwear and organic biodegradable pads and tampons.

How do I use it?

If you're trying a menstrual cup for the first time, allow a few cycles to familiarise yourself with it. Practice different folds, and the best insertion and removal techniques.

- 1.3 million Kiwi women are of menstruating age
- Women spend over 6 years of their lives menstruating
- New Zealand women spend an average of \$15 per month - \$2000 in a decade – on disposable sanitary items
- One Lunette menstrual cup lasts years. It comes in two sizes and five colours
- A menstrual cup holds 2-3 times more than a tampon and can be worn for up to 12 hours or overnight



SAVE \$15

Every Body Needs Omega-3s.

- 1060 mg omega-3s; 1000 IU Vitamin D3
- Made exclusively from 100% wild Arctic cod
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PANA CHOCOLATE

Winter can be a wonderful time for indulgence, so why not?
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SCOUT NAIL POLISH:

Shake off winter and fire up your nails with Scout breathable nail polish
\$19.90



TRU2U TART CHERRY CAPSULES

Boost your happiness with a good night's sleep, the natural melatonin in tart cherries supports a restorative sleep
\$50.40 60 CAPS
50% EXTRA FREE.

LIVING NATURE LIPSTICK

Highest quality, certified natural ingredients bring luscious, healthy colour to your lips
\$33.00

Hot Picks!

Our hot picks to warm up and nourish your body, mind and soul this winter.



ZEN GEL

Stiff muscles, strains, bruises and sprains can seem worse in the winter so warm and soothe them away with Zen and move freely.
\$14.50

FIRST LIGHT NATURAL HEALTH CRISIS SUPPORT

Great to have on hand for unexpected stressful events like sporting injuries. Nature to the Rescue!
\$24.90



VELVET LATTE

Nourish your soul with this delicious beetroot chai infusion. Naturally sweet with subtle ayurvedic chai spices, this blend is a perfect way to spice up any winter's day.
\$27.90



Tru2U - Christchurch

Fight Off

WINTER BUGS

Some favorite winter remedies as recommended by Hardy's expert naturopath Diana.



DON'T LET IT GET YOU
Instead of saying that you are sick this winter, say that you are 'fighting sickness off.'



Harker's Herbs, Waipou

Warm Up Winter

Lying low when your head's all blocked up is no fun. **Harker Herbs Ear Nose & Throat** is a handy tonic to help keep sinuses clear and nip tickly throats in the bud. Try a dose in a hot drink or inhale it in a steam bath – great to clear the head before bed!

\$32.50 250ml -Get 100mls Free with 250ml Chest Clear

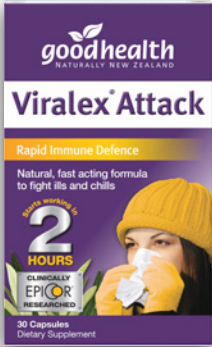
Defend Yourself

Lifestream Ultra Immunity Defence supports year-round immune protection against ills and chills with clinically researched ResistAid™ and Echinacea for optimal wellbeing.

RRP \$49.90 Winter discount **\$39.90**



Lifestream, Auckland



Good Health, Auckland

Fight Ills And Chills

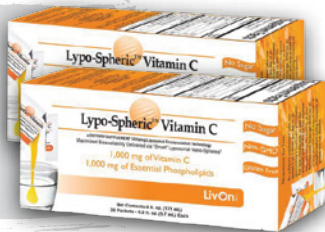
Viralex Attack Rapid Immune Defence is a natural, fast acting formula that starts working in 2 hours fighting off winter ills and chills. Defend yourself naturally.

RRP \$29.40 Winter discount **\$19.90**

Sensational C

LivOn LypoSpheric Vitamin C is much more efficient than other oral forms of Vitamin C. This exciting new supplement supports a healthy immune system and optimal overall health.

RRP \$54.90 Hardy's discount **2 for \$99.90**



Multi-System Defence

Ultimate Immunity, SystemWell is an all in one formulation offering Multi-System Defence. Cellular, Circularity, Digestive, Respiratory and Systemic.

\$49.90 Buy 90 tablets get an extra 45 free *while stocks last


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\$69 OR MORE ON LIVING NATURE
(VALUED AT \$69)



- Certified natural
- Restores skin
- Made in New Zealand

Get yours while stocks last.
Cannot be used in conjunction with any other promotion.

For more great advice on keeping winter bugs at bay talk to your friendly in-store Hardy's staff member.

New TO HARDY'S

Drink Yourself Awake With Arepa

Some days we really need to focus and feel great, but our brain simply doesn't co-operate! That's when you need Arepa. Made from New Zealand pine bark extract Enzogenol® and New Zealand blackcurrants, this caffeine-free drink has been created by neuroscience to empower you and reduce brain fog, fatigue and tension, right when you need to be at your best.



Get a Guilt-Free Boodiful Boody

Finding super-comfy body wear that feels amazing, is healthy for your skin and doesn't cost the earth has always been harder than it sounds – until now. Boody is a new generation of 100% biodegradable bamboo-made wardrobe essentials that are perfect for everyone, every day.

When it comes to clothes that feel and look great, bamboo is a bit of a miracle. Bamboo contains an anti-bacterial and anti-fungal bio-agent that makes Boody garments odour-resistant – perfect if you're travelling or working out. Seamless and silky soft, Boody is a great option for eczema sufferers and those with diabetes, thrush, tinea, swollen feet and sensitive skin. Because it's silky soft and has a 4-way stretch, it won't cut off circulation – no more swollen feet and nasty red sock marks!

Even the way your Boody is created is funky. Bamboo that's sustainable, organically grown, easily reharvested and requires no pesticides or artificial irrigation is cut, and soaked in recyclable liquid to soften it, with all solvents removed to keep things as eco-friendly as the bamboo itself. The bamboo pulp is dried into flat sheets, ground and spun into a gentle yarn that's knitted in tubes, creating a super-soft, luxuriant fabric that feels fantastic.

As gentle on your body as it is on the planet, Boody is thermo-regulating, anti-static and beautifully breathable; getting your Boody on has never felt so fantastic! And it's harming nothing and no-one. Now that's healthy, everyday happiness.

COME AND SEE US AT YOUR LOCAL HARDY'S STORE

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Hardy's Whangarei

The Strand Arcade, (09) 438-3188

Hardy's Glenfield

Shop 5205, Glenfield Mall, (09) 443 1896

Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd, (09) 424 3882

Hardy's NorthWest

Northwest Shopping Mall, (09) 416 9605

Hardy's Pakuranga

Shop 117 Pakuranga Plaza, (09) 576 5843

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TAPS 25984 All offers valid from 1st June to 31st July 2018, while stocks last

SCOUT

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Not only is our NEW Vitamin-Active Superfood formulation available in our new UNICORN DREAM Limited Release but is now also infused across the entire nail polish range.

www.scoutcosmetics.com



goodhealth
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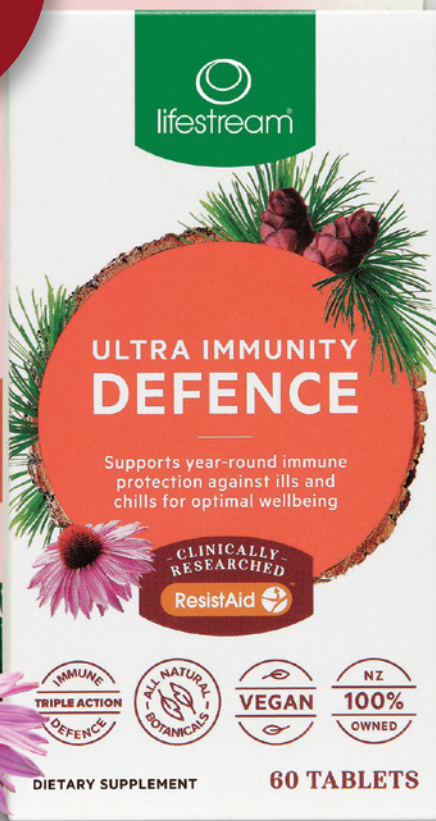
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