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Editor's Note

There's something special in the air at this time of the year. Summer holidays and Christmas make for an awesome combo in New Zealand, and here at Hardy's we can't wait to get down to the beach and spend more time with family and friends.

In this issue, as well as our top tips for handling stress, we are tackling weight management and I'm proposing a different approach to how you take on your New Years' resolutions, to help you feel good!

Instead of an unsustainable resolution or an overwhelming list of transformative changes that you hold yourself to from January 1st, for 2018 consider making little and sustainable lifestyle changes weekly throughout the year or even one a month. One simple change at a time allows you to create and embed healthy habits. Even little tweaks to your diet, activity and lifestyle can make a big impact on how you look and feel. Check out page 11 for my health + vitality plan for 2018 or, if you're stuck for ideas on where to start, you can view my list of health and wellbeing changes over on my blog. Remember: choose and work on one change at a time (you can find my blog at www.hardys.co.nz)

If you're away this summer you can still get all your health and wellness needs by shopping at our online store – just bear in mind over the holidays couriers may increase shipping times slightly.

Have a fabulous summer, our Hardy's experts look forward to seeing you in store and to helping you to feel the very best you can for 2018.

Until next time,



Diana Burgess - Naturopath

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Cut out this coupon and take it with you into any one of our stores. Then, purchase any item that's advertised in this issue and you'll go in the draw to win our Summer Essentials Holiday Pack – featuring a selection of products from this issue of My Hardy's to the value of \$350!



Stress Less this summer



The silly season is aptly named thus for a reason – and, even though it's often the time that us Kiwis take a holiday, it's not all languid afternoons on the beach. For many, the holidays are often a time for additional stress and pressures; there's deadlines to meet before the office closes, a fuller social calendar than usual, the kids home from school for a long stretch, and possibly even in-laws coming to stay.

You'll likely be well aware of what this type of stress does to your body and your mood. Headaches, muscle tension, rapid heartrate, sleep disturbances and stomach upsets are common, as are feelings of overwhelm, irritability and anxiety. The 'flight or fight' response is largely to blame, triggering stress hormones from your adrenal glands and wreaking havoc on your nervous system.

Stress affects almost everything that is happening in our bodies and, while a small amount (at the right times!) serves a biological purpose, prolonged periods of stress can have a devastating and debilitating impact, severely compromising our overall health and wellbeing.

LEARN TO RECOGNISE THE SIGNS

According to the experts, there are four phases to stress, as outlined below

1. **A small amount** of stress is healthy and the body adapts normally if it just dips into the 'fight or flight' response occasionally or for short periods.
2. **The hyper-adrenal stage** is common when you're constantly charging from one thing to another at a hectic pace, and your stress glands are pumping all day long. In this state, you may feel a bit 'buzzed' and your stress response will have trouble switching off.
3. **The hypo-adrenal stage** follows a prolonged period of stress and is generally characterised by feeling too tired to be stressed anymore. Low moods and sluggishness are common and you'll likely feel like there's not much left in the tank – especially until after you've had a coffee!
4. **Adrenal burnout** is the medically recognised final stage of stress, which may manifest as chronic fatigue or could see your immunity dropping out entirely.

It's worth noting that lots of people flick between stage 2 and 3, feeling wired and tired or experiencing nervous agitation alongside exhaustion. It pays to be able to recognise where you are throughout the stress stages, so that you can intervene in giving your body what it needs and learn to manage your stress levels, especially given the detrimental effect they are having on your health.



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What is stress doing to our bodies?

As mentioned, stress triggers the release of stress hormones, namely adrenaline and cortisol. While adrenaline can be blamed for the heart racing, raised blood pressure, and respiratory issues that often accompany stress, cortisol plays another insidious role – signalling your liver to produce extra blood glucose in an attempt to give you a boost of energy.

However, these stress hormones also suppress the functions that aren't deemed

essential in a true 'fight or flight' situation – slowing down the digestive system and altering the immune system, reproductive system and growth processes, as well as making it increasingly hard to lose weight! As well as making you crave sugary, fatty foods as you ride the wave of your blood sugars, elevated cortisol levels mean that your body produces less testosterone, leading to a decrease in muscle mass and the conversion of muscle into unhealthy (and unwanted!) fat cells, especially around the abdomen.

Other sources of stress



It's worth considering that there are different forms of stress. While we often think of stress as being our internalised reaction to external pressures and events, what we put in and on our bodies can be a form of unwanted stress too. That's right – stress can also come from the food we eat, what we put on our skin and even what we're thinking about, not just how busy we are (or the buzz of activity bought about by the mother-in-law's impending holiday visit!)

So how do you combat the whole range of stressors? Understandably, the solutions will differ depending on the type of stress, however here are a couple of our best solutions...

- **Moving and mindfulness:** We've all heard the merits of exercise for managing stress. Exercise takes you out of your head and gets happy hormones like serotonin coursing through the body, counteracting the prevalence of stress hormones. Other activities that promote mindfulness – breathing exercises, a gentle walk, a warm bath or a massage – will all help to relax the body also, switching the nervous system down a gear (or few) and allowing some of your body's vital systems to come into balance.
- **Boost your Bs:** No discussion concerning stress is complete without B vitamins. B vitamins work with our brain chemistry and help to balance our neurotransmitters. While all the Bs do slightly different jobs, they play a vital role in stabilising mood, nurturing the nervous system, boosting the immune system and producing serotonin.
- **Mellow magnesium:** As a natural relaxant, magnesium helps the body to wind down. It can be particularly beneficial for women, as it plays an important role in the production of progesterone, a calming hormone that can help to balance out the stress response.
- **Add adaptogenic herbs:** Adaptogenic herbs are an excellent solution if you're not quite sure what stage of stress you're in, but you feel like you need some help. Rhodiola, Siberian ginseng and ashwagandha are all adaptogenic herbs that can assist in times of stress and are thus named because they adapt within your body to give you what it is that you uniquely need, whether that's calming the adrenals or boosting energy.
- **Stick with natural:** When it comes to the best things for our bodies, trust Mother Nature as she knows best. Food, skincare, and supplements are all less likely to add to the stress-load of our bodies if they are as close to the way nature intended as possible. Stock up on whole foods, ditch the chemicals in favour of natural ingredients and ask an expert for more natural (as opposed to synthetic) supplementation options.

Kids get stressed too!

We often think of stress as an adult affliction – most of us remember our childhood with the rose-tinted glasses that suggest we were entirely carefree. However, it's worth remembering that even some of the smaller members of your family experience stress too.

Whether it's the internal stressors that come from the foods they eat, or situational stressors from changes in your family or a return to school, children experience the detrimental effects of stress as well.

There are lots of ways that you can support your children through stressful times, including talking to them openly, empathising with their feelings and minimising additional upsets and upheavals where possible. Ensure that their little systems are balanced right and as resilient as possible by getting back to the basics of good nutrition, both through their diet and through supplementation, where beneficial. Talk to a Hardy's expert about the best options for your unique little ones.



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The role of Genetics in weight management



We are all blessed (although some people may say cursed) with our unique genes at birth, however what we choose to expose our bodies to over the course of our lifetime will determine how our genes express themselves.

All living beings have genes; they exist throughout the body and are found in the nucleus of almost every cell. We know that our genes are the basic physical unit of heredity - the working units of our DNA - but they are also functional; genes effectively execute a set of instructions, telling each cell what to do and when to grow and divide. In this way, they determine what an organism is like.

How we grow and develop depends on how well we are looked after, nurtured, watered, and fed. What we eat and drink, as well as how we move, and even what we think, all has an impact on our genes - whether for good or for bad.

We've always known that everything we consume by way of nutrition, whether food, supplements, protein powders,

A STORY ABOUT GENES...

Consider two identical little bean seeds... One is put up on the windowsill where it can get ample daylight and vitamin D. It is regularly given water and is planted in the nutrient rich, fertilised soil that it needs to grow. The other seed is put in old, stale soil and locked away in a dark cupboard, without any light or water. These seeds started out exactly the same, but the plants that were able to come from them (an expression of their genetic make up) demonstrate two very different outcomes.

or even products we put on our skin, contains information for the body. Now we unequivocally know that this has an important impact on our genetic make up. In fact, science is now showing that we can turn on and off certain genetic switches by what we choose to eat.

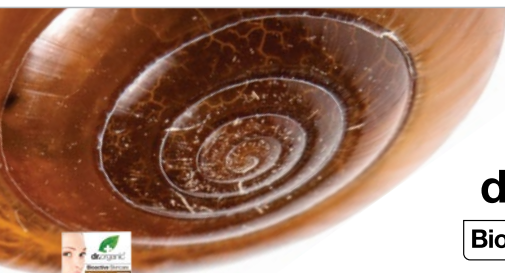
What does this mean for weight management?

Well, among other things, your individual genetic expression means that a dietary approach that works for one person may not work for another. As though navigating the world of healthy dietary advice wasn't complicated enough! Luckily there are some universal rules.

You can't out-exercise bad nutrition

Our genes, and all the cells that make us up, rely on the total, overall picture of what we're putting into and doing with our bodies. While it's nice to think that we can eat a whole pizza tonight so long as we go for a run in the morning to make up for it, this mythical notion comes from the out-dated 'calories in, calories out' idea.

The theory used to be that people become overweight because they eat too much and exercise too little and while that certainly plays a part, the actual picture is not that



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simple. Your body is not like a bank or a library, where you simply cash in and check out calories in isolation; this notion completely ignores the common sense reality that not all calories are created equally. How our cells express themselves, and whether your hormones are triggered to store or burn fat, boost or crash your metabolism, or build or break down muscles, will all depend on what you are consuming. The calories in green vegetables, for example, trigger a very different reaction to the comparable amount of calories consumed by way of hokey pokey ice cream!

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So what do we need?

The right intake: As well as being out-dated, the calorie-counting method can actually be detrimental to weight management. Studies have shown that sometimes eating a few more 'good' calories when you are working out can actually help you reach your fitness goals; it's all about figuring out what your body needs based on your individual activity levels and your genetic make up, and getting that from good food sources. Adequate lean protein and good fats are important, as are plenty of green vegetables (and other vibrant coloured produce) to get a good cross-section of nutrition and keep the body's pH levels in balance.

A focus on quality: Just like all sources of calories are not created equal, neither are all supplements. Cheap or overly synthetic supplements can be like processed food when it comes to causing our genes more harm than good. Opt for whole foods that are still as close to nature as possible and talk to a Hardy's expert about what else can fill any nutritional gaps while putting the least amount of stress on the body.

To keep exercising: They say that sitting is the new smoking and while that may sound like a media-worthy soundbite, research repeatedly proves that exercise can make marked improvements when it comes to preventing, managing and reducing the symptoms of cardiovascular disease, Type 2 diabetes, and even things like dementia. It's a crucial component for long-term weight management as it helps the body burn up its fat-storing enzymes and increases the metabolism, so your body is working well even when at rest.

To stress less: We've seen on the previous pages the impact that stress has on every part of our bodies and what this can mean for our health and wellbeing, as well as how our cells and genes express themselves. In the same way that food provides information for the body, so too does stress. The hormone cortisol that is released in our bodies when we are stressed contributes to the creation of more unhealthy fat cells, which is not helpful – especially when experienced over a prolonged period.

**HOW MUCH PROTEIN
DO I NEED?**

We know that all bodies differ but, as a general rule, the recommended daily intake is around 0.8 – 1g of protein per kilogram of body weight, unless you are a strength or endurance athlete (for whom the recommendation goes up to 1.2-1.7g per kilogram of body weight).



There is no doubt that the world of weight management can feel like a minefield – and we're still increasing our understanding of the role that our DNA has to play in this. However, with the right care, your genetic make up need not be a curse. Talk to a Hardy's expert in store, or get in touch online, and they will help you figure out what's best for your individual situation and body.

*Source: IRI RetailEdge Total NZ Grocery + Total NZ Pharmacy. MAT data 08.10.2017. Always read the label and use only as directed. If symptoms persist consult your healthcare professional. Good Health, Auckland.



Go with your Gut



Maintaining healthy digestion for a high-protein diet

We all know the importance of proteins for both building muscle and for weight management; high-protein diets claim to speed up metabolism and stave off hunger longer. But did you know that eating too much protein can cause challenges for your digestive tract?

After food enters your mouth, it goes on a long journey, and sometimes it needs a bit of extra help to travel the more than nine metres through the digestive tract; this is especially true for protein. Protein can't be used by your body right away and it takes extra effort to be broken down by enzymes and properly digested. And, if it isn't fully digested, uncomfortable symptoms such as stomach pain, cramps, bloating, and gas can result.

Complete digestion requires a perfectly balanced environment in your stomach. Each digestive enzyme is activated at a different acidity level, but pepsin – the enzyme responsible for breaking down protein-based foods – needs stomach acid to be especially acidic (low in pH). So if you're going to up your protein intake, you'll need to consider your enzyme activity – specifically how do you increase your enzymes' workload, while maintaining their efficiency?

Take probiotics.

When enzymes aren't activated, undigested food can pass to your small intestine, where bacteria and yeast begin to build up – however, probiotics can help. Probiotics are live organisms, the good microbes (bacteria) that further break down food into smaller molecules in the small intestine. There are several strains of probiotics to choose from, so talk to a Hardy's expert about the right fit for your body and diet.

Eat smaller amounts of protein at each meal.

Avoid a back-up in digestion by spreading your protein consumption throughout the day, rather than saving all your grilled chicken breast and salmon sashimi until dinnertime.



Consider a digestive enzyme supplement.

Taking a particular digestive enzyme, protease, at the same time as consuming a protein-heavy meal can help break down proteins and ensure they're absorbed. Enzyme production decreases with age, so taking supplements later in life can help the body utilise the peptide bonds to help break proteins down to amino acids. Talk to a Hardy's expert about whether this might be right for you.



Ready for a gut check? Talk to a Hardy's expert about what supplements and lifestyle changes may be in order.



Remember vitamin B12.

Vitamin B12 deficiency is incredibly common, which is unfortunate for the population's digestive health. Beyond its role in boosting your metabolism, mood and cognitive function, vitamin B12 helps the body produce digestive enzymes. Vitamin B12 also maintains good bacteria in your digestive tract, which can enable better utilisation of the foods we consume.

Relax.

There's a reason some people feel sick to their stomach when anticipating the worst. As we saw on pages 4 and 5, stress triggers acid to build up in your stomach, disrupting the balance required for digestion. Lowering stress levels is an important step towards healthy digestion.

TRY FERMENTED FOODS.

Eating naturally fermented foods is another great way to keep your gut in check. Your intestines contain 400 bacterial species, and fermented foods help maintain the balance. Fermented foods can also be called cultured or pickled, as they all convert sugars into lactic acid, resulting in that distinctive tangy, sour taste. Need inspiration beyond yoghurt? Try a dish with kimchi, miso, pickled vegetables or sauerkraut. Prefer your fermentation in liquid form? Grab a trendy kombucha or a drink including kefir. Try adding fermented foods, in some form, to your diet several times each week to aid your body's digestion.

Fermentation is an old-school preservation method, so many lactic-acid fermented foods are easy to make at home. Try lacto-fermenting a vegetable of your choice by following these steps:

Collect and wash your vegetables. Using a fork, poke small holes in vegetables (to help brine permeate throughout).

In a 1 litre bottle of filtered water, add 1.5 tablespoons of sea salt.

Choose your spices to your liking (try peppercorns, dill, garlic or horseradish root) and add to a large jar.

Pack vegetables tightly into the jar. Pour salt water brine over the vegetables, making sure they're fully covered.

Ferment! Seal the jar and place in a cool, dark place for at least six weeks.

Then, enjoy! Store in the fridge after opening.

If you don't have the time to make your own we have some fabulous fermented foods in store ready for you to enjoy.

Consider different sources of protein.

When many of us think of protein, we think the obvious – meat! Red or white, steak or chicken, meat may be commonly considered the best source of protein, but there are lots of other foods that pack a protein punch and some that have an even higher amount of protein per gram than the humble steak. Consider trying the following:

Spirulina: This superfood wins when it comes to amount of protein per gram (with 58g of protein in 100g of spirulina!) A type of cyanobacterium, or natural algae, spirulina is one of the most nutritionally dense wholefoods around.

Fish: Some would argue that fish counts as meat, but, contentious food groupings aside, fish has the most protein for the least calories. Salmon, tuna and cod have 1g of protein per 4.1 calories as well as their healthy omega 3 fats.

Nuts: Nuts are proof that good things come in small packages and almonds, cashews, and pistachios have the lowest amount of fat and the highest proportion of protein.

Eggs: Eggs are one of the healthiest and most nutritious foods on the planet as well as being a fantastic source of protein. While whole eggs are 13% protein, egg whites are almost completely protein. Not only that, the protein in eggs is in an easily digestible form.

Proteins are certainly good for us, but to make sure our bodies can reap their full benefit, we need to make sure we're providing a paradise of an internal environment for optimal digestion. To promote proper protein digestion, maintaining the right acidity level to activate enzymes and introducing good bacteria are two big steps in the right direction. Balance your protein intake with other healthy foods for a well-rounded diet – and chew your food thoroughly before it even reaches your digestive tract to make sure it's broken down as much as possible before your enzymes take over.



Clean Lean Proteins: There are fabulous plant-based protein powders, such as Golden Pea, available to add a protein boost to your green or colourful smoothie. Naturally derived from nature, low in fat and easily digested, these proteins are a great alternative to whey. Fantastic for everyone, however their non-acidic qualities are an added advantage for athletes.

Soy: If dairy is a problem for you, there's no need to worry – you can still get protein from other non-dairy and non-meat sources. In fact, soybeans have more protein than any other beans and its protein is of the highest quality – equal to that of meat and milk proteins.

Pumpkin seeds: Otherwise known as pepitas, pumpkin seeds have 33g of protein per 100g. While you're unlikely to snack on 100g of pumpkin seeds in one sitting, sprinkle them on your cereal and salads, or bake them into the top of muffins or a quiche; it'll all add up.



Festive Season survival tips

by Karin Spicer N.D
Lifestream Naturopath



We all have those people in our life who absolutely revel in the drama, glitz and glamour that comes with end of year celebrations. They plan, shop, prepare and fantasise all year of pulling off “the best year ever!” Then there are those whose life at this time of year is full of deadlines, extra shopping, busy social calendars and often plenty of stress. How do we survive to arrive at our celebrations full of the joys of the season?



For healthy mood and immunity during stressful times in the lead up to any big celebrations or holidays, new from Lifestream is **Advanced Probiotics Mood+Immune**. This unique blend contains clinically researched premium probiotic strains that support the two-way highway between our gut and the mood part of our brain. These strains of good bacteria have shown to support nervous or stressed tummies^{1,3,4}, immunity for less days off sick², and a healthy mood response during stressful times^{2,5}.

When we're really busy, with a long list of things to do, relaxation is key for our overall well-being. Try taking a small break and some quiet time – start with a few deep breathes- in through the nose, out through the mouth (think the word calm as you breathe). Next is a dose of natural Magnesium. The best time to take it is about half an hour before bed. Magnesium helps to support relaxed muscles, which is especially good if you have those jumpy legs, shoulders that are begging for a rub, and eyes that make you look like you are winking at inappropriate moments. It supports restful sleep so your body gets a chance to do its natural healing and rejuvenating. Magnesium is needed for supporting us through stressful times, and is important for our heart health and energy production. **Lifestream natural Magnesium** comes in a powder, or caps with powder inside so it is really easy to digest and absorb. Not just for adults, there may be children in the family that fit the profile for this kind of probiotic support too.

Finally- an energy turbo-boost with **Lifestream Spirulina Performance**. Containing all the nourishing plant nutrients for vitality that spirulina has. Spirulina Performance is coated in extra natural phycocyanin for added antioxidant protection from oxidative stress. It helps to support during stressful times, stamina during exercise and recovery afterwards, while supporting our immune system to “fight the good fight.” So whether it is training to stay fit and trim for the festive season or preparation for a night on the dance floor think- Spirulina Performance.

So that's the plan. Breathe, relax, look after your digestive health and mood with good bacteria, turbo-boost your energy and get ready to create good memories enjoying the festive season!

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Diana's

HEALTH + VITALITY PLAN

As we wrap up 2017, lots of people are wondering how to kickstart 2018 to have it be their healthiest and most vital year yet. This year, I'm suggesting a slight refocusing... Instead of frenetically throwing ourselves into well-intentioned New Year's resolutions, which can be overwhelming and difficult to maintain, let's make smaller, more manageable changes so that we can start as we mean to go on.

It's tempting – and so common – to think that you have to do it all as soon as January hits, as though we need some perfect, clean slate for the year. However, my advice is to work on one thing every few days. Once that intention becomes a part of your everyday life, tick it off the list for now and move onto the next small change that you've identified. Even if it takes months, keep making those small changes. A year from now you will wish you had started this kind of thing today!

Every single meal or mindfulness session can have an immediate impact, so start small and plan in some different things you can tackle, one at a time, to get healthy momentum. Check out a full list of ideas over on our blog (titled: Diana's Health + Vitality Plan for 2018) for inspiration and create your own list of vital changes for 2018.

A few thoughts to get you started...

Start your day with the nutrition of colour

I set the challenge in the last issue to start the day with a colourful breakfast that incorporates all the colours of the rainbow, so that you get all the corresponding nutrients that come along with that. This is a particularly good habit to get into now – when all the beautiful summer fruits are in season.

Breakfast not only sets you up with the energy you need, but also kickstarts your metabolism and helps to regulate your appetite and satiety signals throughout the day. Try vege-packed omelettes or a superfood-rich smoothie for a colourful breakfast then, once you've got your breakfast sorted, you're ready for lunch – think something green with lean protein, ideally – to get you on your way to a new you.

Move mindfully everyday

It's common to start the New Year with ambitious gym goals and although I'm not knocking those at all, it's worth being flexible in your approach to exercise to increase your chances of success and sustainability.

Aim to mindfully get moving every day and vary your activities. You might head to a yoga or dance class one day a week, head out for a walk before work or at lunchtime on another day, or join a social sports team or take a ball outside with your kids each Friday evening. Whatever you choose, the point is to include things that you find fun; you're far more likely to keep doing them long-term that way!

Not every food is good for everyBODY.

There is so much nutritional information out there and I completely understand that it can be overwhelming but, as I have said before, this is one area where simple truly is best. Not only that, what's right for someone else might not be right for you, so seek an expert's advice and go with your gut – if something makes you feel good, do it. If it doesn't, try excluding it from your diet for 21 days before you add it back in and see what happens.



Dia's Summer Recommendations

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Beauty begins inside

The Prettiness of Protein

They say that true beauty comes from within and, while those pots of potions certainly contribute to your skin's overall feel and appearance, what you are eating (or not eating) will also show on your face. Our diets reflect on our skin, and in the appearance of our eyes, hair, and nails (to name a few!) This makes a focus on inner health for outer beauty, and nourishing ourselves from the inside out, even more important.

We often think of the vitamins and minerals that we consume as working their magic internally, however, as the largest organ in the body, our skin benefits from the foods we eat in the same ways that our other major organs do. In fact, there's research to suggest that foods rich in protein and high in certain vitamins and minerals may even provide anti-ageing effects.

Read on to understand the part protein plays in your pursuit of a vibrant, healthy glow this summer.

Comprising collagen

Our skin cells regenerate every 24 hours and, as the primary substance the body uses to replace dead or worn-out cells, protein is necessary for tissue repair. Additionally, because protein is an important building block in the body, if we're not getting enough of it, our skin loses its tone and elasticity, with sagginess, puffy eyes and a more wrinkled appearance as the result.

You will have, no doubt, heard of collagen – the strong, cement-like matter that binds the cells of your body together. Well, did you also know that collagen is made of fibrous protein and comprises 30% of the body's total protein?!

See the benefits

While we're on the subject of protein, there is another aspect that is often overlooked; protein doesn't just have a part to play in how healthy you look, but can also impact how well you see. You may well remember your Mum telling you that carrots will help you see in the dark. While that may have seemed like a tall tale to get you to eat your vegetables, there was some truth to it. Carrots contain beta-carotene, which the body converts to vitamin A, as well as antioxidant-rich lutein, both essential nutrients for good vision. Another of the highest concentration food sources of

lutein comes from eggs, and we know what else those are a great source of... protein!

It's clear that protein is a valuable part of our diet in order to look (and feel!) healthy and vibrant, however if you are looking to increase your intake, it's worth remembering that not all sources of protein are created equally. Because plenty of protein sources are also packed with saturated fat, it's best to focus your sights (see what we did there?) on lean meat, nuts, eggs, fish and legumes for increasing your intake. See page 9 for more information about the various food sources of protein.



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Luscious locks and tougher talons



It's not just our skin that benefits from the power of protein however; our nails and hair follicles are made entirely of protein, so their healthy appearance also depends on the quality of protein your body is getting. When you consume protein-rich foods, the body breaks these down into amino

acids, which are redistributed as needed to build new proteins specific to your body's needs. While collagen is a big part of this for your skin itself, keratin is the specific protein that makes up your hair and nails. As well as requiring enough overall protein intake for this process to take place, the production of keratin also relies on having enough sulphur in the body.

Before you rush off to the sulphurous waters of Rotorua, there are other ways to achieve this balance. Egg yolks are the best food source of l-cysteine and l-methionine, the sulphur amino acids that form keratin. Additionally, vitamin A helps your body to absorb other proteins correctly and aids in the physical composition of hair and nails. Consider adding vitamin A-rich tuna to your diet as one of your protein sources or taking a supplement if you're not a seafood fan.



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NEW



Ashwagandha

The ancient herb for modern day stress



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Pharmacare NZ, Auckland.

NEWS & EVENTS

Christmas ordering

Orders will be dispatched over the Christmas period, however couriers won't be working on statutory holidays, so in some cases orders may take 3-4 days to reach you instead of the normal 1-2.

NZ Flower Essences

The gorgeous Sumi from our Glenfield store is a trained First Light Flower Essence Practitioner. Similar to Bach flower remedies, but made with New Zealand flower essences, Sumi's blends can be completely personalised and unique to you to help in times of stress or for a range of other ailments. Contact or visit the Glenfield store for more information or to book in with Sumi.

New to the Hardy's family

Organic India respects the intelligence of nature, and keeps its whole-herb formulations as close to their original form as possible.

Organic India's supplements are based on Ayurveda, a science founded in ancient scripture that has been studied and backed by modern science. Its basic premise is that herbs are a complex mixture of hundreds of compounds, nutrients, minerals and vitamins which, when in their whole form, work in synergy with each other!



Book a consult

Did you know that all our Hardy's stores have trained natural health practitioners available for advice? Our Taupo, Glenfield and Kerikeri stores also have clinic rooms within where you can book in to see a naturopath, homeopath, nutritionist, or massage therapist. Head to our website, or contact your local store, for more details.

Get on your bike!



Taking place from 1 – 28 February, the 2018 Auckland Bike Challenge event is encouraging more people to get moving and travelling by active mode, so it's right up our alley! All you need to do is ride anywhere, anytime during February and log your trip on the website. For more information, visit: www.lovetoride.net/auckland

For those higher up the country, Northland's recently opened coast to coast bike trail is reason to get pedalling. At 84km, the Twin Coast Trail stretches from Opua to Horeke and takes in some of the most stunning scenery in the country, whether you tackle a section or take on the whole route (with 'refuelling' and accommodation stops along the way of course!)

COME AND SEE US AT YOUR LOCAL HARDY'S STORE

Hardy's Kerikeri

69 Kerikeri Rd, (09) 401 7126

Hardy's Whangarei

The Strand Arcade, (09) 438-3188

Hardy's Glenfield

Shop 5205, Glenfield Mall, (09) 443 1896

Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd, (09) 424 3882

Hardy's Northwest

Northwest Shopping Mall, (09) 416 9605

Hardy's Pakuranga

Shop 117 Pakuranga Plaza, (09) 576 5843

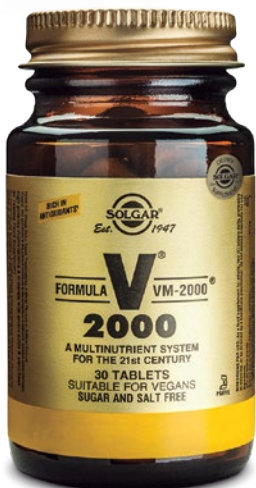
Hardy's Lynn mall

Lynn Mall, Great Nth Rd, (09) 827 6700

Hardy's Taupo

37 Horomatangi Street, (07) 378 9057

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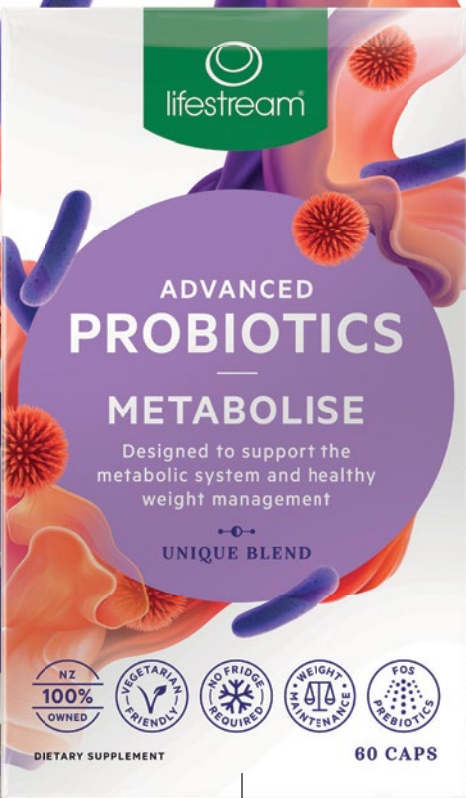


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