

# My Hardy's

We'll get you feeling good!



Nourish  
and Renew  
THIS SPRING



NATURALLY KIWI  
SINCE 1986

New  
update



# Therapeutic Products Bill

In July this year, the Ministry of Health passed the Therapeutic Products Bill (TPB). Many natural health product consumers have heard of this Bill, but many don't fully understand what it entails.

The new Therapeutic Products Bill will replace the current Medicines Act 1981, and Dietary Supplement Regulations 1985. Under the banner of 'Therapeutic Products' is medicines, medical devices, active pharmaceutical ingredients, and natural health products.

The aim of the bill in terms of natural health products, states 'it is to ensure acceptable safety and quality of natural health products across their lifecycle'.

An independent regulator will be appointed, and all natural health products will be required to receive market authorisation before they can be imported, exported, or supplied in NZ. Various obligations will be set at every point of the supply chain.

As it stands, natural health products have a longstanding use with very high safety levels. And although most natural health practitioners support regulation, the Bill as it stands is not fit for purpose for the natural health sector, and will likely reduce the range of safe, high quality natural health products that are available in this country, as well as increasing the cost of what is left available for purchase due to the onerous process each ingredient within a

product will have to be subjected to. The Bill allows too much discretionary power to one new regulator, who is not required to have appropriate expertise in the field, when determining which products are 'safe and effective' for NZ'ers.

We at Hardy's, along with many other natural health businesses within NZ, are suitably concerned that the Bill in its current form will make it more difficult and expensive for Kiwi's to support their own health naturally. We are not against new legislation, however we do not see that this is currently fit for purpose.

We would urge our customers to look into the Therapeutics Bill. If you would like to take action, speak with your local MP about your concerns. There is currently a petition that is requesting an amendment to the bill, so please sign it. And most of all, vote wisely at this coming election.

Scan to go to the petition and sign.



# New Beginnings

Ahhhh Spring, you have returned! We've finally made it through to the other side of what has felt like an exceedingly long Winter.

We are now at the pinnacle of the season of new beginnings, and all the wonderful freshness and newness of life that Spring brings. And with new beginnings comes change. This may just be as simple as watching the colours of nature change with the onset of spring, making changes in your own life, or even for us as a country collectively making changes for the betterment of our future generations. Regardless, what better time than Spring to dust off the cobwebs and embrace change, re-invigoration and new beginnings?

In our Spring issue, we're focussing on all things seasonally relevant. The phrase 'Spring-cleaning' can apply to more than just the yearly appearance of the feather duster and a day spent moving couches and beds to clear out the dust bunnies.

We can also consider the body and mind as objects of our Spring-cleaning attention. In the same way that the family home is more likely to accumulate mould and bacteria during Winter, our human bodies tend to accumulate more toxins and metabolic waste during this time too. Being more sedentary, greater viral exposure, consuming less healthy foods and spending less time outdoors all may negatively impact our mood and internal chemistry.

Our thoughts and feelings are chemistry in our bodies. When we think negative thoughts such as fear, anger, bias or resentment, our bodies respond by producing stress hormones. These then create inflammation, which any of our regular readers will know, goes on to create 'niggles' around the body. These emotional and hormonal feedback loops can become engrained patterns. By consciously choosing to change up our emotions to joy, gratitude, compassion and love, we also change our internal chemistry to that which is healing, building, invigorating and health promoting. Frame of mind really does matter when it comes to our health.

As we move into Spring we can align ourselves with seasonal transitions and clear physical and mental pathways for fresh new beginnings.

We'll share with you some great tips from our Spring-cleaning toolkit, and of course no edition is complete without sharing one of our favourite recipes, and chatting about nutrients.

We hope you enjoy the read. As always, we've put it together with the utmost love and light.



Diana Burgess - Naturopath



## CONTENTS

- 4 Liver Detox
- 6 Super Herb Salad
- 14 Spring Cleaning
- 16 Allergy Hotpicks
- 20 Spring Hotpicks
- 22 Mental Resilience
- 26 New to Hardy's





Written by Ange Youle  
Registered Clinical Nutritionist



# Detoxify & Renew Your Liver

At Hardy's, it's typical that as soon as we hit Spring we have a lot of customers approach us for 'detox' advice. It seems to be an engrained concept, much like Spring-cleaning our homes at this time of year. For that reason our Spring issue seems like the perfect time to talk about the star of the 'detox' – the liver! And to let you know why working towards a happy liver is so important if we want to re-charge and re-energise ourselves. So, that being said, let's give a hearty round of applause to our wonderfully hard working, often under appreciated livers!

Although most people seem to understand the liver plays a role in detoxification of substances like alcohol or chemicals, less people know what else the liver gets up to while we're not paying attention. And that's the aim of this article – we want to talk about the reasons why we should love and respect our liver on a daily basis, and not just once a year.

Overall, the liver does hundreds of jobs in the body. Let's start with the basics, including the process that sits behind the word 'detox'.

In a nutshell, there are three phases of action. Phase 1 is where a family of detoxification enzymes work to break up fat-soluble toxins so that they can be transformed into something else, and then passed safely from the body. Toxins come from household chemicals, plastics, paint-fumes, pesticides and medications, to name but a few. And then we have added lifestyle toxins, such as junk foods, cigarettes, and alcohol. Toxins can also come from things such as moulds in our environment, or less-friendly yeast and bacterial species in the gut.



## Phase 1

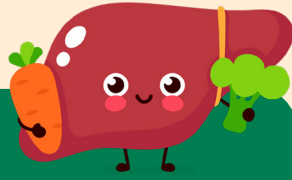
Detoxing requires – surprise, surprise – nutrients. B-vitamins, iron, magnesium and antioxidants are some that are needed. If the body doesn't have the required nutrients to properly manage this process, we can have a build-up of toxins, causing us to feel sluggish, low in energy or just a bit yucky.



## Phase 2

The transforming of broken up bits of toxins into something that can be safely passed out of the body happens here. Interestingly, sometimes the transformation process actually makes a toxin more toxic before it can be excreted from the body. So again, ensuring the liver has the right nutrients to do this job is important to keep the process moving smoothly. Some of the nutrients that are needed here are amino acids from protein, B vitamins again, choline, and sulphur rich veggies. When people take supplements to support the liver, they often contain the nutrients or ingredients required for these phases, working to protect the liver or helping the body to build substances such as Glutathione, the master antioxidant of the body.

## Phase 3



And finally Phase 3, is about the effective and efficient elimination of the transformed waste products. Anyone who has encountered me in store for a chat about the liver, knows my key phrase involves the words “poohing, weeing and sweating”. (I always like to keep my conversations classy.) Our exit highways must be open for waste elimination, or again, we may end up with a build-up and feel sluggish or blocked up. Gut health, hydration and exercise (or anything that promotes sweating) is therefore essential for Phase 3.

These phases of detoxification are also important for proper hormonal balance. If our body cannot effectively process hormones and detoxify them adequately, we can end up with excess hormones circulating around our system. A fairly common example of this that we see is women (and men) with symptoms of excess oestrogen. When hormones are imbalanced we can end up with all sorts of problems, ranging from skin break-outs, problematic menstrual cycles, moods, motivation levels, lack of energy, focus and so much more. One way to support hormonal balance and reduce the associated symptoms, is to give the liver some love.

The liver is also a storehouse for some nutrients – our fat soluble vitamins E, D, A, K, as well as Vitamin B12 and iron. These two are important for the health of our blood cells (think anaemia if deficient) so storage of these is important to ensure oxygen can be transported via the blood, providing us with the energy we need to function. It also stores our glucose reserves, called glycogen.

Another job the liver does is assist with our metabolic processes. In fat metabolism, the liver breaks down fats to help us produce energy. It creates bile, which aids the body in digesting dietary fats. If you ever notice your pooch is a little yellow, orange, floaty or greasy looking, this may be due to improper digestion of fats. The liver also keeps a close eye on our blood sugar levels and has a working relationship with our hormone insulin. The two work together to give us a regulated supply of blood glucose. Peaky blood sugar levels can wreak havoc on our energy, mood, and skin, so eating a decent amount of protein and healthy fats to stabilise blood sugar is important. The liver then plays a role in metabolising proteins, assisting with breaking them down into amino acids and moving them along to where they are needed in the body.

If a person is overweight, particularly with a layer of body fat around the midriff, this also implies the liver, sitting underneath that layer of excess fat, has its own layer of excess fat. This is imaginatively referred to as ‘Fatty Liver’ and can be referenced as either ‘alcoholic fatty liver’ or ‘non-alcoholic fatty liver’. So in a continuous cycle, being overweight can impact the liver, which can then affect metabolism, which can then affect weight, which then creates fatty liver. A healthy liver is important to maintain a healthy weight, and vice versa.

When a liver progresses beyond ‘fatty’, it’s referred to as ‘cirrhosis’. A fatty liver is reversible. One of the reasons why maintaining a healthy weight is so overwhelmingly good



for health, is because it protects the liver. However, once a liver develops cirrhosis, which is essentially hardening and scarring of the liver, the damage becomes permanent. Conditions such as Hepatitis or alcoholism can cause cirrhosis of the liver.

There is really so much more to the liver than I can convey in one article but let me finish with this. Love your liver, and it will love you back by helping to remove all the junk from your trunk, keeping you feeling fresh and vibrant, with a clear head, glowing skin, happy hormones, and a spring in your step.

If however you’re still itching to find out more, then do pop into your local Hardy’s store or Hub and have a chat to one of our amazing and knowledgeable staff members. We have a whole BEST Bay of fantastic products dedicated to liver support, as well as wonderful recommendations to holistically support a range of symptoms such as those spoken about in this article.





# Super Herb Salad

## DIANA'S RAINBOW RECIPE TO AID LIVER DETOX

There is really no need to think of salad as just 'rabbit food' anymore!

The key to a good salad is good building blocks. We are going to share some of those with you today.

01

Of course, we'll start with a base of green leaves. Dark green, light green, and everything in between.



### Dark green

Choose from kale, spinach, rocket, bok choy, mustard greens, watercress or silverbeet. The more bitter the taste, the more your liver will love them! Bitter tastes help to stimulate digestive juices, including encouraging bile production. They also have liver protective properties, helping to keep fatty liver at bay.



### Light green or purple

Any of the fancy lettuce varieties or mesclun mix. Whether dark or light, green is the colour of nature, particularly significant for blood cleansing and detoxifying. It is the colour of chlorophyll – sometimes likened to being the blood of plants – and is structurally similar in the plant, as haemoglobin is in humans. Chlorophyll also aids in blood health, being renowned as a blood cleanser and detoxifier.

02



If you have any leftover roast vegetables, this is the place to use them. Or if you're feeling inspired, now is the time to roast some up and throw them in your salad, warm. Roast pumpkin, kumara, broccoli or cauliflower are some of my favourites.



03



Time to add colour – any colour of the rainbow! Grated beetroot, carrot, or chunks of bell peppers make for great texture and bright colours that yell out “come and eat me”. Fruit can also make a great addition, my favourite being pomegranate seeds. These add in some of those phytonutrients needed for the phases of detoxification.

04



Now let's choose a protein source. This is not optional in a salad!

Any meat, fish, eggs, cheese, nuts or seeds. Throw it on. Super easy options are left over roast chicken, or a tin of wild salmon with the bones in (a good source of calcium). Feta cheese is a particularly delicious salad cheese, or halloumi as a warm option. Remember, protein is essential for those phases of detoxification.



05



Bring in the fats!

If you've added nuts or seeds, these are a great source of mono and poly-unsaturated fats. Cheese also counts towards your fat intake. You can add avocado, olives, or any of our lovely cold pressed virgin oils such as Hemp Connect Hemp Seed Oil. Protein and fats help stabilise blood glucose levels and are rich in nutrients for the liver.

06



Last but not least – top with as many fresh herbs as you can get your hands on. These really take a salad up a notch in terms of liver supportive properties. Parsley, coriander, sprouts, dill, chives, basil, rosemary, thyme, mint, dandelion and oregano.

Herbs are very liver loving and work to support detoxification and lymphatic processes on several levels, some even having the ability to bind to heavy metals and toxins to help us eliminate them via bowel motions (phase 3 detoxification).



**HOT  
Picks!**



### GAIA® HERBS LIVER CLEANSE

- A liver cleanse is an intentional reset of the liver's natural detoxification pathways
- Short-term support to keep the liver running at its best
- An all-star herbal blend to support cleansing - antioxidant, bitter and liver supportive

#### A great pick-me-up when:

- You're feeling heavy and want to lighten the internal load
- Have been thinking about pushing the 'reset' button
- After periods of overindulgence and too much partying



### GAIA® HERBS MILK THISTLE

- Liver is King! A focused formula to sustain healthy liver function long-term
- Rich in liver supportive nutrients, antioxidant value and prized silymarin content
- Certified Organic and full-spectrum herbal extract to provide nature's ratio of plant constituents
- 22,500mg dried herb cleverly converted into a liquid extract; delivered in capsules
- All of the bitters, none of the taste!



### GAIA® HERBS ENERGY VITALITY

- Time to call it a day on caffeine? Countless coffees and afternoon sugar hits satisfy the tastebuds, but don't offer a sustainable solution for tiredness and fatigue.
- Offers much-needed daily invigoration to support stress levels, clear-thinking and the 'get-up-and-go' to make it through the working week.
- A popular choice to support an energetic lifestyle or for a noticeable SPRING in your step!
- Tried a liver cleanse and feeling a little drained? Energy Vitality is the perfect addition to stay on track and achieve fitness goals success!

### Natural Meds, Napier



## BePure Gut Regular

A synbiotic blend of prebiotic fibre and probiotics to support regularity, digestive comfort, & microbiome health - all at once.

- Tasteless, fast dissolving powder you can add to anything hot or cold.
- Suitable for all bloated bellies aged 2+.
- Supports bowel regularity and consistency.



BePURE™

# The Power of Protein

It's a well established fact that protein is essential to human health and wellbeing. In fact, we need adequate dietary protein to maintain the structure, function, and regulation of every tissue and organ in our bodies.



If protein is so important - how do I ensure that I get enough of the right type for my health?

Protein quality is determined by the following:

1. **Protein Content:** How many net grams of protein in a serving of food?
2. **Amino Acid Profile:** Does it contain all 9 of the essential amino acids and are there enough of each?
3. **Digestibility:** How efficiently can the body utilise this source of protein?

## Protein Content

This refers to the amount of grams of protein per 100g of a food source. For example, 100g of grilled skinless chicken breast contains, on average, 32 grams of net protein, whilst 100g of steamed tofu, contains a mere 8.1 grams of net protein. Put simply, you need to eat more tofu to reach the recommended 25-30g of net protein per main meal.

## Amino Acid Profile

The best sources of dietary protein contain all 9 of the essential amino acids. Essential amino acids are the protein building blocks we cannot make ourselves and must consume from our food every day. Complete sources of protein that contain all 9 essential amino

acids are necessary for the growth and maintenance of every tissue in our bodies. This is because the body is constantly forming new tissues and replacing old ones.

## Digestibility

Protein digestibility ratings usually involve measuring how well the body can efficiently utilize a dietary source of protein. Typically, vegetable protein sources do not score as high in ratings as animal sources of protein. For example, 20g of net protein from beans does not provide the same benefit or amount of total protein to the body as 20g of net protein from chicken.

## How much protein is right for me?

The latest science shows that adult bodies need a minimum of >1.2 g/kg of body weight. Our needs can increase to 1.4 - 2.4 g/kg of body weight with exercise, athletic pursuits, caloric restriction, and the elimination of animal products from our diet. What does that look like in reality? For a 60 kg female who enjoys regular exercise, 96g of net protein per day would be required to meet her need of 1.6g/kg of body weight. This could look like; 150g of cooked salmon for breakfast, 120g of cooked chicken breast for lunch, and 120g of cooked premium ground beef for dinner.

## Our Protein Powders are more than just protein.

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

### BePure Perfect Plant Protein

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



### BePure Good Gut Collagen Protein

Gut loving probiotics, collagen and protein all in one.





*Since*

*1947*

Always read the label and use only as directed. If symptoms persist please see your healthcare professional.  
Solgar NZ Ltd, Auckland. TAPS PP1643.

UNLOCK

# the power of nature

FROM WITHIN

At Solgar, we understand it can feel overwhelming when looking at rows and rows of dietary supplements. When confronted with this many choices, it's hard to choose a product that's best for you and your family. How do you know what to look for?

Since 1947, Solgar has been committed to excellence. Using only the best ingredients in carefully designed, advanced formulas, we're committed to helping you feel great, so you can enjoy every moment of every day.



**Reputation:** Solgar has been earning its reputation for innovation and high-quality dietary supplements for the past 76 years. Our ongoing mission is to provide you with a wide range of top-quality, innovative, science-based, nutritional supplements, to support your overall health and well-being

**Environmentally friendly packaging:** Our bottles are all recyclable. Made from amber glass with metal lids, they protect against heat, light and moisture.

**Full disclosure:** With Solgar, everything is on the label. There are no surprises. Ingredients are the highest quality, are sustainably sourced, and supplied in safe and effective doses.

**Refusing to compromise:** Known as the "Gold Standard", this really means "responsible nutrition" - not because we have to, but because we believe it is the right thing to do. Healthier alternatives are selected, eg. GMO free ingredients, and no added artificial colours, sweeteners, salt or starch.

**First in the world:** Solgar were the first to introduce vegetable-based capsules, with a comprehensive range that takes into account specialist needs such as Halal, Kosher, or vegan.

**Manufacturing:** Solgar is made in the USA at our own state-of-the-art premises, guaranteeing consistently high-quality standards.



**Natural water-based coatings:** Solgar's coated tablets are free from colouring and the common shellac-based coating found on many other supplements.

**We invest in training people:** We ensure Solgar is only distributed where retailers can provide you with educated advice what's best for you.



# BERBERINE

Berberine is a bioactive compound found in various plants such as barberry, goldenseal and Chinese goldthread. It has been used for centuries, particularly in Chinese and Ayurvedic practices. Berberine has gained attention in recent years due to its potential health benefits and therapeutic properties.



**Coyne Berberine Advanced** constitutes of Berberis Aristata and EGCG. Precense of EGCG enchances the effectiveness Berberine.

## Swanson Berberine

delivers a guaranteed 400 mg of pure berberine HCl. cardiovascular health. the normal range.



## Now Berberin

incorporates MCT oil with Berberin to enhance the absorption and effectiveness of Berberine.



Berberine has been studied extensively for its effects on various health conditions.

It has shown promising results in managing blood sugar levels, suggesting it could be useful for individuals with type 2 diabetes and metabolic disorders.

Berberine possible roles for improving insulin sensitivity, ability to increase glucose uptake in cells and reduce glucose production in the liver indicate berberines usefulness managing over a blood glucose.



**1. Regulation of metabolic pathways:** Berberine activates an enzyme called adenosine monophosphate-activated protein kinase (AMPK), often referred to as a "metabolic master switch." AMPK helps regulate energy metabolism and plays a role in glucose and lipid metabolism. By activating AMPK, berberine can enhance glucose uptake, improve insulin sensitivity, and promote the breakdown of fats.

**2. Modulation of gut microbiota:** Berberine has been shown to have antimicrobial properties. It has been found to inhibit the growth of certain harmful bacteria while promoting the growth of beneficial bacteria. This may contribute to the metabolic benefits of berberine.

**3. Anti-inflammatory effects:** Berberine exhibits anti-inflammatory properties. It can suppress the production of inflammatory cytokines, such as tumor necrosis factor-alpha (TNF- $\alpha$ ) and interleukin-6 (IL-6). This may help alleviate symptoms associated with chronic inflammatory conditions.

**4. Regulation of gene expression:** Berberine can influence the expression of genes involved in metabolism, inflammation, and other cellular processes.

This ability to regulate gene expression contributes to berberine's broad range of effects on the body.

**5. Antioxidant activity:** Berberine exhibits antioxidant properties, meaning it can scavenge free radicals and reduce oxidative stress in cells. By reducing oxidative stress, berberine may help protect cells from damage and contribute to its overall health benefits.

It is important to note that while berberine shows promise for various health conditions, it is always advisable to consult with a healthcare professional before starting any new supplement or treatment regimen.

Natural Health Trading, Auckland

# Start your spring beauty reset now!



FREE collagen with my skin!

## therapure®

NEW beauty bundle! When problem skin carries on well beyond age 18, **My Skin** is for *your* skin. Highly absorbable quercetin and curcumin phospholipid complexes, zinc, B3 and B6 are ingredients your skin will love. Glow all season long when combined with high dose **Pure Collagen Peptides + C!**



## NEOCCELL.

Spring is the season of renewal! And what better way to prime your skin, hair, and nails for the warm sunny days ahead than to nourish your beauty from the inside out with **Super Collagen + Vitamin C & Biotin?** The skin renewal cycle takes 4-6 weeks, so the sooner you start, the better!

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

## BIOSPHERE Nutrition

### SUPPORTS

- Nitric Oxide Production
- Lean Muscle Mass
- Normal Blood Pressure
- Exercise Performance
- Optimal Blood Flow
- Optimal Sexual Health

Nitric Oxide powder is comprised of two amino acids, Citrulline and Arginine, which serve as significant building blocks for Nitric Oxide. Consequently, they contribute to the expansion of blood vessels.

Additionally, the powder incorporates Hawthorn for promoting heart health, along with Vitamins C and D.



## NITRIC OXIDE CITRULLINE + ARGININE



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



# Spring Cleaning

How many of you look forward to the start of Spring, but secretly dread the annual Spring-Clean? When was the last time you looked under the furniture? Or checked nooks and crannies for signs of mould? Sometimes we don't want to look, right? But look we must, because a relatively dust-free and mould-free home is a healthy home. Mouldy homes in New Zealand create so many health problems for us Kiwi's, and dust and dust mites can trigger all sorts of allergy-type symptoms. So regular cleaning, and a really deep Spring-Clean are essential for our health.

One of the reasons Spring-Cleaning became 'a thing' was to remove moulds and dust prior to the arrival of pollens, but even before that, the Spring-Clean has cultural, religious and historical origins. Originally seen as a ritual for cleansing energies of the past and making space for blessings to come, this is where the idea of 'out with the old and in with the new' originated from.



So let's look at dust - a charming combination of dead skin cells, dust mites, dead insect particles, soil, pollen, tiny plastic particles, bacteria, hair, pet hair, and clothing fibres. See why we need to keep on top of the vacuuming?

## Symptoms of dust and dust mite sensitivity can include...

- sneezing
- wheezing, coughing
- red watery or itchy eyes
- runny nose





Mould can be a bit more insidious and can hide in places like cupboards or wardrobes, or the back of curtains if the windows are prone to condensation. Moulds actually release little spores that a person can inhale or absorb via the skin, and long-term exposure to excess mould spores can start to make you sick.

### Symptoms of mould sickness can include...

- a lowered immune system and frequent colds
- excess mucous production (runny nose, wet cough)
- chest infections and chronic coughs
- fuzzy head
- itchy red irritated skin
- upset tummies



If you suspect you might have some sensitivities to mould or dust, pop into your local store and ask about the Allergenics Food Intolerance and Environmental Sensitivity tests that we offer. We can help put a plan of action together for you based on your results.



## Are you getting to the root of the problem?

Allergenics offers a wide range of tests to cover all your health needs. We test from birth onwards and all through the various ages and stages of life.

- Food and Environmental Sensitivity
- Comprehensive Women's Health
- Comprehensive Men's Health
- Comprehensive Nutrition Test
- Sleep and Mood Test
- Heavy Metal and Environmental Toxin Test

Hardy's will recommend the right tests for you and your family, suggest the best course of action once your report arrives and will support you with all your needs going forward.

Simple      Non-invasive      Trusted





# HOT Picks!



NaturoPharm Ltd, Rotorua

## Beat the allergy blues!

Allergies have many causes, take many forms, and can occur all year round. However, the bloom of spring has many people reaching for support. Keep ahead this allergy season and support the natural immune response to allergens from foods, plants, clothing, chemicals, insect bites, and stings, inside and out with Allermed Relief Oral Spray and Allermed Relief Gel.



NaturoPharm Ltd, Rotorua

## Pet-Med Allergy

Allergy blues affecting your four-legged friend? Help them survive this spring with ease. Pet-Med Allergy assists in building resistance to common allergens by balancing your pet's immune reaction in response to common allergens, while supporting healthy skin.



Lifestream International Ltd, Auckland

## Lifestream Gut Soothe

This comprehensive gut health formula features Aloe vera, liquorice, turmeric, slippery elm, plus pre and probiotics to help soothe your gut wall, ease irritation and supports growth of beneficial bacteria for a healthy gut microbiome balance - helping you to feel better from the inside out.



Natural Meds, Napier

## Gaia® Herbs Turmeric Supreme Sinus Support

The goodness of liquid herbs packed into concentrated capsules for potent support! Contains all of the herbal goodies to combat seasonal symptoms and keep pesky histamine in check. Ages 12 years+



Natural Meds, Napier

## Xlear® MAX Nasal Spray

Open sinuses and breathe freely! Experience maximum support with targeted ingredients including xylitol, saline, capicum and aloe vera so you can breathe with confidence! Ages 8 years+





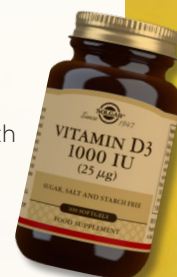
# FEEL THE VITALITY OF SPRING



Always read the label and use only as directed.  
If symptoms persist please see your healthcare professional.  
Solgar NZ Ltd, Auckland. TAPS PP1661.

## SOLGAR® VITAMIN D 1000 IU

- Supports healthy bones and teeth
- Supports muscle function
- Supports immune health
- Required for calcium absorption



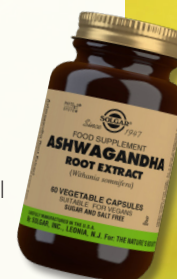
## SOLGAR® VITAMIN E WITH SELENIUM

- Natural Vitamin E (d-alpha tocopherol)
- Yeast-free selenium
- Protects cells from oxidative stress
- Supports the immune system and metabolism
- For hair and nails



## SOLGAR® ASHWAGANDHA

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



## SOLGAR® GLUCOSAMINE CHONDROITIN

- Naturally present within cartilage
- Building block for joints
- With key ingredients; glucosamine, chondroitin and MSM
- Extra strength formula
- Shellfish free



## SOLGAR® QUERCETIN COMPLEX WITH ESTER

- Includes seasonally supportive quercetin and bromelain
- Unique complex that supports the immune system
- Utilises patented stomach friendly form of vitamin C, Ester C®
- Strong protection against oxidative stress
- Vegan, Vegetarian, Kosher





# Keep Your Gut Healthy

Immunity Fuel is a small family-owned business run by Lizzie and Damian, their son Hawk, and Damian's Mum Sharon in Hikuai, rural Coromandel Peninsula.

"We are passionate about creating natural products that are genuinely beneficial to everyone, using the highest quality organic ingredients available and the ancient art of fermentation. We believe that Mother Nature knows best, and our products harness that natural symbiotic partnership between bacteria and nutrients to ensure they start working right from your mouth through your entire digestive tract."

Food has long been known as the best medicine, and fermented foods maximise the potency of the nutrients and good bacteria our bodies need to function at maximum efficiency. There is no better time to help your body detox all the years of toxins (that we all have stored in our bodies) and restore the balance of a healthy microbiome - your own personal army of good bacteria. Once the good bacteria have been restored the body has the remarkable ability to heal itself.

We stand behind our products as we know they are of the highest quality - but don't just take our word for it, try for yourself and see just what nature can do for you! Find out more at [www.immunityfuel.co.nz](http://www.immunityfuel.co.nz).



CERTIFIED ORGANIC



NON-GMO



NO ARTIFICIAL ADDITIVES



DAIRY FREE



VEGAN



GLUTEN FREE OPTION

# KETO QUICKSTART

21 DAY CHALLENGE

COMPLETE SUPPORT KIT

## Complete Support for Keto Weight Management

Perfectly designed and calculated using science to help you get into ketosis.

**3** + **3** + **3**  
Levels      Supplements      Weeks



Lazu Keto Capsules, Biorestore and Keto Shake support your weight management by helping put your body in Ketosis, providing much needed Electrolytes and Probiotics to support gut health, mood, sound sleep, and muscle mass.

[lazuketochallenge.co.nz](http://lazuketochallenge.co.nz)

**LAZU**<sup>®</sup>



# HOT Picks!

## GET READY FOR SPRING



### Swanson Real Food Men's Multi

Support Mens energy and vitality with Swanson Real Food Multi. Featuring vitamins and minerals from organic food sources, pumpkin seed extract and saw palmetto to promote male vitality, deliver antioxidants to support immune health, assist in stress, prostate, and bladder health, and boost overall health and wellbeing. Vegan, Non-GMO and gluten free.

Natural Health Trading, Auckland



### Swanson Real Food Women's Multi

Get that energy boost with Swanson Real Food Women's Multi. Featuring vitamins and minerals from organic food sources, vegan, non-GMO, and gluten free. Supporting energy, vitality, hair, skin, nails, bone health and the immune system. Contains a trio of herbs to support stress, urinary tract health and providing powerful antioxidants. recharge your visage. Awaken to more youthful-looking skin.

Natural Health Trading, Auckland



### Harker Herbals Throat Sprays

NEW fast acting sprays to soothe dry scratchy throats and support recovery. Professionally formulated for adults and little ones 5 years and over.

Harker Herbals, Waipu



# Feel good naturally

## Hardy's Sleep Spray and Relaxation Spray

These wonderful sprays are unique to Hardy's and get you feeling good, naturally. Hardy's Sleep Spray provides support for a fabulous sleep and hormonal issues, whilst our Relaxation Spray is an aid to help with times of stress, such as sitting exams, worry and many other day to day stresses we experience.



## Antipodes Eve Bio-Retinol

A silky concentrate rich in bio-retinols to reveal smooth, radiant skin. Organic cacay oil, supercharged with bio-retinol vitamin A, unites with bakuchiol to stimulate collagen and visibly reduce the appearance of fine lines and wrinkles for a firmer, fuller-looking complexion. Prickly pear oil and Australian Kakadu plum oil are primed with protective antioxidants to instantly recharge your visage. Awaken to more youthful-looking skin.

Antipodes, Wellington



## Living Nature Daily Protect Facial Lotion

Vegan friendly and 70% organic, Living Nature's Daily Protect Facial Lotion SPF 20 offers dual effect SPF protection and hydration. Crafted in Kerikeri, it's your morning SPF essential.

Living Nature, Kerikeri



Free Gift

## Harker Herbals Echinacea, Vitamin C + Zinc

The perfect combo of immune superstars to keep you on the go, in a delicious syrup for all the family. Get a free 100ml Sleep Well with each Echinacea, Vitamin C + Zinc purchased.

Harker Herbals, Waipu



## BePURE Gut Regular


A symbiotic blend of prebiotic fibre and probiotics to support regularity, digestive comfort, and microbiome health - all at once.

BePure Health Ltd, Auckland

# Mental resilience

in the face of change

Chat to your  
**Hardy's Health  
Consultant** about  
the right support  
supplements  
for you.



Spring is the time of fresh starts and embracing change. “Out with the old and in with the new” we loudly declare! But what if the changes ahead are difficult, unsettling, or just plain hard work? Humans have a tendency to not necessarily love change – especially when that change may be difficult.

We’ve all heard the expressions about doors closing and opening, so rather than just talk about positive changes we can make in Spring, we’re giving you some great pointers on how to stay mentally resilient when facing changes that may not be too comfortable.

## Don't view negative emotions as something negative

All negative emotions such as fear, sadness, anger or anxiety, can have a flip side. They often propel a person to take positive action. Listen to your emotions. Are they trying to tell you something? Sometimes they are the instigator of change as a person is moved to overcome the situation that's driving the emotion. If the emotion is a reaction to a change you don't want to make (eg. worrying after losing a job), then allow that emotion to motivate you to create a new alternative situation.



## Accept that some things are out of your control

We can never control everything in life, and for some people that is a difficult concept. We like to think we have power over our circumstances, but the truth is that we don't always. So try to plan a course of action that is within your control, as a strategy through what is out of your control.

## Allow yourself time to grieve when needed

When experiencing a loss, remember you are human, and allowing yourself to actually feel an emotion such as grief, is a necessary part of the healing process. Be kind to yourself. Don't just throw yourself into work to repress the emotion. Allow it to present itself for a time and don't feel you need to rush through it. Still allow positive things into your life during this time to keep equilibrium.

## Don't let stress throw good habits out the window

When going through a stressful change, it is really important not to give in to bad eating, excess alcohol or late nights. Lack of nutrients and sleep will only make those feelings of stress more pronounced. So practice self-care during the change to keep mentally strong. Ensure you have rest, relaxation and good wholesome food. Pre-cook some meals and throw them in the freezer so you don't need to rely on takeaways if you don't feel up to cooking every day. Have nutritious snacks like nuts in the cupboard instead of cookies. And make your own ice cream out of blended frozen bananas and almond butter.



## Don't go it alone

Get yourself a good support network to help you through. Man was not built to live alone on an island. Share the load. This might come in the form of a good friend, a neighbour, a work colleague, online support groups, a therapist, or even a lovely animal companion.

## Take quality supplements to support your body

To help your body and mind stay calm and resilient, vitamins and minerals are very important. Things such as magnesium or B vitamins get depleted more quickly when we are under pressure, and certain herbs help our body to buffer the release of stress hormones or keep our mind focussed. So do come and see us in store if you'd like some personalised advice on how to feel more resilient in the face of any change you may be going through. We are here to help!











## Practice gratitude

It may seem counter-intuitive but learning the art of practicing gratitude, particularly during stressful times, can be beneficial for building a resilient mind-set. Get yourself a notepad or gratitude diary and at the end of each day, no matter how bad that day may have been, write down at least 3 things that you're grateful for. This could be as simple as 'the sunshine was out today', 'my boss is understanding of my situation' or 'I am looking forward to dinner out with friends this weekend'. Do this every day and it'll help reshape your mind-set bit by bit.



# Kiwiherb Children's Immune Drops Gummies

-  Heat 90ml apple juice, or juice of choice, in the microwave for approximately 10 seconds. Liquid should be just above room temperature (not warm or hot).
-  Sprinkle 1 heaped tablespoon of powdered gelatin\* into the liquid, stirring until fully dissolved.
-  Allow to set in the fridge.
-  Once set, heat in microwave in 10 second intervals until liquid again (roughly 40 seconds).
-  Add 30 ml Kiwiherb Children's Immune Drops and stir gently.
-  Decant mixture into gummy moulds.
-  Set in fridge.
-  Store in an airtight container out of direct sunlight/heat.



## Spring deals in-store now



**SANDERSON®**

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS



# Gutsi® Gut Reset Kit

A happy microbiome starts here.

Designed by  
nature, supported  
by science.



Reseed and balance the gut with probiotics



Nourish friendly flora with targeted prebiotics



Support postbiotic production for a strong, healthy gut



Reseeds  
the gut



Targeted  
prebiotic



Nourishes  
friendly flora



Bowel  
regularity



Fortifies  
gut barrier



Powers microbial  
diversity



Boosts  
postbiotics



Guti-immune  
axis support

[gutsi.co.nz](https://gutsi.co.nz)

[gutsi\\_wellness](https://www.facebook.com/gutsi_wellness)

Scan me  
to learn  
more



# NATURES

THERAPEUTICS™

*It's not magic,  
it's nature®*

There are plants in Aotearoa New Zealand that cannot be found anywhere else on the planet. For generations, Māori have relied on these plants and crystal-clear river water to support good health and well-being.

In a partnership of traditional knowledge and modern techniques, all Natures Therapeutics products contain at least one of the following traditional plants used by Māori - Kawakawa, Kūmarahou, Mānuka, Kānuka, and/or Harakeke.

*New*  
TO HARDY'S



A Māori owned manufacturer of remedial and personal products since 2020, sustainability is a key focus. They don't harvest from the bush, and all plant material used to produce the extracts they use is harvested under the requirements of tikanga (tradition) from controlled grow areas.

Extraction occurs in a lab environment so they can guarantee consistency, and all products are manufactured and packaged at their facility to ensure quality is controlled from beginning to end.



# Good health starts in the gut

Do more of what you love

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

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

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

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



### MULTI FIBRE

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



### BODY CLEANSE TOTAL BODY DETOX

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



### LIVER TONIC 17500

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



### GUT GUARD

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



### MG LAX

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

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



# HARDY'S HEALTH STORES AND HEALTH HUBS

## HS HARDY'S STORES

### Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

### Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

### Hardy's Whangarei

41 Cameron St (09) 438 3188

### Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

### Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

### Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

### Hardy's Taupo

37 Horomatangi Street (07) 378 9057

## HH HARDY'S HEALTH HUBS

### Devonport 7 Day Pharmacy

31A Bartley Terrace, Devonport  
(09) 445 4000

### The Capsule Pharmacy

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

### Liddells Pharmacy

48 King St, Pukekohe  
(09) 238 7166

### Anglesea Pharmacy

9 Thackeray St, Hamilton  
(07) 839 3999

### My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd  
(07) 572 0355

### Pharmacy 53

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

### Balmoral Pharmacy

25 Munroe Street, Napier South  
(06) 835 4540

### Vautier Pharmacy - Summer Hill Village

198 Ruapehu Drive, Palmerston North  
(06) 355 8173

### Stratford Pharmacy

235 Broadway, Stratford 4332  
06 765 6566

### Clive's Chemist

20-21 Queen Street,  
Wainuiomata  
Ph (04) 5648618

### Pharmacy @ Ferrymead

1005 Ferry Road,  
Christchurch  
(03) 943 9635

### Roslyn Pharmacy

287A Highgate  
Roslyn, Dunedin  
03 477 9793

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



New Hardy's Hubs  
coming soon!

Or visit our Hardy's  
Online Store  
[www.hardys.co.nz](http://www.hardys.co.nz)



Hardy's Health Stores  
opportunities available.

Franchises, Hardy's Health  
Hubs and Career opportunities  
for experienced natural health  
retailers or practitioners.

Email [Vince@hardys.co.nz](mailto:Vince@hardys.co.nz)