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The magic
of you!

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mind, body
and soul

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Future proof your health for winter

by Karin Spicer N.D
Lifestream Naturopath



Did you manage to stay healthy last winter or, like many of us, did you end up suffering from those dreaded 'ills and chills' with people around you constantly sniffing. We often end up struggling through even though we would rather be tucked up in bed.

Now is the time to future proof your immune system for the coming colder months. Making sure you stay hydrated, eat a diet rich in plant sourced nutrients to provide good quality fuel for your body, get 8-10 hours of sleep a night, exercise 3-4 times a week are all helpful ways to support our immune system. However, our bodies immune defences often need an extra helping hand to protect us, especially heading into the winter season. Adding a daily dose of **Lifestream Ultra Immunity Defence** to your routine may be just the helping hand you need.

Ultra Immunity Defence is a natural, powerful combination of scientifically researched ResistAid® and Echinacea for year-round immune defence to protect against ills and chills. ResistAid® is a unique, natural immune ingredient sourced from Larch trees. Its' unique immune boosting properties provide triple action immune defence and it works as a prebiotic to support the growth of good bacteria in the gut, further strengthening the immune system. The Echinacea also provides added immune and upper respiratory tract support. Together ResistAid® and Echinacea provide a powerful synergistic combination to support more healthy days.

Getting a head start on supporting your immune system makes good sense even more so with our busy and often stressful lifestyles contributing to weaker immune defences against those ever present nasty winter bugs that will be coming our way in a few months. A proactive approach to your health will be worth it with the reward being a happier, healthier winter for you and your family.

Lifestream Ultra Immunity Defence

- Triple action immune defence
 - ✓ Innate immunity (First line of defence)
 - ✓ Adaptive immunity (Second line of defence)
 - ✓ Antioxidant protection against oxidative stress
- Prebiotic support for the growth of all beneficial bacteria in the gut
- Upper respiratory health



* Includes Ultra Immunity Defence and Ultra Immunity Response 30s and 60s. Offer valid 1st March – 31st May 2019.

A Better You!



Hello and welcome to the latest issue of Hardy's magazine. I've had a great time putting this one together, because it's all about one of my favourite topics – the wonderful magic of being.

We are never so powerful and so able than when we are our best selves. Feeling good on the inside has such an astounding effect on every other part of us; we feel taller and more confident, and we get an outer glow which is so visible, people see it as soon as they meet us. Suddenly, everything looks better; even our luck seems to somehow magically improve!

This magazine is full of ways in which you can find your best 'you'. Doing what you love, working with the change in the seasons rather than attempting to battle against the natural rhythm of the earth, and finding ways of nourishing your mind, body and soul, will all help you feel happier, operate better and enjoy your life so much more.

If you're one of the many who finds the changes in season tough to handle, or you're simply struggling with the daily grind, try some of the ideas and techniques in this issue to help get you back on track. And don't forget, the team at your local Hardy's store are experts at helping you find the right supplements and nutrients that will get you feeling fit and fabulous again.

Sending you love, light and happiness,

Diana

Diana Burgess - Naturopath

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BE IN TO *win!*

One of Seven BePure Gut health packs when you spend \$100 on BePure products at Hardy's this autumn

Includes our BePure Gut Assist for upper digestive support and BePure Gut Renew for pre- and probiotics!



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

The Magic of You



As the seasons change, so do we – and the effect on our selves is miraculous and fascinating

With every new cycle of the seasons, each one of us experiences mental, physical and emotional changes deep within ourselves. Longer or shorter days, temperature fluctuations, how the earth evolves through its eternal and beautiful cycle of transformation; all these natural occurrences can have a significant effect on our daily actions and thoughts.

Cars, phones, computers, homes, family... we humans are good at ticking off the WOF boxes for everything else in our lives, but when it comes to our own selves, we seem to expect our physical and spiritual bodies to perform at optimum capacity without feeding them enough of the nourishment they need to thrive. Our bodies are so incredibly awe-inspiring and precious, surely we should give ourselves every chance to optimise our own physical and mental performance and abilities!

As the heat of summer quietly mellows, and we start the gentle procession into the autumnal months, now is the perfect opportunity to give yourself an immunity boost, and to rediscover the magic of your own self. It's worth taking some time to review and reassess how you are feeling, and ways in which you can use the power of the natural resources available to you, to nourish, replenish and find the magical power that exists in your own mind, body and soul.

Mind your Health

A healthy body always starts with a healthy mind. It's amazing how easy it is to forget that self-care comes from within – we are responsible for ensuring we give ourselves the best possible chance for health and happiness. But many of us put our own needs last, which is why so often when we actually take a break or a holiday, the first thing that usually happens is we get sick.

How our minds affect our physical bodies is still, to a large extent, a mystery, even to those who have studied this mystical connection for their entire lives. While fascinating new studies are being conducted all the time to help us understand the symbiosis between body and mind, what we do know is that our mental mindspace has a significant effect on how we feel, both emotionally and physically. Feeding our brains well doesn't just make you physically healthier – you are more likely to see an impact on your mental health too.

Exercise

Our brains are just like any other part of the body – if you give it plenty of exercise, it gets in shape and performs better. You know that moment when you calculate whether you can still get to work on time if you press the snooze button for another 10 minutes? That basic mental arithmetic of being able to work out how much time you have, without having to rush or running late, comes from having a clear and well-functioning brain.

HYDRATION

The most important element you can give your brain is water: brain cells require a delicate balance between water and various other elements to operate. If that balance is disrupted, your brain cells become less efficient; years of research has found that without enough water, we have more difficulty focusing, and both short-term and long-term memory is affected.

Even as the weather cools, don't forget to keep up your water consumption. Water makes up more than two thirds of our body weight, and even as little as a 2 per cent drop in our body's water supply can trigger signs of dehydration such as poor short-term memory and fatigue. You know that 3pm slump? Drink a glass of water for an instant pick-me-up – you're probably dehydrated.

“One cannot think well, love well, sleep well, if one has not dined well.”
- Virginia Woolf

Food

Foods play a big part in how our brain functions. As a general rule, foods that are good for the heart are also good for your head. Despite all the dire warnings we read about fat being 'bad', there are loads of 'good fats' that we need for good health. Virgin olive oils, hemp oil, coconut oil, raw nuts, seeds, oily fish and avocado, as well as being good protection against diseases like Alzheimer's, heart disease and some cancers, have all been found to have a positive effect on our brain, memory, mood and cognitive function.



Dance

A tried and tested way of lifting your spirits is to get up and dance. Not just a way of getting physical exercise, dancing reduces your stress levels, and increases your levels of serotonin – the ‘feel-good’ hormone. But getting on your feet and shaking your stuff isn’t just about the body – recent studies have shown that dancing regularly can actually make you smarter! A recent study from the New England Journal of Medicine on the effects of recreational activities on our mental agility showed that by dancing, you stimulate your mind – which could possibly help to ward off dementia and Alzheimers. So – put on your dancing shoes (or kick them off and go barefoot), turn on your favourite song and just dance!



SLEEP

And of course, don't forget sleep. As any new parent will know, sleep deprivation is a form of torture that makes everything harder: concentrating on what you're doing, thinking positively, exercising, eating well and even simply holding a conversation all become more difficult without the right amount of shut-eye. Lack of sleep, along with stress, is often a contributor to us getting sick; our immune system simply can't keep up if we're exhausted. Hardy's has our own Sleep and Relaxation Sprays which may help if you're having trouble getting enough hours' kip; talk to your in-store expert to see if they could be right for you.



Autumn Hot Deal

SLEEP SPRAY

EXCLUSIVE TO HARDY'S

RRP \$22.90

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(Includes Hardy's Sleep Spray and Hardy's Relaxation Spray)



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Exclusively available in New Zealand from NaturalMeds

Natural nourishment for every body

Autumn is a time when the physical world around us sloughs off the explosions of energy, and releases the burdens it no longer needs. The leaves on the trees change colour and drop from branches, leaving them clear for new growth, while the leaves themselves once again become one with the ground, nourishing the ground and the tree roots to prepare and provide for the cooler season.

This is a magical time of year, and one in which we need to keep the body moving. Our joints, muscles and connective tissues all need quality nutrients to effect the best possible development, and the more we move, the more energetic and full of vitality we feel. Talk to your Hardy's in-store expert about what supplements could work best for your body!

Incorporating a daily dose of a good ultra immunity defence can be a useful way of helping your body maintain optimum health. A good way of protecting yourself from annoying ailments that suck your strength is to use a good defence supplement containing garlic, Vitamin C and echinacea. Well known for its role in fighting off bacterial and viral infections, garlic is a powerhouse for keeping the blood flowing, and for looking after the health and repair of the body's connective tissues.

Gentle exercise, and gentle movements help boost your circulation and increase blood flow. Yoga, tai chi, swimming, walking and even gardening all help increase the endorphin levels, making us feel happier and less stressed. (Getting the blood flowing is also helpful if you're starting to feel the chill a little!)

Serving your Soul

You can always rely on a few minutes of doing something you love to put a smile on your face. Doing more of what makes your soul sing is so good for your health – if you love it, make time to do it every day, even if it's only for a few minutes. For some it's listening to music; for others, yoga, or a walk in your favourite spot in our gorgeous country can always be relied on for a much-needed lift of the spirit.

If you find things are getting you down, it can be tempting to shut yourself away. Making a plan with friends, like meeting for a coffee, arranging a game of golf or tennis, or going to the movies together, is a great way to give yourself the opportunity of changing your mood.

Massage is another way of soothing your soul as well as your body.

The therapeutic benefits of massage go beyond just helping to alleviate physical problems like muscle pain, stiffness, headaches and tension; it also gives you a chance to bring your thoughts inwards. Taking a few moments during a massage to check in with your body: where you're getting pain, or you're feeling stiff, gives you time to also check in with where you are emotionally. Spending a little time on yourself, even with a quick massage, can give some significant rewards to your overall wellbeing.



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A TONER ACROSS
THE LIVING NATURE
RANGE.

We have been perfecting our certified natural skincare formulations for over three decades.

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Brain Games

To keep your brain well exercised, it's a good idea to 'jog your memory' as often as you can (that phrase had to come from somewhere!). Doing crosswords, quick arithmetic (try adding up your weekly shop as you're shopping, or calculating how much change you should get), sudoku and reading are all good for your brain, as is challenging yourself to change habits. Try brushing your teeth using your non-dominant hand, for example, or change the order of your morning routine. Have some fun with it: try a new food with friends, or take a different route on your morning walk so you have to use a map.

TOP 5 BRAIN-BOOSTING FOODS

SEAFOOD

Fatty fish such as salmon, sardines, kahawai, trevally and mackerel; and shellfish like greenshell mussels, are always at the top of the list. About 60% of your brain is made of fat, half of which is of the omega-3 kind. Omega-3s help build brain and nerve cells, and are essential for learning and memory.



TURMERIC

Rich in curcumin, turmeric is amazing for your brain, regulating the serotonin levels which help us feel good and sleep well. It's also an amazing memory-booster, and has been linked to improving memory in Alzheimer's sufferers.

PUMPKIN SEEDS

Packed full of magnesium, which is essential for learning and memory. Upping your magnesium levels may also help if you suffer from migraines, epilepsy and depression. Pumpkin seeds are also rich in several other brain-boosting elements such as zinc, copper and iron.



HONEY

Honey is carbs with a difference. Eaten after protein, honey helps with the absorption of tryptophan, an essential amino acid which plays a role in our moods, sleep and even motivation.



ORANGES

This is about getting enough Vitamin C, which is a key factor in preventing mental decline. Your team at Hardy's will be happy to help you find a Vitamin C supplement that will do the job too.



IF IT
EXERCISES
YOUR
BRAIN,
IT'S GOOD
FOR YOU!



Brain food

BAKED KUMARA WITH ROASTED GARLIC

INGREDIENTS

- 1 whole garlic bulb
- 2 medium-sized orange kumara
- Drizzle coconut oil
- 20g fresh parsley and sage, finely chopped
- 100g sunflower seeds
- 100g pumpkin seeds
- Salt & pepper

METHOD

Preheat oven to 180°. Put a small pan of water on to boil, and parboil garlic bulb, skin on, for 5 minutes. Remove from water and wrap garlic in tin foil.

Wash kumara well, and dice into 3cm squares. Place on a roasting tray, along with the wrapped garlic bulb. Drizzle kumara with coconut oil, about half the chopped herbs, salt and pepper. Mix well, and roast for 25 minutes, turning occasionally, until kumara is cooked and golden.

In a dry frying pan, toast the sunflower and pumpkin seeds, taking care not to burn. Keep them moving – they will start to pop and bounce! Transfer to a cloth or paper towel.

Place kumara aside. In the pan you've used for the seeds, heat a little coconut oil, and squeeze the soft roasted garlic mix into the pan, along with a little more salt and pepper, and a the remainder of the fresh herbs. Stir well, until softened garlic has melted through, add roasted kumara and sprinkle with seed mix. Mix well and serve immediately.

Recipe by Catherine Milford
www.eatscookreads.co.nz



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ENHANCED
ABSORPTION
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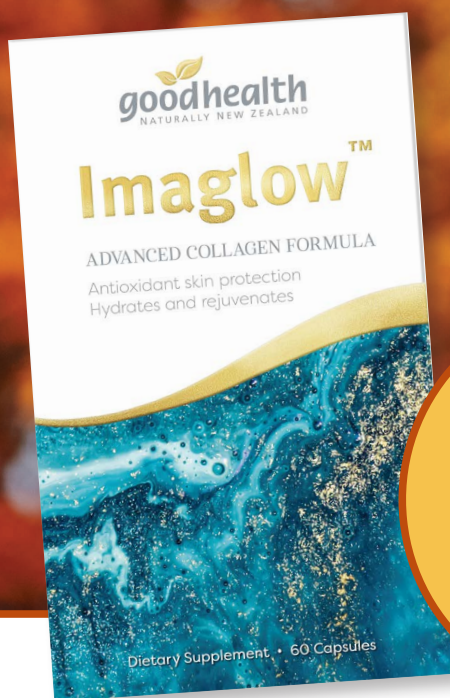


NEW

*Where the dietary intake of Magnesium is adequate.

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Beauty from the inside out



Autumn Deal
RRP \$59.90

NOW ONLY
\$49.90

Good Health Imaglow™ is an advanced collagen formula designed for powerful antioxidant skin protection, using New Zealand marine collagen. Imaglow™ is an exclusive skin nutrition formula that works from within to support smooth, youthful looking skin.

Because collagen and elastin naturally begin to decline in our 20s, Imaglow™ contains an effective combination of plant

antioxidants together with New Zealand marine collagen. Marine collagen is highly bioavailable and is easily absorbed and utilised in the body, providing optimal building blocks for healthy skin.

This unique formula provides potent antioxidant skin protection when you might need it most. Plant antioxidants such as resveratrol within the formula, help to support everyday skin health, elasticity, firmness and resilience. Bio-active extracts

and nutrients, biotin, colloidal silica and zinc, further support the healthy process of skin renewal and regeneration. Imaglow™ provides a synergistic combination of collagen and botanical ingredients to help rejuvenate, protect, and provide healthy radiant and glowing skin.

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



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

HEALTH
BONUS

The benefits in bathing

Enjoy a good bath? A study that compared health benefits to showering found significantly greater physical and mental health benefits.

Although showering is the most popular way to wash world-wide, there may be distinct health benefits unique to whole-body immersion bathing in warm water.

A Japanese research group found that there may be better health status, including sufficient sleep and rest, low levels of stress, and high subjective happiness in people who bathed regularly. Subsequently they conducted a bathing intervention study to better determine health effects.

In a randomised controlled trial people were assigned to "immersion bathing in warm water (40°C) for 10 min (bathing intervention) followed by 2-week shower bathing without immersion (showering intervention) or vice versa".

Compared to showering, bathing resulted in significantly lower scores for fatigue, stress, pain. Scores for happiness, general health, mental health and social functioning were significantly improved, and tended to be better for self-reported skin condition.

Measures of mood such as stress, tension-anxiety, anger-hostility, and depression-dejection were also lower for bathing when compared to showering.

References are available at <https://www.scientificwellness.com/blog-view/bathing-science-reveals-health-benefits--668>



"Immersion bathing, but not shower bathing, exerts hyperthermic action that induces increased blood flow and metabolic waste elimination, which may afford physical refreshment"

"Immersion bathing should improve both physical and emotional aspects of quality of life."

Autumn Hydration

Dr.Organic intense moisture in a super creamy form. Our pampering skin lotions deeply penetrate to smooth, soften, and nourish your skin. Give yourself a delicious daily treat without the guilt and leave behind sublime, intense and warm aromas that are truly Heaven scent.

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SAVE
\$5



Hardy's hot picks to help revive, re-nourish and re-balance you this autumn

Hot Picks!



VM2000

VM2000 is a high potency multivitamin and mineral formula providing broad spectrum nutritional support containing B vitamins for daily vitality. VM2000 is ideal for anyone under stress, feeling 'run down' or lacking in energy.

RRP \$29.90

BUY 2 for \$45.00

Autumn Hot Deal

TULSI TEAS

Five functional herbal tea infusions, five specific purposes: Tulsi Sleep, Tulsi Cleanse, Tulsi Tummy, Tulsi Lax and Tulsi Wellness. We blend certified organic, naturally stress-relieving Tulsi (Holy Basil) with additional powerful herbs, providing you with the necessary herbal assistance for Healthy, Conscious Living.

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DE-STRESS SUPPORT®

A 100% natural emotionally calming natural flower essence blend to support clarity, peace and confidence when feeling stressed or under pressure. Supports you to unwind and relax.

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MAGNESIUM SLEEP SUPPORT

Good Health Magnesium Sleep Support contains and easy-to-absorb forms of Mg for fast acting relaxation and sleep support. California Poppy and Passion Flower are herbs that help ease a busy mind of stress and worry, and help support a deep, restful night's sleep. Ashwagandha is an adaptogenic herb helping the body to adapt to emotional and physical stress.

RRP \$31.90

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Autumn Hot Deal

LBS11

Nature's Sunshine LBS11 has been scientifically designed to support bowel regularity, soothe abdominal discomfort and healthy liver function so you can perform at your very best!

\$29.60

\$5 Autumn Saving





RELAXATION SPRAY

EXCLUSIVE TO HARDY'S

RRP \$22.90

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(Includes Hardy's Sleep Spray and Hardy's Relaxation Spray)

AREPA NEUROBERRY

Neuroberry® is a unique variety of freeze dried New Zealand Blackcurrant shown to support neurological health and reduce mental fatigue. They are a rich source of Vitamin-C and contain some of the highest levels of anthocyanins (the colour compound) compared to any berry commercially available in NZ. Snack on these little gems or add them to your cereal, smoothie, yoghurt or raw baking. 180gm

\$36.00



New Product



MANA KAI HONEY

Mana Kai's UMF Manuka Honey is a luxurious, creamy honey. This high-grade honey is widely recognised for its unique beneficial qualities. This natural superfood contains an abundance of nutritional properties to support your mind, body and soul. You will love this prestigious food.

from \$24.00

Give yourself a boost



VIROGONE

Traditional plant medicine to support and boost your immune system. Convenient spray is perfect for air travel and a staple for every health-conscious handbag. Take ViroGone Concentrate with you for complete immune support on-the-go. RRP \$29.90

\$22.90

Autumn Hot Deal



FREE!

HARKER'S IMMUNE BOOST

Boosts and builds strong immunity and supports increased healthy energy levels. Immune Boost is also useful everyday support for those prone to repeat illness, low energy, feeling rundown or recovering from illness.

Buy 250ml Immune Boost get 100ml Iron Boost Free!



LIFESTREAM ULTRA IMMUNITY DEFENCE

Now is the time to prepare your immune system for winter using the power of plants with clinically researched ResistAid® and Echinacea to support triple-action, immune defence against ills and chills.

SAVE 25%
on 30's & 60's



Autumn Hot Deals

NUTRA-LIFE KYOLIC GARLIC

Nutra-Life's Kyolic® Aged Garlic Extract has been studied for its benefits in supporting cardiovascular system health, supporting healthy blood pressure and cholesterol levels in healthy individuals. New scientific research conducted at the University of Adelaide has recently been published re-affirming the benefits of Kyolic Aged garlic Extract for supporting cardiovascular health (Reference Ried, et al. The effect of Kyolic Aged Garlic, 10.3389/fnut.2018.00122)

from \$19.99 (30's \$19.99 | 60's \$29.99 | 120's \$54.99)

New
TO
HARDY'S

BOODY ACTIVEWEAR

Comfort is the name of the game. Made using organically grown bamboo, Boody Active's collection of essentials gym wear features must-have fitness designs that are as stylish as they are supportive and flattering. Finally a range of performance wear you can feel good about.

The 4-way stretch and ultra comfortable fabric was developed to follow your every move, so you stay motivated whatever your active lifestyle brings on. Perfect whatever the activity - stretch, bend, twist, run, travel, or brunch - we've got you covered with sweat-ready, all-over comfort. From socks that go the extra mile, tanks that reach tops, and active tights that go to great lengths, shop our high quality gym & fitness wear along with our Boody everyday essentials in store today!

Ethical bamboo clothing brand Boody has added activewear to its range, compliment your workouts with this range - made for play and everyday. Boody Active offers the premium quality and innovative style you want paired with the durability you need.

Try it for yourself,
you'll fall in love the
first time you wear it!

BOODY BABY

Your baby's first wardrobe starts here.

Boody Baby is an adorable collection of practical and superbly comfortable baby essentials crafted using organically-grown bamboo. Perfect for play and sleep, the stretchy fit is super soft on your bub's delicate skin, while the ultra-soft fabric is naturally hypoallergenic, breathable and antibacterial.

Bamboo baby clothes are a premium choice when it comes to keeping baby cool and comfy all day long. These super sweet baby separates were designed to be mixed and matched, making the options for different outfits endless.

Boody Baby is made up of essential staples that are perfect for building bub's capsule wardrobe. From long-sleeve onesies and tops to pull-on-pants and shorts, the cute and comfy must-haves in this range are as soft and simple as they are sustainable.

For putting the final touches on your little one's outfits, look to the socks, beanie and booties in the Boody Baby collection. And, for practicality, the baby bib is durable and absorbent, while the muslin wraps are crafted from pure bamboo viscose - perfect for swaddling.

The adorable range carries the "Confidence in Textiles" label by Oeko-Tex, certifying that it is toxin-free, hypoallergenic and safe for the most sensitive skin, including newborn babies. As an extra bonus, each little garment comes beautifully packaged and ready to gift in 100% recyclable packaging.

Shop the entire collection of organically-grown bamboo baby essentials and prepare your little bambino for all kinds of adventures.



WOMEN POWER

A new range for empowering women

Created from the heart of Aotearoa, our Super Serum and Super Mask are especially designed to fight against the harm of urban pollution on your skin. Key ingredients of bee venom, manila honey, hyaluronic acid and another dozen potent elements, focus on smoothing and refining skin.

Power Skin Solutions, the vision of renowned natural formulator, Suzanne Hall, wanted to create effective products that really make a difference.

“I feel so passionate about solving the many issues we face living in this urban world. We are facing stressors like never before and we’re seeing this in our skin”

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Hardy's Glenfield

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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

Hardy's Taupo

37 Horomatangi Street, (07) 378 9057

Hardy's Paihia

Shop 7 Selwyn Mall (09) 945 8394

TAPS ddddd

Reboot your Immune System with Immunolume PRO ILLUMINATE YOUR LIFE

Immunolume PRO is a new light activated detox supplement produced right here in New Zealand. Driven by over 18 years of passionate, charity funded research, its sole purpose is to help people recover and flourish, thus reaching and maintaining optical health and longevity.



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- 🌞 Immune system health
- 🌞 Antioxidant protection
- 🌞 One's ability to cope with stress
- 🌞 Mood balance
- 🌞 Hormonal balance
- 🌞 Healthy Blood circulation
- 🌞 Healthy cholesterol levels
- 🌞 Healthy blood sugar range
- 🌞 Healthy triglycerides
- 🌞 Healthy blood pressure

Always read the label and use as directed. If symptoms persist see your healthcare professional. Right Spin Health, Kerikeri



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Unwind.
De-stress.
Sleep.
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Hardy's Hot Combo Deal
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Always read the label and use as directed. If symptoms persist see your healthcare professional.
Real Vitamins, Auckland



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