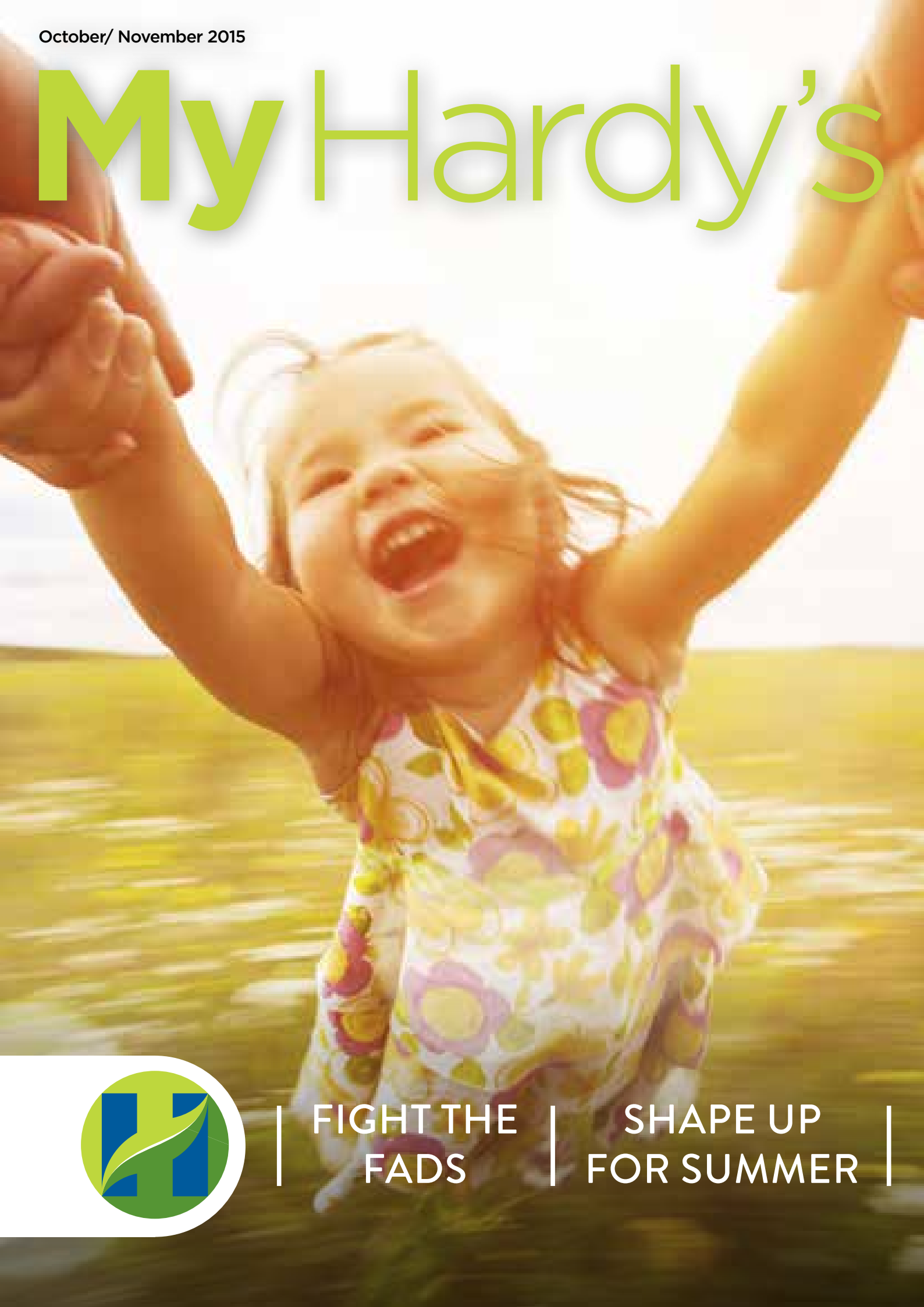


October/ November 2015

My Hardy's



FIGHT THE
FADS

SHAPE UP
FOR SUMMER

TIRED MUSCLES OR STRESSED?



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Editor's Note

The days are getting warmer and we're loving the longer evenings and lighter mornings for getting out and moving before or after work. Summer is just around the corner and, with that in mind, this issue is all about helping you to be your happiest and healthiest yet.

We were alarmed, however, to learn more about orthorexia. It's a topic that's being tackled for the first time this year at the Dietitians New Zealand National Professional Development Meeting and we were lucky to be able to catch up with Angela Berrill, Registered Dietitian and Founder of ABC Nutrition, to learn more. It's a worrying modern condition, that often seems to hide in a confusing, 'grey area'. What starts as well-meaning intentions towards health can spiral. Turn to page 10 to find out more and if you think you or someone you know is taking things to an extreme, we encourage you to seek professional help.

We hope you'll find inspiration and advice within these pages. If you have any feedback about what you'd like to see more or less of in the magazine – drop us a line via: info@hardys.co.nz We look forward to hearing from you.

Until next time, stay happy and healthy.

Your Hardy's Team

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HEALTHFUL HINTS

IN SEASON NOW

Just because produce is in the supermarket all year round, doesn't mean that we should eat it whenever we like. For produce to be stocked out of season, it is often sprayed with growth suppressors and treated with irradiation, which can be detrimental to our health. Eating with the seasons makes for the freshest, tastiest produce that packs the best nutritional punch.

As a general rule, what's in season in spring tends to be green or have a sour taste, such as citrus fruits. It's the time when we get back into salads and lighter vegetables, so stock up on tender, leafy greens like spinach, lettuce, fresh parsley and basil. Fresh herbs are an excellent way to add health-giving benefits to your food, for example, basil has anti-inflammatory and anti-viral properties. We love basil pesto, as it's super tasty and incredibly easy to make. It's great dolloped onto baked potatoes, tossed through pasta, spread on pizza, or as a dip for crackers and crudités.



BASIL PESTO

Prep time: **10 min**

Makes: 1½ cups

2 packed cups basil leaves (or try half and half with basil and spinach)

2 large cloves garlic, minced

¾ cup good-quality olive oil

¼ cup grated parmesan

¼ cup toasted pine nuts or walnuts

Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times. Add the garlic and parmesan and pulse again. Scrape down the sides of the food processor with a rubber spatula.

While the food processor is running, slowly add the olive oil in a steady, small stream.

This will help it emulsify and help keep the olive oil from separating. Occasionally stop to scrape down the sides of the food processor. Stir in some salt and freshly ground black pepper to taste. Basil pesto darkens when exposed to air so, to store, cover tightly with plastic wrap. The pesto will stay greener longer that way.



MELT INTO A MASSAGE

Swedish, hot stone, thai, aromatherapy, shiatsu or reflexology – many of you will have had a massage as a pampering treat, or while on holiday. However, did you know that regular massage also has benefits for our health? That's right, we're giving you the justification you need for a 'me time' indulgence more often!

A review of more than 12 studies found that massage can help to relieve depression and anxiety. Not only can a massage lower cortisol levels by up to 50%, it can also lower heart rate and insulin levels, as well as increase your levels of neurotransmitters, which counter low moods.

If you have a desk job, chances are you will experience some sort of postural stress, whether in your neck and shoulders, lower back or gluteals. Because massage relaxes muscles and increases and improves circulation, multiple studies have shown its effectiveness in countering pain. One study showed it could reduce the need for painkillers, to counteract back pain, by up to 36%.

Unsurprisingly, massage can encourage relaxation and a more restful sleep, helping the body to get into its 'rest and recovery' mode. It turns out that's not just the case in adults either. A study by the University of Warwick found that massage can also help infants sleep more, cry less and be less distressed.

A 2010 study published in the *Journal of Alternative and Complementary Medicine* found that massage can naturally increase the immune system's cytotoxic capacity and boost white blood cell count, which plays a significant role in defending the body from disease.

REVIVE COOKBOOK GIVEAWAY!

We have 3 copies each month to giveaway of the NEW Revive Cookbook. Email your details to info@hardys.co.nz and tell us what your favourite healthy café or restaurant is and you'll go in the draw.*



*3 winners drawn each month. Prize draw will happen on 1st Nov and 1st Dec



SLIP SLOP SLAP IN SPRING TOO!

New Zealand has been nicknamed the "melanoma capital of the world" and, at an average of 300 people per year, our death rate from skin cancer is the highest in the world relative to population. It's no secret that we have high UV exposures; in fact, our peak UV intensities are about 40% greater than comparable latitudes in Europe. The UV Index (UVI) represents the intensity of UV radiation. Anything greater than a 10 is extreme, however the midday UVI during summer in New Zealand can exceed 13. What many people don't know is that New Zealand's UVI can still be high in the shoulder seasons too, like spring and autumn.

A useful tip for working out how much UV radiation is coming from the sun, is in considering its angle above the horizon. This sounds complicated, but can be thought about easily by looking at your shadow. The rule of thumb is that if your shadow length exceeds twice your height (meaning the angle of the sun is less than 30°), there is a much lower risk of UV damage. If, however, your shadow is less than your height (meaning the sun's angle is greater than 45°), protective measures are needed. Turn to page 16 for more on our favourite sunscreen and healthy, safe tanning options.

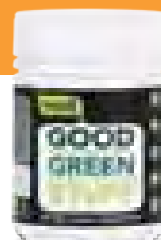


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SHAPE UP FOR SUMMER

With our weight Management Pack

The warmer weather has us starting to think about family barbecues, shorter sleeves, and of course, summer bodies.

Feeling comfortable and healthy is the best way to make the most of summer activities – when you're comfortable you have more fun – but unfortunately it doesn't always come easily.

If weight management for health or otherwise, is something that you struggle with, we have some simple solutions to help you stay on track. Even better, these solutions don't compromise your nutrition or your lifestyle, or require you to spend hours at the gym.

With this in mind our consultants have looked at the key products to include in your weight management plan. This trio of products makes up the Hardy's Weight Management pack, helping you feel good on the inside and out.

Amazonia, an all-natural healthcare company, has created some fantastic new products that aid weight management. Created by doctors, naturopaths, nutritionists and health fanatics, the Raw

Slim & Tone protein has been designed to support natural, healthy weight management, helping manage cravings, and keep you satisfied for longer. It also has the unique benefit of being made with 100% natural and organic ingredients, perfect for those who prefer a more natural approach to weight management.

Best used in conjunction with the Raw Slim & Tone protein, is Raw Sugar Crave release. This oral spray naturally reduces your sweet tooth, and targets the overgrowth of bad digestive bacteria – the root cause of many sugar cravings. Plus, its combination of natural herbs tastes surprisingly good which is a big bonus!

Finally the perfect supplement to these Raw products is SLIMFAST Garcinia Cambogia. It completes the trio by helping to support fat metabolism and appetite management, as well as optimal lean muscle mass.

Head into your nearest Hardy's to talk to an expert about whether these products might be right for you.



WHAT'S TO LOVE ABOUT OUR WEIGHT MANAGEMENT PACK?

- Raw Slim & Tone is rich in nutrition to help you feel fuller for longer, not to mention delicious and creamy.
- Products are designed to offer positive and achievable lifestyle changes.
- Infused with herbs known to help boost metabolism.
- Dairy, Wheat, and Gluten free.
- You can still enjoy wholefood meals as part of your normal diet.
- Designed to help support a healthy digestive system, a key factor in weight management and overall wellbeing.

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feeling
good



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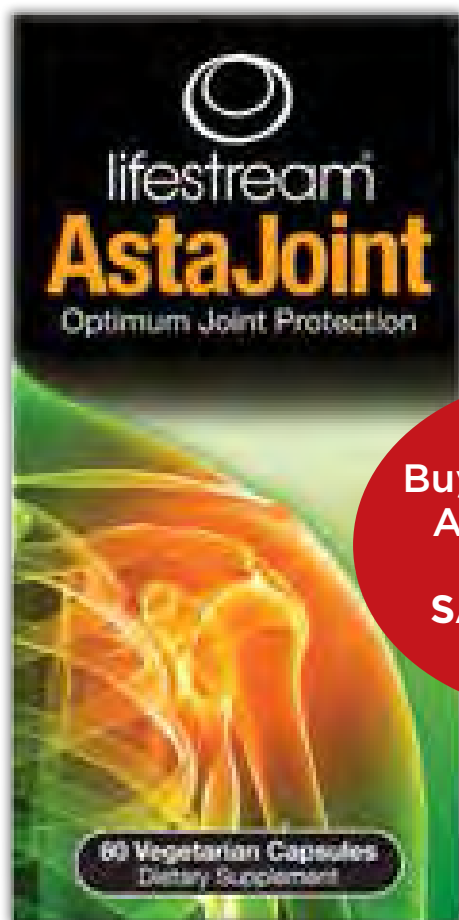
Lifestream Astajoint is the ultimate joint health product incorporating the most potent natural ingredients available: Astaxanthin, vegetarian Glucosamine HCl, Boswellia and Flaxseed oil. No fish, shellfish or animal ingredients are used in this all-vegetarian formula which has a major benefit to people and pets allergic to shellfish.

JOINT WEAR & TEAR

Age and wear and tear can play havoc with our joints. As the cartilage "cushioning" between the bones and the joints wears away, the joint can become stiff and uncomfortable, and mobility issues are more likely to impede our quality of life.

Common risk factors for joint stiffness:

- Age
- Being overweight
- Damage by joint injury or infection
- Family history
- Repetitive occupational or sports related activities



REBUILD

Astajoint contains vegetarian glucosamine which is one of the building blocks of cartilage. It provides structural support for the joints, healthy joint mobility and supports joints from wear and tear.

PROTECT

What makes this joint formula extremely unique is the inclusion of additional potent ingredients; Boswellia, flaxseed oil and astaxanthin. Combined, these help to protect cartilage damage, play a role in the healthy functioning of the joints and their mobility, and provide powerful antioxidant properties to assist in counteracting the damaging effects of free radicals.

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- ✓ **Supports healthy cartilage and connective tissue**



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IS ADRENAL STRESS HOLDING YOU BACK?

Certain times in our lives can become busier or harder to manage than others. Maybe it's work getting a little hectic, family pressures or stresses, relationship troubles, and even small things, like a never-ending list of errands that escalates and makes the load feel that much heavier. It can be hard to handle, and some days all we want to do is crawl back into bed and shut the world away.

WHAT IS ADRENAL FATIGUE?

Adrenal fatigue occurs when our adrenal glands, the glands that produce a variety of hormones, aren't producing the right amounts for usual bodily function. Prolonged periods of stress cause our adrenal glands to become tired and stop them from performing at their best, hence we feel more tired and more overwhelmed.

ADRENAL FATIGUE CAN IMPACT ON OUR WEIGHT AND WELLBEING

During busy times, it's common to put our personal needs, such as our health, on the back-burner. Believe it or not, we are also a lot more susceptible to gaining weight.

Not only is it common to 'eat for stress', choosing the comfort foods our bodies are craving over the nourishing foods that our bodies need, but other changes occur within our bodies.

Our adrenal glands emit hormones based on how we are feeling. When we are feeling overworked, our hormones release more cortisol and other chemicals that put us into 'survival' mode. The body constantly thinks it needs extra fuel to keep up and sends messages to release cortisol, activating glucose fats to keep our body energised until we eat. Long-term stress means the extra glucose is stored as fat, mostly in the abdomen.

According to *Fitness Journal*, short-term moments of stress are fine, but when we let our bodies act this way for sustained periods, we are at risk of increased heart rate, increased sugar cravings and an increase in abdominal fat alongside a decrease in muscle mass.

SOLUTIONS TO ADRENAL FATIGUE AND FIGHTING THE FAT

You may be short of time and not quite sure where to turn, however, there are simple, sure-fire things you can do to get back to a positive space and enhance your wellbeing.

- **Exercise.** Exercise releases endorphins that offset cortisol being released. As Dr Libby Weaver says in her book, *Rushing Woman's Syndrome*, when we are stressed, overwhelmed and fatigued, exercise is "the least appealing thing on the planet," but with no exercise, our clothes get tighter and we feel more frustrated and stressed – it's a downward spiral. As tired as you are, exercise can have a counteractive effect, helping to banish the negative hormones.
- **Nutrition and eating for health.** While a quick food fix can make your day seem that much easier, having a diet rich in 'real' and whole foods will do a whole lot for your body and mindset, so remove the processed foods and amp up your greens. A balanced diet with protein and carbohydrates will replenish glucose levels and bring cortisol hormones back to the appropriate levels faster.
- **Limit your caffeine.** Caffeine enhances adrenalin levels, which are generally already high enough when we're suffering from adrenal fatigue. More caffeine adds more stress on our bodies.
- **Take time out to relax.** Make Saturday and Sundays (or whichever days work for you) your relaxing days. Force yourself to have this time to refresh your mind and take a break.
- **Get more sleep.** Sleep plays a vital role in our health and wellbeing. While we sleep, our body has the chance to reset our hormone levels and rectify the damage caused during a stressful day.
- **Breathe.** Research has found that breathing right can help relieve our cortisol levels.
- **Boost your body with supplementation.** One of the most effective solutions to adrenal fatigue can be taking dietary supplements. Zinc, magnesium and vitamin C assist with reducing anxiety and adrenal function. A comprehensive multivitamin mineral will also provide ultimate support.

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FIGHT THE FADS:

A healthy approach to healthy eating

Orthorexia (Noun)

An obsession with eating foods that one considers healthy; a medical condition in which the sufferer systematically avoids specific foods in the belief that they are harmful.

Gluten free, dairy free, refined sugar free, raw, clean, only organic, vegetarian, vegan, paleo, non GMO... there are so many buzzwords surrounding our food. For many of us, one (or maybe even multiple) of the above approaches to food are familiar. However, how do you know if you're taking things too far?

For people with food allergies or intolerances, or conditions such as Coeliac Disease, some form of dietary restriction is an unavoidable fact of life. For the rest of us, it can be all too easy to get caught up in the hype of what you read and hear, and swept away in doing what you think is "right". The internet is full of masses of bits of information (many of which seem to contradict each other), that point to the fact that certain foods are better for us than others.

We've got celebrities (who, we'd like to remind you, are not usually trained in nutrition or health) who expose their own food choices, and media outlets that espouse these, and other options, as the next best thing. What may have started as a well-intentioned attempt to educate a population faced with increasing obesity rates and other critical health conditions has hit a sort of hysteria. It's enough to leave many of us confused.

NZ Registered Dietitian and Founder of ABC Nutrition Angela Berrill says, "We're getting more and more calls through the clinic from people who have become scared off certain foods or who are seeking a professional's view on some of the information they've seen, heard or read."

The term 'orthorexia' was first coined by Steven Bratman, MD in 1996. Far from being intended as a diagnosis, the term was initially an attempt to help his patients, who were overly health-obsessed, to consider that their approach to eating may not be as beneficial as they thought. Over time, however, Bratman came to recognise that

the term identifies a serious eating problem. While it is not an officially recognised disorder in the DSM-5, it is accepted by medical professionals alongside other eating disorders, such as anorexia nervosa and bulimia nervosa. Quite literally, orthorexia nervosa means "fixation on righteous eating." While it may start as an innocent attempt to eat more healthily, orthorexics (as they are termed) become fixated on food quality and purity and consumed with what and how much to eat.

"The key thing that separates orthorexia from healthy eating is its narrowness,"

explains Angela. "Orthorexia carries, as part and parcel of the condition, fear and anxiety, as well as social isolation. That's problematic because food is about more than just nutrients – it's a social thing too."

Eating healthy foods doesn't seem like a bad approach in itself, but the diet of orthorexics can be unhealthy, with nutritional gaps or deficits stemming from the specific and narrowly defined diet they have assigned themselves. Because there are no set rules or restrictions for orthorexia, it's not always the same things that people are missing out on either.

"If someone was cutting out carbs, it's possible that they could be at risk of not getting the recommended daily intake of fibre," explains Angela. "Similarly, if people have cut out all dairy products they could have suboptimal calcium levels or, in the case of heavily reducing or abstaining from meat, there's likely to be an increased risk of anemia, if not enough other sources of iron are found."



Angela Berrill is a NZ Registered Dietitian and Founder of ABC Nutrition. Just last month, she spoke about orthorexia at the Dietitians New Zealand National Professional Development Meeting in Wellington. This was the first year that orthorexia is being discussed at the meeting by dietitians.





Not only nutritional risks, orthorexia can also lead to social isolation and hours each day spent worrying about food and how to make a virtuous meal with an ever-decreasing array of ingredients. Life is planned around food, and often the virtues of various foods seem to be placed well above a sufferer's pleasure in eating them. It tends to require iron-clad willpower to maintain such a rigid eating style, which doesn't seem like an overly fun way to live (or eat!)

While orthorexia likely occurs on a continuum, it is a serious medical condition. A symptom worth noting is the way that a person's self-esteem becomes tied to their diet; each day is seen as a chance to "be good" and eat right, to rise above others in terms of dietary prowess. People also tend to self-punish if temptation wins, often with things like stricter eating, fasting, or more exercise.

Orthorexics often also lose the ability to eat intuitively or to know when they are hungry, when they are full and how much food they actually need. The worries and feelings of failure associated with "falling off the wagon" often mirror those experienced by people following any other diet. This shouldn't be the case when you're taking a healthy approach to being healthy.

While orthorexia appears to be motivated by health, there are also underlying motivations that compound with this. These could range from a compulsion for complete control or wanting to be slim, to using food to create an identity, or searching for some sort of spirituality through food.

DEVELOPING A POSITIVE RELATIONSHIP WITH FOOD

Because good health is aspirational and society pushes certain body image ideals, it is often hard for people to see that their behaviour is becoming problematic. However, no matter where you are at now, it is possible to counter an unhealthy approach to eating and develop a positive relationship with food. Recovered orthorexics still eat healthily, they just have a different understanding of what healthy eating is; one that is usually more flexible and less dogmatic. Recovery often requires broadening the definition of who they are, as well as realising that while food is important, it is one small aspect of life. Here are some of the other things that could help...

SEEK HELP

While orthorexia is not a condition that some doctors will necessarily diagnose, recovery can require professional help and, oftentimes, working through some of the underlying

emotional issues will make the transition to normal eating easier. A registered dietitian, or someone who is skilled in eating disorders is a good place to start. They can help you to determine if the restrictions or patterns that you are putting around food are normal, or have gone to the extreme.

Visit Dietitians NZ (www.dietitians.org.nz) to find a dietitian in your region, or visit www.eatingdisorders.org.nz/seeking-help for other services in New Zealand.

REDEFINE YOUR RELATIONSHIP WITH FOOD

According to Angela: "A positive relationship with food means not being too restrictive. It's about not having guilt or fear, or getting caught up in food shaming. If you have a piece of cake as an occasional treat, enjoy it. Recognise it simply as the yummy treat that it is."

Dr Bratman refers to orthorexia as a "disease of virtue." With this in mind, a healthy way to reframe distorted thinking is to view all food as morally neutral (as opposed to being 'good' or 'bad').

LET GO OF THE IDEA OF "MAGIC FIXES"

Unfortunately, there is no magic bullet, or quick fix; no one thing contains all the nutrition, vitamins and minerals that a person needs to live their healthiest life. While superfoods have some incredibly positive attributes and pack a (more than normal) nutritional punch, they should still be considered (and consumed!) within a balanced diet. Alongside a range of other food groups, superfoods can contribute positively to our health; the key is balance.

OTHER ADVICE TO HELP YOU HAVE A POSITIVE RELATIONSHIP WITH FOOD INCLUDES:

1. Trying to eat when you're hungry, stop when you are full
2. Moving away from using food as a punishment or a reward
3. Steering away from encouraging, endorsing or going on diets

While orthorexia is still a relatively new area of study, more research is constantly being done into its development and treatment. From Angela's point of view: "We want everyone to eat healthily, not narrowly. It's not just about eating healthy foods, but about having a healthy relationship with food." We couldn't have said it better!

COULD I HAVE ORTHOREXIA?

While not something you want to self diagnose (we recommend you seek professional advice if you are concerned about your approach to food), orthorexia is common and can have more mild or extreme forms. If you're wondering how you might fare, consider the following questions... The more answers you respond "yes" to, the more likely you are dealing with orthorexia.

- Do you wish that occasionally you could just eat and not worry about food quality?
- Do you ever wish you could spend less time on food and more time living and loving?
- Does it seem beyond your ability to eat a meal prepared with love by someone else and not try to control what is served?
- Are you constantly looking for ways foods are unhealthy for you?
- Do love, joy, play and creativity take a back seat to following the perfect diet?
- Do you feel guilt or self-loathing when you stray from your diet?
- Do you feel in control when you stick to the "correct" diet?
- Have you put yourself on a nutritional pedestal and wonder how others can possibly eat the foods they eat?

MUSCLE MAGIC

With the start of summer around the corner comes more opportunities to get moving. So, what do we need to do to protect our bodies and make sure our muscles have all of the support they need to best support us? We caught up with Alexis Pritchard, NZ Olympic Boxer, Physiotherapist and Personal Trainer at Wreck Room to find out just that.

STRETCHING INTO SUMMER

“Stretching is so under-rated,” explains Alexis. “It improves posture and encourages proper body alignment. It’s good for the mind too, helping us to reduce stress and tension.” Stretching isn’t just the domain of the gym bunny either; stretching throughout the day can be extremely beneficial, especially for those who spend a large part of the day sitting. As well as being a great way for a quick energy boost, standing up for a quick stretch improves circulation and gets our blood circulating properly. In loosening up tight muscles, it can also help to counter poor posture and reduce the risk of ongoing problems or injuries developing.

Not just the domain of the ‘Posture Police’, stretching is also thought to support conditions like diabetes and depression. Stretching may also be good for our stress levels too, helping to calm the mind and providing a mental break while giving the body a chance to recharge.

KNOW YOUR STRETCHES

Convinced about the virtues of stretching by now? You’re not quite ready to get bending yet! First, it pays to know your stretches; namely the difference between static and dynamic stretching. As the name suggests, static stretches are those that see us holding a minimally challenging position for a sustained length of time. The focus is on relaxing the part that we are stretching to let it ease further into the movement on its own. This is what most of us think about when we traditionally consider stretching.

According to Alexis, “consistent and sustained static stretching will improve your flexibility, i.e. the range of motion in your joints, which can help you achieve greater mobility and athletic performance.” Even if you’re not aiming to be a professional athlete however, there are merits to this.

“There are certain optimal ranges that muscles and joints should be able to move through for general health and wellbeing, separate from the more specific mobility we need for certain sports or activities. Your risk of injury during activities, even simple things like bending down or reaching up, increases when you are not flexible, so it’s important that everyone aims to have their joint motion in the ‘normal’ range. It is possible for anyone to improve their flexibility too; you just have to work at it!”

This is backed up by the research, with numerous studies suggesting that holding a position for 30 to 60 seconds increases flexibility in the tissue. Where the stretching ‘school of thought’ has evolved though, is in realising that this isn’t the way to go before a workout. “Static stretching can inhibit your performance when done before physical activity,” adds Alexis. In fact, a study published in *The Journal of Strength and Conditioning Research* found that static stretching reduces overall strength in the stretched muscles by around 5%.

BEFORE YOU EXERCISE...

Far from standing still with an arm pinned across our body, dynamic stretching, which is also referred to as mobilising, consists of moving while you stretch. This could be things like squats, lunges, push ups, arm swings or leg kicks, which are all great options for a warm up.

While static stretching appears to be a “no-no” pre-exercise, countless studies have found that dynamic stretching before exercise reduces the risk of activity based injuries.

Dynamic stretching helps to improve the range of motion around your joints and prepares your muscles in a sport specific way. It also increases the flow of blood to all of the different parts of the body that need it the most, helping with the energy you need to do the exercise ahead; preparing the joints for movement and muscles for optimal activation.

TIME FOR STRETCHING

Aside from pre and post exercising, there’s no ‘best time’ to work more stretching into your day. Alexis suggests: “Find a time that works for you and your lifestyle. Ideally you want to aim for at least 10 to 15 minutes of good stretching of the major muscle groups, three times a week.”

ALEXIS’ TOP TIPS:

- For pre workout stretching, focus on warming up the parts of the body that will be used for the activity you are performing. If you are going for a run, you should be focusing on your legs, hips and back. It seems obvious, but be careful to make sure you don’t just mobilise your upper body.
- Balance is an important component of stretching. Aim to make sure you are stretching out both sides of your body, mirroring activity, to keep everything balanced.
- If a stretch is causing you pain, back off! It’s about creating and releasing tension in the muscles, not about hurting yourself. If you feel real pain (not just a little strain) you’ve gone too far.





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MY GOOD FRIEND MAGNESIUM

Magnesium is an essential mineral required by the body for more than 325 enzymatic reactions. As well as being involved in the synthesis of fat and protein, and supporting cardiac activity and bone metabolism, magnesium plays a vital role in maintaining normal muscle and nerve function, namely supporting muscles in contracting and relaxing.

The recommended daily intake of magnesium is 400mg, much of which is ideally obtained from our diets. Dark, leafy greens, nuts, seeds, fish, beans and wholegrains, as well as avocados, bananas and even dark chocolate, are all excellent sources. However, for those of us who don't get enough magnesium through our food, or who have type 2 diabetes or gastrointestinal disorders that can contribute to magnesium deficiency, supplementation can be helpful.

Available in both tablets or powdered form, Ethical Nutrients' Mega Magnesium is a useful option to support magnesium levels in the body. Replete in essential minerals zinc, selenium and chromium, Mega Magnesium can assist in cellular energy production, help to maintain normal muscle and nerve function and contribute to keeping bones strong.

Symptoms of magnesium deficiency can include recurring muscle tension or tightness, muscle weakness, or fatigue and lethargy, as well as increased susceptibility to stress. If you think you might be low in magnesium, come and talk to a Hardy's expert in store today.

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IS COMING**
TIME TO GET READY



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YOUR GUIDE TO HEALTHY PLACES TO REFUEL

There's a theory that you shouldn't fill your stomach at the same place that you fill up your car. Merits of this aside, we know that summer is just around the corner, so we've put together a definitive guide to healthy cafes and food stops around the country. Keep it handy for your next road trip, or make it a mission to try them all. After all, being healthy doesn't mean sticking to one diet, food group or place to eat, so why not check them all out?

NORTHLAND

Click Fresh – Kaitaia

Friends and Click Fresh's founders Alan and Logan often talked about the changes they'd like to see in the world. Knowing that good food forms the basis of a good life, they created Click Fresh. Part fruit and veg store, part café, with a dash of artisan market mixed in, Click Fresh is all about being local, and providing healthy fresh food that's good for you, and good for the community. Pop in for a bowl of fresh vegetable soup or a tasty and nutritious smoothie.

Nectar - Whangarei

Voted 'Best Café in Northland' five times for a reason, Nectar has something for everyone. Delicious fairtrade coffee features alongside organic wholefoods, with plenty of gluten free, dairy free, vegetarian and vegan meals, as well as raw foods and even dehydrated options.

The Fat Camel – Whangarei

Described as "The Middle East in Whangarei", The Fat Camel is many people's low cost eatery of choice – and for good reason! With options catering to a range of different dietary requirements, head there for a "magic" falafel pita or a scrumptious Turkish Coffee.



AUCKLAND

Misters - Auckland City

At Mistery, it's all about real, whole foods. Their menu changes regularly to make use of all the good local, seasonal produce available and the entire kitchen is gluten and dairy free. At Mistery, they also make their own nut milks, so you can try smoothies or coffees with hazelnut, cashew, almond or coconut milk for a change.

Little Bird Unbakery – Kingsland, Ponsonby & Britomart

Started by partners Megan and Jeremy, Little Bird Unbakery boasts incredible sweet treats and breakfast and lunch options, all made using organic, raw ingredients. The belief is that food should not only taste amazing, it should make you feel amazing too. Because they don't heat anything above 46°C, Little Bird food retains all its enzymes and nutrients. If you're not nearby, check out: <http://littlebirdorganics.co.nz/collections/shop> to order their delicious 'gawnola', macaroons or crackers.

Mondays Wholefoods – Kingsland

Passionate about community, in the old-fashioned sense of the word, Mondays is an ivy-clad urban haven packed with delicious coffee and cold pressed juices, as well as wholesome breakfasts and lunches, scrumptious gluten free baking and incredible raw and vegan sweet treats. If you're not in Auckland – there's plenty available online, including the Mondays Journal, an array of cookbooks and holistic pantry supplies.

CENTRAL NORTH ISLAND

Two Birds Eatery - Hamilton

Tucked out of the way in the Clyde Street shopping centre, Two Birds is a brunch and lunchtime mecca. Rather than following one healthy fad, they focus on good quality food made with nutritious produce, including all free range meat, vegetarian and vegan options and raw sweet treats. Make sure you check out the granola, vegan pancakes and smoothies come summer.

The Shack – Raglan

The fabulous team at The Shack in Raglan are lovely, and the food certainly doesn't disappoint! Catering to gluten free, and vegetarian diets, and supporting local producers, The Shack provides a healthy taste of Raglan. Their breakfasts are particularly scrummy, but we love all of their meals, especially those that use Raglan Coconut Yoghurt!

WELLINGTON

Ti Kouka - Wellington

Another café with a real focus on sourcing products locally, Ti Kouka is run by brothers Jesse Simpson and Sheperd Elliot. They're all about using the best ingredients, and in-season, organic produce whenever possible. Again catering to people with food intolerances and allergies, they even feature a low FODMAP menu for those who suffer from irritable bowel syndrome. They were 2013 champions of Wellington on a Plate, for their All About Longbush Pork Burger, so you know they're doing delicious things with food!

Chow – Wellington

Creative, fresh, Pan-Asian food is the specialty at Chow, with fresh, balanced and healthy meals that don't lack in flavour. They cater to virtually all dietary requirements, and the healthy range leaves you feeling satisfied without feeling like you've missed out on anything – unless it's missing out on getting to try everything! Highlights include the unique flavours of the orange and pistachio salad and the deliciously healthy Peking duck lettuce cups.

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UPPER SOUTH ISLAND

Morrison Street Café – Nelson

Having won Best Café in Nelson multiple times, and runner up in the national Café of the Year, you know that Morrison Street Café is going to deliver. What's nice is that for those looking to eat a little healthier or for those who have intolerances, Morrison Street Café can cater to virtually all difficulties – they even have menu allergy sheets at the counter. Granted, not everything is super healthy (their double chocolate and macadamia nut brownie springs to mind), but there's no reason why you can't have a little of everything in moderation!

Hislops – Kaikoura

At Hislops, wholefoods are the name of the game, with a focus on organic cuisine and a variety of vegetarian, vegan, and gluten free options. Their menu features sensational beef and lamb dishes, local seafood, freshly baked bread, delicious wines, beers and coffee.

CHRISTCHURCH

Dux Dine – Riccarton

A must-visit for vegetarians and pescatarians in the area, Dux Dine makes the most of fresh seafood caught locally off the coast of the South Island, as well as in-season veges, many of which are grown in their own organic garden. Set in an old character house, the menu features no meat and is instead stuffed full of beautiful vegetarian meals and ever-changing seafood dishes.

LOWER SOUTH ISLAND

The Good Earth Café – Dunedin

Breakfast is The Good Earth Café's favourite part of the day, but their lunches and coffees are both equally appealing. They make their innovative food from scratch everyday, with a real focus on fresh, wholesome, mainly organic ingredients.

Rehab Smoothie Bar – Queenstown

For the clean eating fan, Rehab Smoothie Bar is absolute heaven. For the rest of us who just want to fill up on healthier options, it's just as satisfying. Not just smoothies, they offer everything from sushi to wraps to hot boxes, and use special ingredients (think acai, buckwheat and quinoa) to create meals that are both delicious and nutritious.



1. LBU Hot Cacao Nut Milk

image credit Little Bird Organics Facebook

2. Dux Dine vegetable gardens

image credit Dux Dine website

3. Rehab Smoothie Bar juice

image credit Rehab Smoothie Bar Facebook

4. Ti Kouka cafe meal

image credit Ti Kouka Facebook

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Beautiful

SKIN

laid bare

Tick tock – there's the clock counting down to summer! It's not long now but if the thing you're most looking forward to is soaking up the sun for that glorious, natural summer glow, we'd love to take a moment to remind you just how precious you and your family's skin is and how important it is to protect it.

Did you know that in the 19th century, fair skin was considered the standard of beauty? Trends have certainly changed, with a natural (or not so natural) sun-kissed glow seeming to be the ideal for many women and even men. However, the sun has also changed, and New Zealand sun is at its worst.

New Zealand is known to have some of the worst levels of ultraviolet radiation (UV) and according to SunSmart, New Zealand has the highest rate of melanoma skin cancer in the world – about as many Kiwis die each year from melanoma cancers as those who die on our roads, and it's just as preventable as road deaths too.

Whilst naturally tanned skin is often associated with good health (hence the frequently-used term 'healthy glow'), beauty (cue: models in magazines) and somehow seems to make us feel better about ourselves too, tanning is incredibly harmful to our health. In fact, tanning is the reaction our skin has when it's trying to protect itself from UV rays and the melanin that turns our skin darker only gives us a tiny bit of protection.

UV rays also damage our skin in other ways, with more wrinkles and by making us look older faster – we want to stay looking youthful for as long as we can, don't we!?

Highly damaging sun coupled with Kiwis' love for making the most of our beautiful summers makes it incredibly important to layer on the sunscreen, especially during daylight savings months, September to April, and between 10am and 4pm when the sun's rays are the strongest.

OASIS SUNSCREEN

Oasis Sunscreen is your best bet for avoiding the sun's harsh rays. Dedicated to those with sensitive skin, Oasis Beauty was established over 15 years ago and uses all-natural and organic ingredients, unlike other sunscreens that get a bad rap for all of the chemicals put in the bottle.



FAKE IT 'TILL YOU MAKE IT

If we've convinced you that blocking up is the best way forward this summer, then you'll be happy to know that you can still achieve that sun-kissed, 'bronzed-goddess' look with fake tan alternatives. Just be sure to read the labels for any harmful ingredients.



ECO TAN – LESS RISK TO LOOKING BEAUTIFUL

Eco Tan was a revolutionary new product on the self-tanning market when it first came out, and its popularity has skyrocketed since then. This is mainly because Eco Tan is a self-tanning lotion that only uses organic ingredients, including cacao as the base, meaning you don't have to worry about chemicals being spread on your skin. After thousands of hours of research to find a tanning solution that is both safe and natural, the result is an all-natural tanning product made from cacao, herbs, floral extracts, fruit extracts, and chamomile. As an added bonus, because it doesn't have any chemical bronzer in it, it won't stain your clothing or sheets! You're sure to love it almost as much as your skin (and bed) does.

Pop into your nearest Hardy's store today to stock up on your healthy summer essentials.

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BALANCE RHODIOLA

HELP RESTORE THE BALANCE IN YOUR LIFESTYLE

Key Indications for Use

Stress is everywhere. It can come from mental, emotional, or physical strain and can be caused by anxiety or overwork. We can all feel different degrees of stress at some stage. It is how we deal with it that counts. Balancing our lifestyles can prevent stress from leading to more serious health issues. Solgar has selected specific nutrients and botanicals that help our bodies.

Ingredient / Formula Information

Solgar Balance Rhodiola Complex provides adaptogenic botanical herbs and nutrients that are well researched and have been shown to support human health.

Rhodiola Root Extract:

Rhodiola rosea contains more than 30 compounds, including flavonoids, triterpenes, and phenylpropanoids. The adaptogenic properties of rhodiola have been attributed primarily to its salidroside and rosavin content.

Siberian ginseng root extract:

Although not a true ginseng, Siberian ginseng increases tolerance to various stressors. By supporting the manufacture and secretion of adrenal hormones, this herb helps to normalise the way in which the body responds to stress triggers.

Liquorice root extract:

Glycyrrhizin, a compound found in liquorice, is metabolised to glycyrrhetic acid in the intestines. In studies, glycyrrhetic acid has been shown to counteract the effects of adrenal hormones.

Roman chamomile extract (*Chamaemelum nobile*):

Chamomile has been used traditionally to relieve stress and worry anxiety and enhance feelings of calmness and relaxation.

Magnesium:

Functioning synergistically with pantothenic acid, vitamin C, B6 and zinc, magnesium is required for adrenal health and the synthesis of adrenal stress hormones. Magnesium is a key nutrient involved in proper nerve impulse transmission. Deficiencies have been linked to stress anxiety disorders.

Pantothenic acid:

Pantothenic acid (vitamin B5) is a precursor of coenzyme A, which is required for the synthesis of various hormones, including adrenal hormones.

Tyrosine:

Catecholamines (adrenaline, noradrenaline and dopamine) are synthesised from tyrosine and become depleted during stress. Studies support the use of tyrosine's adaptogenic properties under extreme environmental conditions or psychological stress.

Also included in this formula:

Ester C, citrus bioflavonoids, niacin, spinach, kelp, vitamin B6, pumpkin seed powder, broccoli, rosemary leaf extract and montmorency cherry.

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THE HAPPINESS PROJECT

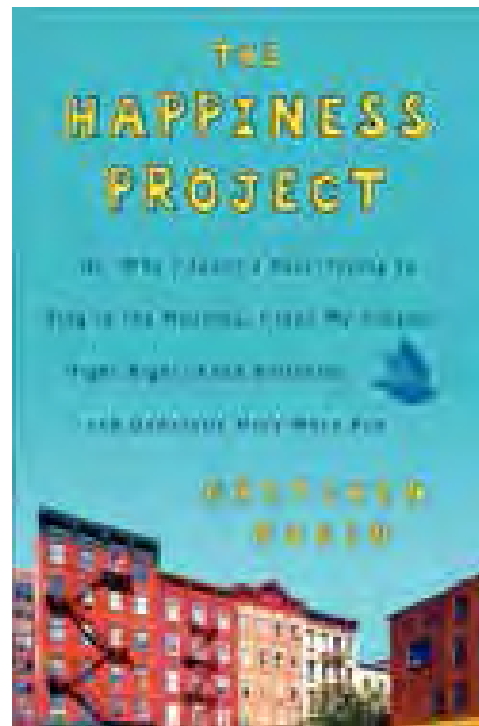
Similar to Elizabeth Gilbert's *Eat, Pray, Love*, Gretchen Rubin set out to find the secrets of contentment and joy in *The Happiness Project*. Following an epiphany one rainy afternoon on the bus, Gretchen realised that "the days are long but the years are short". From there, she set out to dedicate a year to figuring out (and then focusing on) the things that really matter in her pursuit of happiness.

Now, I loved *Eat, Pray, Love*, so this was a hard act to follow, however, where the books differ hugely, is in the vehicle they use to find happiness. While Gilbert joins an ashram in India and eats her way around Italy, Rubin looks for powerful sources of happiness in her everyday life. And while *Eat, Pray, Love* is enjoyable for its escapism, *The Happiness Project* seems, in many ways, more relatable and more practicable.

Indeed, there are practical strategies in Gretchen Rubin's book that can be applied to our lives straight away. Take chapter 1 for example, with its focus on vitality and boosting energy. This covered tackling a nagging task, going to sleep earlier and exercising better (you'll note it doesn't say more, which is one of the reasons I liked it), among other things. Or chapter 5, titled 'Be serious about play', which encourages us to find more fun, take time to be silly and go off the beaten path... This all seems incredibly do-able.

Peppered with scientific studies and personal reflections, *The Happiness Project* is irreverent at times, and a relatively light and easy read. I particularly enjoyed the commentary about Gretchen's own family while she was undertaking her project. The acknowledgment that virtually none of us would be embarking on a happiness project in a silo, made it instantly more relatable.

It's a book that requires something of the reader though. As opposed to passively sitting curled up with a novel, in a spectator role, this one could be described more as a participatory sport. It requires some thinking and, for getting the most out of it, some active engagement – giving things a go in



your own life. Gretchen admits that all of her readers will have a happiness project that looks different to hers, but this book is her account, and still a pretty good starting point. It's also safe to assume there are not many people who couldn't benefit, in some way, from a happiness project.

While it could be said that committing to a year-long project takes a huge amount of willpower, Gretchen's approach had ingredients that make it less akin to those ambitious New Year's resolutions that we lose the motivation for by February. Because each month has a different focus, it seems like something that could sustain even the shortest of attention spans. Plus, the website (www.gretchenrubin.com) is packed with tips, resources and even podcasts to help people on their way towards their own happiness project.

Positively, this book is proof that if we change our habits, we can change our lives.

THE POWER OF POSITIVITY

After a long, cold winter that seemed like it would never end, summer is almost upon us. Yay! That means lots of nice and long sunny days are on their way (we hope!) You'll want to be feeling your best, of course, so you can go out and make the most of them.

Whether this means shedding that remaining winter weight, getting a bit more active, or simply improving your general wellbeing, there's an extra ingredient that's guaranteed to help you on your way to achieving your goals: positive thinking!

The power of positivity may be a cliché, but it is that for a simple reason: it works. Focus on your strengths and what you can achieve, rather than challenges you're facing or reasons why you can't do something, and you'll get so much more accomplished. Try approaching your goals this way; you'll soon see the difference it makes.

Research has shown that the benefits of positivity include enhanced health and longevity, happiness, career advancement, athletic performance, team building and financial success. This is true across the board. Positive leaders have been shown to make better decisions under pressure, and are more likely to be popular, garner support and achieve success. Similarly, workplaces that embrace positivity outperform those with negative environments, and (unsurprisingly) optimistic and enthusiastic salespeople sell more products than their pessimistic counterparts.

The theory works anywhere however, and the benefits of positivity also extend to people's personal lives, thoughts and behaviours. Positive thinking can counter the negative effects of stress, and help you maintain a broader perspective and identify solutions (rather than focusing on problems). One study also found that positive thinking even gives you a higher pain tolerance than those who focus on the negative! Optimistic people have also been proven to have more friends, leading to a happier and more fulfilling life overall.

Positivity certainly isn't only for Pinterest quote boards or wacky self-help books either; it is a way to genuinely change your life for the better. But it is not always easy to see the glass as half-full; your mood, stress levels and the challenges you face can make it easy to feel down and expect the worst. Luckily, there's plenty of supplements that can help you along the path to positivity!

If you're feeling super stressed, for example, consider trying B vitamins, which support stress resistance and mood balance, along with giving you a boost to achieve optimal energy levels. Brahmi also enhances cognitive function and peak performance during times of stress and magnesium can be helpful in supporting relaxation, reducing emotional tension and helping with getting a good night's sleep – which definitely helps to promote positivity! Stress can deplete the body of magnesium, so it's important to make sure you're getting enough during taxing times.

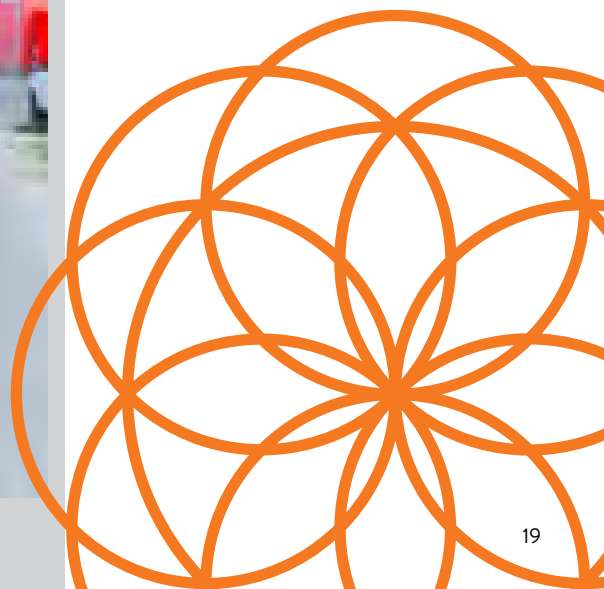
Fish oil is wonderful for ensuring you don't get down about your goals, as is St John's Wort. Studies have shown that this is effective in the management of low mood and mild depression, as well as helping you to keep your emotions stable.

If you want to be more positive, but feel something is getting in the way, don't delay. Come in to Hardy's and talk to an expert today.

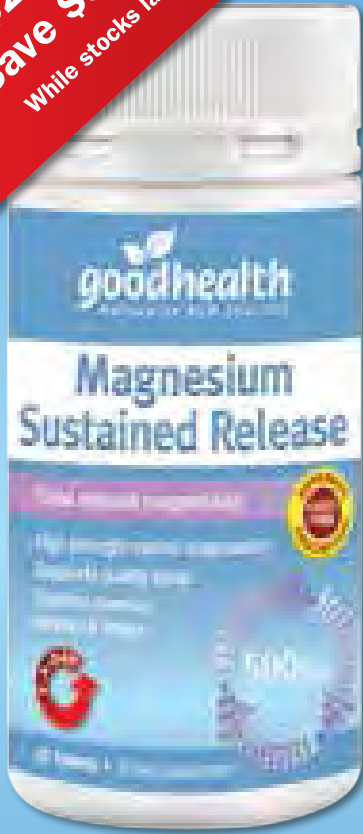


OTHER WAYS TO EMBRACE POSITIVITY:

- ✦ **Positive posture:** Stand up straight, put your shoulders back, hold your chin high, and stretch your arms out as wide as they can go. Hold yourself like you're powerful and positive, and you'll feel it too – our bodies have a direct impact on our minds!
- ✦ **Smile:** Simply putting a smile on your dial will help you to be more positive. Smile whenever, wherever you are, and to whoever you can, as much and as often as possible. You'll soon notice the difference (and add some positivity to their life!)
- ✦ **Pay it forward:** Go out of your way to do something nice for someone else. You'll be surprised just how happy it will make you – and them! – and how much positivity you'll be filled with.
- ✦ **Surround yourself with positive people:** Negativity breeds negativity. If you're looking to be positive, you need to find others who will inspire this, rather than dragging you down into pessimism. If you find yourself in a negative conversation, see if you can change it around. If you can't, get out as fast as you can.
- ✦ **Get moving:** Exercise causes your body to release powerful endorphins, chemicals that give you those "feel-good" sensations. It is proven to fight anxiety and depression and cultivate calmness and wellbeing. Try for 30 minutes a day – you won't regret it!
- ✦ **Positivity starts with you:** This is going to sound cheesy, but research proves that telling yourself how awesome you are can make a real difference. Regular self-affirmations form "positive thought" neuron clusters, which function as positivity short-cuts, making your good thoughts about yourself the norm!



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SHED YOUR WINTER COAT WITH A HEALTHY BOOST OF OMEGA

It's that time of year where the cold days are dying down, the sun is starting to shine again and we're all quietly fretting that 'bikini season' is going to be here far too soon.

While it's never too late to make changes for a healthier version of ourselves, we know that changing our diets won't make a huge difference, physically, overnight! However, if you're looking to shake those extra pounds or are just looking to cash in a healthier you, omega 3 is an essential nutrient that can help make life in the weight management lane happen faster.

Diet fads come and go and it wouldn't be a surprise if you've been fascinated by the 'low and no-fat' diets that seem to make waves around the world, before. However, there may well be a reason that these don't often seem to work, or just leave you plain hungry! Research shows that our bodies need natural fats, like omega 3, to give us the sustained energy we need to function at our best.

With more body fuel, derived from proper foods, we can also manage our weight, and here's a few reasons why...

- Researchers have found that omega 3 enhances blood flow to our muscles during exercise, helping to stimulate the enzymes that move fat to the place where it is stored for energy, increasing fat-burning
- Including small amounts of omega 3 foods can make meals more filling and satisfying, leaving us fuller for longer and naturally craving and eating less food
- In an Australian study on Natural News online, 75 obese people were split into groups, each given different levels of omega 3 and instructed with varying levels of exercise. The three week

experiment reported huge decreases in body fat for those consuming omega 3 fats, coupled with exercise.

If that isn't enough to get you adding omega-rich foods to your shopping list, omega 3 is a powerful nutrient with additional health benefits too. Omega 3 foods are known to support brain development and function, and support cardiovascular health. On top of this, omega 3 has antioxidant properties and is known to support our eyesight and boost our mood and mental health!

WHERE CAN WE GET OMEGA 3?

There is both plant-based (alpha-linolenic acid, ALA for short) and marine-based (eicosapentaenoic acid and docosahexaenoic acid, EPA and DHA for short) omega 3 fats, with marine-based fats being more important for overall health.

As we can't make these important nutrients from scratch, we must actively consume or supplement them to ensure we are getting enough. Most commonly-known for being a great source of omega 3 is fish; salmon, tuna, mackerel, trout and sardines are all excellent kinds enriched with omega 3. Registered nutritionist and omega 3-lover, Nicola



Graham from Eat Well NZ can't get enough of omega-rich foods and says even mussels, oysters and arrow squid are also great sources.

Another super easy and effective way to make sure you are getting the required intake of omega 3 is through natural supplements, such as Lifestream V Omega + Vitamin D.

VEGETARIANS NEED OMEGA TOO!

Just like carnivores, herbivores also need their daily omega 3 fix and there are plenty of ways they can get it. Fish and meat products aren't the only source; as omega 3 can also be derived from plant-based products or through natural supplements.

Vegetarian foods rich in omega 3 include nuts and seeds, such as flaxseed and flaxseed oil, chia seeds, walnuts and pecans. Ground LSA (linseed, sunflower and almonds) is a delicious addition to smoothies or sprinkled over your morning muesli and walnuts are an easy and nourishing snack. Other omega 3-rich vegetables include dark leafy greens like spinach, brussel sprouts, broccoli and cauliflower. Beans are another great source – mung beans, kidney beans and soy beans all make the cut.

HOW MUCH OMEGA 3 DOES OUR BODY NEED?

It is recommended that we consume 500mg of omega 3 fats per day or 3,500mg per week. This can be achieved in 2-3 serves of oily fish per week or other seafood rich in omega 3. Plant sources are also a great way to bump up our intake across meals. However, Lifestream's V Omega + Vitamin D will give you your required intake with 1-2 tablets daily, taken with food (and is suitable for both vegetarians and vegans). Talk to a Hardy's expert today if you think you could benefit from an omega 3 boost.



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FOOD FOR THOUGHT

There's one word that is sure to strike fear into the hearts of students everywhere: exams.

It is at this time of year when you'll probably have started to notice the effects of exams on the young people in your life – they're undoubtedly bleary-eyed, easily-agitated and generally rather zombie-like.

There's plenty of discussion around the amount of pressure put on students nowadays, so it's no wonder that so many of them are stressed out and completely exhausted. This reaches its peak when exams are looming, which is, ironically, when they need their brains to be working at their best.

Despite all their study, the one thing most students possibly don't know is that there's a plethora of supplements that they can take to boost their brain power, and have them feeling happier, healthier and more than ready to tackle their exams.

If students are having issues with mental clarity and focus, they could benefit from supplements containing brahmi and ginkgo. These are both great for supporting healthy cognitive function and peak performance during stress. Ginkgo, in particular, also supports mental clarity and focus.

Fish oil is famous for its mind-related health benefits, being a primary source of the important omega 3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Both EPA and DHA provide essential nutrients for the brain, which support neurological function, balanced moods and stress management. Fish oil will also strengthen immune systems, which will help to keep students free of illness at the time they simply cannot afford to get sick.

Multivitamins, especially those with a high concentration of vitamin B, are ideal for those who are feeling 'run down', stressed or lacking in energy. There are also plenty of supplements that are specially formulated to support brain function, mental agility and activity, mood elevation, brain stimulation, mental clarity, and stress adaptation. Talk to a Hardy's expert in store to explore whether one of these options could be right for you.



STUDENT REVIEW: SOLGAR L-THEANINE

Don't just take our word that these supplements can work wonders – students are raving about them too. Kade is one such student, who tried Solgar L-Theanine over exam time, after hearing about it from his friends. He was effusive in his praise of the capsules, which support brain alpha waves – an indication of a state of relaxation and mental alertness similar to that achieved through meditation.

"I noticed an immediate sense of calm when I took one tablet each day around 10am. It almost seemed like a similar effect to having a cup of chamomile tea. I'm not particularly highly strung either, so I was surprised to notice such an obvious effect in that regard."

I could certainly see the student appeal too, as my thought patterns were more logical and linear at the time – definitely not the chaotic buzzing that sometimes hits when you're trying to cram so much information in leading up to exam time.

The other thing I noticed was an obvious increase in focus when I was at the gym or going for a run. I tended to do this three to four hours after taking the supplement, and I feel like they had a marked effect on my mental drive and motivation throughout these training sessions.

I can certainly see the merits in something like L-Theanine, especially in times of high mental stress."

STUDY TIP: TAKE A BREAK AND WORK IT OUT!

Research has found that even half an hour of exercise can improve brain-processing speed and other important cognitive abilities. It's also important to take regular breaks during study, as these boost productivity and improve focus. So, tell students to kill two birds with one stone, and make sure they keep active while studying!

their brain power

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MEET THE EXPERTS



RANJEETA,
Hardy's Centreplace,
Hamilton

How does stress affect our mood?

Stress affects both the body and the mind. While it is normal to experience a range of moods, sometimes people fall into slumps that linger and interfere with everyday life. Stress can be immediate (acute) or occur over time (chronic). It is therefore very important to look after yourself, both body and mind, in times of stress.

Taking small steps can ensure you are well on your way to releasing stress and being a much happier you. An increasingly popular way to counter stress is adult colouring books. They help by taking you back to the enjoyable moments of your childhood.

What are the must-have products in your arsenal for heading into summer at our happiest and healthiest?

My must have products for summer are the Oasis Sunscreen, the Hurraw SPF15 lip balm, Clean Lean Protein in Vanilla for summer smoothies, Green Tea x50 in raspberry and mango and my prized colouring book, Enchanted Forest by Johanna Basford.



MILLIE,
Hardy's Queensgate
Lower Hutt

What are your top tips for boosting self-esteem and enhancing happiness?

I firmly believe that exercise is key; running, dancing and swimming are all excellent options. I also enjoy listening to inspiring YouTube videos for a boost, like Esther Hicks, or uplifting music on Pandora. Also, along the theme of boosting wellbeing through the senses, I love smelling beautiful organic essential oils. My favourites at the moment are Frankincense, Clary Sage and May Chang by Absolute Essential.

What are the must-have products in your arsenal for heading into summer at our happiest and healthiest?

My must haves are a smoothie a day with nature's multivitamin, spirulina, and maca powder, for energy, hormonal balance and stress. I also make sure I get plenty of good fats; liquid fish oil, coconut and flax oil are essential and they all do completely different things in the body.



RAEWYN,
Hardy's Sylvia Park
Auckland

How are sleep and our mood linked? What are your top tips for a happiness-inspiring slumber?

Good sleep is a cornerstone of good health. My tips for good sleep include exercising regularly, I also try to eat well and avoid foods that I am sensitive to. I use an exercise tracking device (Fit Bit) to monitor my activity levels, and the one that I have also monitors my sleep patterns. I can see when I haven't had enough sleep, or have had a restless night, and I make sure I exercise, eat well and get to bed at a reasonable time to get back on track.

What are the must-have products in your arsenal for heading into summer at our happiest and healthiest?

My must have products include the Hardys Sleep Pack; Microgenics Stress and Stamina formula to look after the adrenal glands; fish oils, which I find are essential for mood, and Vitamin D, which has probably been depleted throughout winter. I also love astaxanthin because it is a great antioxidant and has the added benefit of protecting my skin from sun damage.

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NEWS AND EVENTS



BUMPS AND LUMPS

When was the last time you felt your breasts? “Know your breasts” is the message that doctors want to send women over the age of 20 this month. Although the message may seem light-hearted, it conveys a serious message about the fact that 3,000 people are diagnosed with breast cancer every year. That makes it the country’s third most common cancer, resulting in over 600 deaths every year.

Certain risk factors make developing breast cancer more likely, such as being a woman over 50; having a family history of breast and/or ovarian cancer; dense breast tissue; and hormonal factors (specifically early menarche and late menopause).

If you see any ladies (or men!) dressed in pink during the month of October, and proudly displaying the Breast Cancer Foundation’s logo, please consider donating to them and collecting a pink ribbon. The money raised will go toward life-saving treatments and support for women with breast cancer.

HARDY’S ARE ON THE MOVE!

Spring has sprung and, with it, comes new arrivals. In our case we’re excited about several new stores making an appearance and boasting a new look. With an eye to the latest trends in retail and customer experience, the new stores will be designed as expert consultation destinations. The ideal place to visit for health advice, the stores will also be showing off a range of other features, including a fresh, new aesthetic look, a great new layout, and the use of iPads to help you find everything that you need.

Look out for our new look stores soon in Newmarket, Queen Street, Queenstown and the new NorthWest Auckland. More stores will be added to the mix after these pilot locations, so keep your eyes peeled for those and our upcoming feature about our makeover.



JOIN THE MOVEMBER MOVEMENT

Changing the face of men’s health is the idea behind “Movember.” The name is a portmanteau of the words “mo” (moustache) and “November.” During the month of November, many men choose to grow a beard or moustache in support of this annual event, which raises awareness for men’s health issues such as prostate cancer, testicular cancer, and mental health problems.

These are typically topics that men feel reluctant or, in some cases, unable to talk about, so growing a visible tuft is a fun and decisive way to show your support. If you can’t grow your own mo’ then please consider donating.

Head to:
<https://nz.movember.com/>

STORE LOCATIONS

NORTH ISLAND

NORTHLAND

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

AUCKLAND

WHANGAPARAOA The Plaza, Whangaparaoa Rd, (09) 424 3882
GLENFIELD Westfield, cnr Glenfield & Downing Sts, (09) 443 1869
DOWNTOWN Shopping Centre, Customs St West, (09) 377 3756
NEWMARKET Westfield, 277 Shopping Centre, Broadway, (09) 529 1364
LYNNMALL Great North Road, New Lynn, (09) 827 6700
ST LUKES St Lukes Westfield Mall, 80 St Lukes Rd, Mt Albert (09) 846 4477
SYLVIA PARK Sylvia Park Mall, 286 Mt Wellington Highway, (09) 573 0310
MANUKAU Westfield Gt South & Wiri Station Rds, Manukau (09) 262 1827
PAKURANGA Plaza, Aylebury St, Pakuranga (09) 576 5843
NORTHWEST Northwest Shopping Centre, 1-7 Fred Taylor Drive, Massey (opening 1st of October)
QUEEN ST 107 Queen Street, Auckland (opening to be announced)

HAMILTON

THE BASE The Base, Maahanga Drive, (07) 847 0340
CHARTWELL Westfield, Cnr Comries & Hukanui Rds, (07) 854 342
CENTRE PLACE Centre Place, 501 Victoris St, (07) 839 2522

BAY OF PLENTY

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

TAUPO

TAUPO 37 Horomatangi Street, (07) 378 9057

TARANAKI

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

PALMERSTON NORTH

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

WELLINGTON

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

SOUTH ISLAND

NELSON

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

CHRISTCHURCH

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

QUEENSTOWN

FIVE MILE Five Mile Shopping Centre, Frankton (opening 27th of November)





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