

My Hardy's

We'll get you feeling good!

SPRING DETOX

Renewed
Energy!

Vibrant
Skin!

FERTILITY

For Her
& Him

Spring into Spring



It's time for a Spring cleanse

by Karin Spicer N.D
Lifestream Naturopath



As nature around us starts to burst forth with the early signs of Spring it is time to turn our thoughts to how we can shake off the winter sluggishness and get back to optimal health.

Embarking on a spring cleanse can have many benefits for our overall health and wellbeing. A sluggish liver can mean our toxins are not filtered from our system in a timely manner, resulting in low energy, dull and blemished skin, and poor digestion. A sluggish bowel can lead to a build-up of waste leaving us feeling windy and bloated, and even with unpleasant breathe or flatulence.

The Lifestream Cleanse Kit provides plant based support for a gentle yet effective cleanse with Biogenic® Aloe Vera – digestive and liver support, Fibre with Prebiotics and Probiotics, and cleansing Chlorella – rich in nutrients and chlorophyll.

Together the **Lifestream Cleanse Kit** supports:

- Natural elimination of waste and toxins, including heavy metals
- Bowel health and regular motions
- Growth and population of good bacteria
- Healthy energy levels
- Effective digestion of food
- Skin health
- Healthy weight management

Lifestream Cleanse Kit includes:

- Lifestream Bowel Biotics Fibre 100 caps
- Lifestream Body Cleansing Chlorella 300 tabs
- Lifestream Biogenic® Aloe Vera 30 caps

Top 5 tips when completing a cleanse:

1. Drink 6-8 glasses of good quality water daily to flush the waste and toxins through
2. Try adding some Biogenic® Aloe Vera pure inner leaf juice to your water for a daily digestive tonic
3. Eat plenty of fresh vegetables and fruit, organic where possible
4. Reduce meat and dairy as they are heavy on the digestive system
5. Use natural products on your skin to reduce exposure to chemicals

Buy a Lifestream Cleanse Kit + get a FREE Aloe Vera Juice 500ml



Spring has Sprung



Hello, and welcome to My Hardy's spring issue!

This time of year carries such vibrance, I always get spring fever. The mantle of winter is finally cast aside, and with the warmer weather, beautiful blossoms and lighter evenings, comes a feeling of wanting to brush away the cobwebs, revitalise and recreate.

This magazine is about spring cleansing, and feeling renewed and refreshed inside and out. The body is a truly incredible machine that can put up with an awful lot, but like anything, it requires some thought if we want it to perform at its best. My story on page 8 is about ways we can rid ourselves of the toxins we collect every day; just a few small steps is all that's needed to thoroughly detox ourselves and set ourselves up for some really amazing and healthy rewards.

One of the reasons I chose to talk about detoxing is because giving ourselves the best chance of thriving and reproducing is very important to me personally. I didn't accidentally fall into working with natural products; everything I've discovered about the damage external toxins can do to us is the result of my own experiences. On page 8 I'm sharing my own story, as a way to explain a little of my own history, and the reasons why I feel so strongly that to get the best out of ourselves, we need to consciously take control of our wellbeing.

This issue is full of news and products, including a special Hot Picks section for the men – because feeling fantastic isn't just for women! Men need care too. I hope the articles, and the support available to you from the Hardy's team, will revive and rejuvenate you as the natural earth around you bursts into life. Our bodies really are a miracle; let's look after them.

Love and light,

Diana

Diana Burgess - Naturopath

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SAVE \$25

Free Living Nature Lip Hydrator when you buy any lipstick.

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Spring Clean

Why We Need To Detox



If there's ever a perfect time to give yourself a reset, it's spring! Spring is a time of regrowth, of rejuvenation and replenishing; a time when new life is created and everything feels fresher, cleaner, lighter and brighter.

Giving ourselves a detoxifying spring clean is probably the best gift we can ever give ourselves, because one of the most significant dangers we face is our environment. While the human body is amazing at rejuvenating itself from normal wear and tear, we are constantly battling toxins that saturate our environment, leaving many of our essential organs overworked and stressed.

Our oceans, our air and our homes are constantly under attack from pollution created by everyday chemicals, plastics and poisons. It's pretty common knowledge now that our oceans are being crushed under the weight of pollutants, and many of these overload our bodies with Xenoestrogens. Xenoestrogens are so named because they are 'foreign' compounds which mimic the effects of oestrogen in the body – in other words, they aren't supposed to be in our bodies, and they cause chaos.

What we choose to eat, to put on our skin, to store food in, where we live and where we work all have an impact on all aspects

of our health – our energy levels, fertility, hormone balance, skin and gut health.

Every day we are exposed to specific chemicals in common products that can really mess up our hormonal (endocrine) system. They are called Endocrine Disrupting Chemicals (EDCs), and EDCs can derail any system in the body which is controlled by hormones. Some EDCs are Xenoestrogens, which can actually mimic our own hormones such as oestrogen (female hormones), androgens (male hormones) and thyroid hormones.

EDCs have been associated with significant problems such as cancerous tumours, birth defects, learning disabilities, cognitive and brain development problems, cancers and sexual development. Recently, it has been discovered that EDCs, along with sedentary lifestyles, obesity and our 'happy hour culture' have played a part in men's sperm counts dropping more than 50 per cent in Western countries. If this trend continues, it could even become serious enough to lead to the extinction of the human species.

What's right for me?

While everybody is exposed to these unnatural environmental toxins, not every body reacts the same way; neither are we all in the same stage of our lives, so it's worth spending a little time working out what you want to get from your detox. People concerned with their fertility or prenatal care, for example, may need a different package or detox supplements to someone suffering skin allergies, gut issues, or mood swings. All our Hardy's health professionals can help you decide the best option for you – just ask instore to get some helpful advice.

While it can be hard to avoid all the toxins our environment throws at us, we can do a lot to help ourselves. Small changes can have big effects, so even if you don't feel like you can give up that coffee hit forever, just cutting down will help.

Feed your body the right balance of nutrition, and plenty of water, to help rid it of the toxins that build up over time. Give yourself a monthly digital detox too – don't underestimate the impact of what we see, hear and think on our overall health. And of course, especially in spring – take some time to go and enjoy the things Mother Nature provides that make you happy. Whether that's walking the dog, jogging, yoga at the beach, swimming or hanging out with the kids, if it makes you smile, it'll put a spring in your step!

“Your gut is like a garden. If you don’t get the weeds out first, your healthy plants won’t have the energy to flourish”

LOVE YOUR LIVER

One of the most forgiving organs in the body, but one we must look after, is the liver. Our liver is responsible for ‘file-sorting’ everything that goes into our body. This vital body part decides whether what we ingest needs to be used, stored or disposed of, and as long as it’s working properly, we feel great, and our bodies run smoothly.

If the liver becomes overwhelmed with toxins, however, that’s when things start to go wrong. An overworked liver can’t cope if we put too much pressure on it, so it reacts by putting toxins back into the bloodstream and making us feel tired and moody. Constipation, skin issues, inflammation, problems sleeping and weight gain are all signs your liver could do with a break.



Help your liver by avoiding ‘liver loaders’: substances which overwork your liver. Avoiding, or cutting back on caffeine, alcohol, sugar, preservatives and some over-the-counter medications gives your body a chance to reset – and you’ll notice the difference in your skin and energy levels after just a few days.

WHY DETOX?

Reduce allergies including skin allergies. Eczema, psoriasis and other skin problems are often alleviated with good gut health, and ensuring your liver isn’t overloaded.

Improve skin vibrancy. If you are glowing on the outside, it’s because your health is great on the inside

To drop a few unwanted kilos and to simply look good and feel great!

Enhance fertility and balance hormones. Our hormonal health is drastically affected by our environment, with oestrogen dominance affecting how we feel and fertility in both men and women.



HOW TO CHOOSE YOUR DETOX

It can be hard to know which plan is right for you. Visit www.hardys.co.nz for a quick and easy health check questionnaire, or talk to your local Hardy’s expert, who can give you a free Hardy’s Health Check to help you decide. They may prescribe Di’s personal Oestrogen Clearance Detox as the perfect programme for you.

HARDY’S SUPER SPRING HOT PICKS



Don’t let Spring get up your nose!

SANDERSON Sinus & Allergy FX



Support for sinus health and clear breathing

Super Spring Deal only **\$19-90*** 60s



Support Spring weight management!

SANDERSON GarciniaMAX 95% HCA 60s TWIN PACK



Amazing spring value only **\$45-00***



SANDERSON®

Always read the label and use as directed. If symptoms persist see your healthcare professional. Weight management products should be used in conjunction with a balanced diet and exercise. Sandersons, Auckland. *Valid September 1st to November 30th 2018

NEW ZEALAND’S NATURAL HEALTH SPECIALISTS



COLLAGEN ENDURANCE PLUS



Collagen Endurance Plus has the same health and beauty benefits as our collagen hydrolysate, plus a little more! The collagen hydrolysate, amino acids, vitamins, natural colour and flavor support and promote a healthy dietary lifestyle.

- Greater than 90% protein
- No fats or carbohydrates
- Easily digested
- Helps increase Athletic performance
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- Helps promote faster recovery time
- Helps minimise joint stiffness post work-outs
- Superior hydration - perfect for post work-outs
- Supports mental and physical activities

Just add to 500ml of water, shake and enjoy for a natural energy boost!

- Pure Protein
- 14.5g Protein Per Serving
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- Vitamin C
- 80 mg Caffeine
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<http://www.nht.co.nz/Products/Products-by-Brand/Great-Lakes-Products>





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

Your drink bottle may be poisoning you



Every person on earth harbours measurable levels of environmental pollutants including chemicals linked to various health problems such as cancers, immunological problems, reduced IQ, depression and anxiety, cardiovascular disease, diabetes, weight gain, fatigue, low fertility and endometriosis.

One such chemical, Bisphenol-A, has been estimated to be present at detectable levels in 93% of people and has recently been implicated in two of the most prevalent diseases, cardiovascular disease and diabetes.

Exposure to Bisphenol-A occurs principally through food, namely from plastic food containers, drink bottles, baby bottles, tableware and containers with internal coatings such as soft drink cans. Limiting exposure to Bisphenol-A by using Bisphenol-A free drink bottles, switching to glass and avoiding soft drink and plastic food packaging is a logical step in reducing any potential health risk. Avoid heating food or liquid in plastic containers as heat increases the passage of Bisphenol-A from the plastic into food contents.

References are available on Bens Blog at <https://www.scientificwellness.com/blog-view/your-drink-bottle-may-be-poisoning-you-39>



HEAL LIFE'S LITTLE ACCIDENTS naturally

INFUSED WITH MEDICAL-GRADE Comvita® Manuka Honey



Triple-action dressings that assist healing by cleaning wounds of bacteria, keeping germs out and maintaining an optimal environment for healing.

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Nurturing Nature

Di's personal journey to hormonal health



The issue of detoxing from the pollution and toxins we live in is incredibly personal to me. The whole reason I took the journey I did, training as a naturopath and now ensuring that Hardy's provides the best natural products and advice possible, is because my own life path has been sculpted by how my own body has reacted to the environment I grew up in.



We are a product of our environment. The best way to describe it is this: if you take two identical beans, they will grow into identical plants, right? Now take those two beans, and put one in a fresh environment, with clean water, fresh air and sunlight; put the other somewhere with no light, dirty water and inefficient soil. Both beans will grow, but the result you get at the end will be completely different.

I had a happy childhood, growing up on a farm with my Croatian parents and two brothers, in an environment which was perfectly normal at the time. My father grew several crops, including grapes, and, just like many farmers of his time, regularly used DDT, stirring it with his hands and never using any protective clothing. He wasn't doing anything wrong – that's simply how things were. The hazards of DDT have since been discovered, of course; in humans, it can be passed through breathing and clothes, to a foetus during pregnancy and through breast milk. Although DDTs have been banned since



1989, huge chunks of it are still being discovered throughout New Zealand - a massive 2.3 tonnes of it was discovered recently at one Canterbury farm.

Environmental factors played a part in my health throughout my childhood; at five years old, a boil in my ear, thought to be the result of a bug in the school swimming pool, burst, severing my seventh cranial nerve. This led to me contracting Bell's Palsy, a condition that causes a temporary weakness or paralysis of the facial muscles, causing one side of your face to droop and stiffen. As a teenager I suffered from irregular and painful periods, so I was put on an oral contraceptive pill that's since been taken off the market.

I stayed on the pill until I married my husband and we decided to try for a family. I never regained my menstrual cycle, and after numerous specialist visits I was

eventually diagnosed with ovarian failure. Essentially, at 22, I was going through menopause.

This was the moment everything changed. Being told at 22 I had the hormones of a 60 year old woman was a massive shock. Looking back, it was probably the best thing that could have happened to me because it made me change how I treated my body. I began learning about naturopathy because I needed to find a way to help myself, and at the time, there was no information available any other way.

My husband and I spent years looking at ways to have a family. It wasn't easy – not only were there very few options, but I was also dealing with all the symptoms of menopause, including night sweats, hot flashes, mood swings, itchy skin, vaginal atrophy, bloating and brain fog.



Luck was on our side, however, and 25 years ago we were blessed to adopt our eldest son. I have been part of his life from birth, and was the first to hold him and nurture him. Our second son came two years later. Now almost 23, he was one of New Zealand's very first donor egg babies – more commonly known as a test tube baby. He was created when an anonymous egg donor – to whom I will always be immensely grateful – had her eggs extracted. We were gifted 12 eggs from this extraordinary woman, which were put into a test tube with my husband's sperm. I was given daily hormone injections to mimic a normal menstrual cycle.

Of the 12, eight of the eggs were fertilised and five were viable. Just two were graded as top quality, and these were implanted in me. One survived, and this little miracle became our gorgeous 8lb 7oz little boy, who I carried to full term and delivered naturally.

For the first time ever I found out what it felt like to be hormonally normal.

Being pregnant was incredible for me in so many ways, one of which was how I felt. For the first time ever I found out what it felt like to be hormonally normal. As soon as I gave birth, all my old symptoms came back and my hormones became unstable again – but what a feeling!

It's my absolute belief that we had success with IVF first time around because we spent six months preparing for it. My husband and I detoxed and re-nourished our bodies physically and mentally to ensure the sperm was of the highest quality, and my body would be the best possible incubator for our baby. I spent valuable time learning to meditate and use positive mindfulness to keep

stress and anxiety in check at this very important time, and we were incredibly blessed too that our donor was young, and in optimum health.

This August I turn 51 – and I can honestly say I have never felt better. I'm ageing naturally, and I feel full of energy. I don't drink caffeine or alcohol, because I can feel the difference it makes in my body when I do. I'll have the occasional glass of champagne at a celebration, or the odd cup of really good-quality coffee if I'm out, but I prefer not to, simply because I feel so much better without them. I eat the colours of the rainbow, and as naturally as possible – and good-quality chocolate is my soul food!

My own life story has made me very aware of the impact the toxins we are exposed to has on our body, which is why I do what I do: I hope by sharing my personal story, I will help others discover what will help them feel better. Our experts at Hardy's are there if you need help and advice on anything you need to know about the environmental impact on the body, so please – come in and ask. We're happy to help.



BePURE *Hormone Health Pack*



Support your hormone health, naturally.

Scientifically formulated by leading clinical nutritionist Ben Warren as an active daily detoxifier to support balanced hormones, while providing essential nutrients for optimal health and energy.

LEARN MORE AT [BEPURE.CO.NZ/HORMONEHEALTH](https://www.bepure.co.nz/hormonehealth)

*BePure Estroclear may cause weight loss.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Be Pure, Havelock North

HOT
PICS
FOR

Her



Hope's Relief Itchy Skin Cream

Hope's Relief range of products have been specially formulated for the fast and effective relief of itchy dry skin. 5 full strength natural ingredients. Suitable for babies through to the elderly. Steroid free

10% off for Spring
RRP \$31.30 60gm
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PRO-COL™ Collagen

Rejuvenates and revitalises skin cells while helping to smooth wrinkles, replacing lost elasticity providing firmness with-in the skin. Help improve appearance of cellulite while supporting joint comfort, cartilage replenishment and muscle recovery.

Now Only \$49.90

ProHealth Ltd, Auckland



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A multi-action weight management formula that is designed to help manage appetite, cravings and a healthy metabolism.

RRP \$36.90
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Vitamin E oil is a known highly effective skin moisturiser helping reduce scarring, stretch marks and premature signs of aging. Dr.Organic Vitamin E oil is suitable for most skin types.

RRP \$24.90
Spring Deal \$19.90



Harker Herbals Detox Support

Nature's cleanser for the liver, lungs and to help purify the blood! Great after an indulgent weekend to support an overworked liver or simply to help cleanse the body of chemicals and other toxins that can impact our fertility and vitality.

\$32.50 250mls



Harker Herbals, Waipou

Spring Deal

FREE IRON BOOST
100ml, with purchase of Detox Support.



Scout Nail Polish

Brighten spring with new colours in store. Reduce EDC's and liver loaders by choosing natural cosmetics and skincare.

Now Only \$19.90

Always read the label and use as directed. If symptoms persist see your healthcare professional. Weight management products should be used in conjunction with a balanced diet and exercise.

Good Health Ltd, Auckland

HOT PICS FOR Him

Turmeric Sport Complex

Turmeric Sports Complex helps support rest and recovery after working out while providing support for joint and muscle health.

Take 2 before that big game or workout and feel the difference for yourself.

RRP \$67.90

Spring Deal \$49.90

Good Health Ltd, Auckland



Good Green Stuff

Good Green Stuff is a comprehensive multi-nutrient formula with over 75 real-food, premium quality ingredients. Packed full of nutrients, Good Green Stuff may help boost energy, nourish the body and support healthy fertility in both women and men

Spring Deals In Store Now



Arepa

Arepa is a great tasting 100% natural drink created by neuroscience to support mental clarity and mood. Arepa supports brain fog, tension and fatigue. Ideal for those moments when you are feeling the pressure.

\$6.99



Good Health Body Cleanse Kits

Kick start your spring regime. Good Health Body Cleanse kits are a simple to use rapid seven day detox that targets systems of elimination for optimal health and vitality.

RRP \$55.90

Spring Deal \$39.90

Good Health Ltd, Auckland

Naturo Pharm - Sleepmed Relief Oral Spray

Sleepmed Relief contains key homeopathics including natural phtonutrients to help support natural sleeping patterns, while settling an over-active mind and body. Safe to not only for him but the whole family.

Usually \$23

Spring Deal \$19.90

NaturoPharm, Rotorua



Boody Underwear

For him and her - sleek, sporty, organic and super-comfy: Boody underwear is great for you and the environment. Great for men wanting to boost fertility by making sure chemicals are not touching those all important areas!

Priced From **\$15.95 - \$19.95**



Company Name and City???



GETTING THE GOODNESS IN THIS SPRING

After months of snacking on soup and toast during winter, it's time to pull out the blender and start getting creative with smoothies!

Here's a nourishing smoothie bowl recipe to help you get started. It's easy to make, tastes delicious, and is full of goodness.



Completely
GMO free



No refined
sugar



Vegetarian
friendly



BERRY GREAT SMOOTHIE BOWL

INGREDIENTS

- ½ cup of milk of choice
- 2 frozen bananas
- ½ cup of spinach
- 2 heaped tbsp Whaiora® Berry
- ½ cup of frozen berries

METHOD

Blend all ingredients in a blender or food processor. Pour into a bowl and top with nourishing goodies from the pantry. Try coconut flakes, cacao nibs, chia seeds, nuts, and fresh fruit. Anything goes!

Whaiora is a delicious range of authentic, real-food smoothie blends that makes it quick and easy to get the goodness in. Made entirely from carefully-sourced fruit, vegetables, oats, milk, and honey — that's it!

Whaiora is a healthy snack, or even a guilt-free dessert. It's a great way to get some extra vegetables into the children's diet too! For more information and great recipes visit www.whaioragoodness.com



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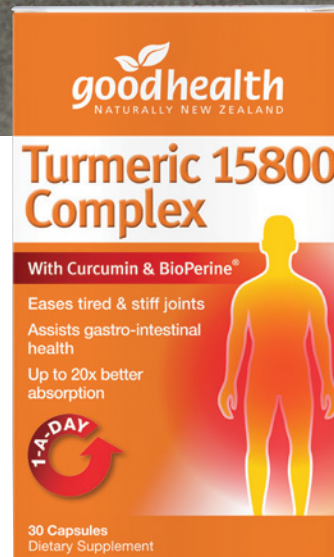
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NUMBER 1
TURMERIC
SUPPLEMENT BRAND***



Good Health Turmeric 15800 Complex contains curcumin, the active ingredient in turmeric. Curcumin has been well researched for its many health benefits including providing support for joint, digestive and total body wellbeing. Combined with clinically researched BioPerine® from black pepper, this high strength formula supports the absorption of curcumin by up to 20 times for total body wellbeing support.

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NEUROLOGICAL



CARDIOVASCULAR



GASTROINTESTINAL



LIVER



GENERAL HEALTH
& WELLBEING

New TO HARDY'S

HARKER HERBALS

Harker Herbal's new high strength plant-based formulations support respiratory health plus energy, mood and sleep. This Be Well range is a great tasting option if you're looking for potent natural support to recover from illness or just keep well.

Using clinically researched ingredients and a unique "get well, stay well" approach for

recommended dosage, each formula delivers a measured amount of concentrated plant extracts for maximum effect. Being a liquid, the active ingredients are absorbed quickly into the body too.

Adults, including teenagers from 12 years, can take these formulas 'straight' or mix a dose into a favourite hot drink.



Harker Herbal, Waipou



**Clinically
Researched Ingredients**
All Natural /No Nasties
**Liquid Formulas For
Fast Absorption**

BE PURE

BePure is a scientifically driven holistic health company, founded by leading clinical nutritionist Ben Warren. 100% New Zealand owned and operated, the BePure range of nutritional supplements have been developed personally by Ben Warren to support what New Zealanders are deficient in, based on deficiencies data and what nutrients are missing in our NZ soil. Formulated for quality, strength and bioavailability for optimal absorption. BePure products are fast

becoming a lifestyle staple for supporting optimal health, energy and vitality, every day. On top of this, a core selection of the BePure range are the only in New Zealand to be BSCG certified drug-free. Ben is currently on a national tour, find out more about where Ben is speaking and the BePure range with one of our in store Hardy's Experts.



Ben Warren - Clinical Nutritionist



SCOUT

Organic Active Beauty™

Introducing UNICORN DREAM NAIL COLLECTION Featuring a NEW High performance Matte Superfood Infused Formulation

SCOUT announces the release of 3 new matte shades which include a NEW Vitamin-Active formula. Featuring Broccoli Seed Extract, Bamboo Tree and Camelia Seed Oil, these Australian Ingredients combine to offer unparalleled natural benefits to help stimulate nail growth, repair damage and work to nourish, hydrate and revitalise nails to boost overall nail health.

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

www.scoutcosmetics.com



NEWS & EVENTS

Coming Soon

Are Your Hormones Ruling Your Life?

At Hardy's we are introducing simple to use, non-invasive at-home, hormonal salivary testing. When you have symptoms of hormonal imbalance, chances are you either have an overload or too little of certain hormones. With a simple test learn which of your hormones are imbalanced, receive a detailed lab report that includes personalised treatment recommendations. When our hormones are in balance energy is improved, fertility is enhanced and we look and feel fabulous!

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.

Our Famous Jingle is Back...

To celebrate we are giving away a Spring Hamper, at each one of our stores.

To **WIN** simply go to our Hardys.co.nz Home Page, find our Jingle vid, name one of the products in our Jingle then head to your Hardy's store and either sing us our jingle or name one of the featured products.



(Hampers drawn Oct 31st, T's & C's Apply)

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 Taupo

37 Horomatangi Street, (07) 378 9057

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*Valid September 1st
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NEW ZEALAND'S NATURAL HEALTH SPECIALISTS



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PROFESSIONAL NATURAL MEDICINES™

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**ENHANCED
ABSORPTION
MAGNESIUM#**
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To support healthy
muscle function*



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*Where the dietary intake of Magnesium is inadequate.
#Meta Mag® shows enhanced absorption compared to magnesium salts. Always read the label. Use only as directed.
If symptoms persist, see your healthcare professional.
Metagenics New Zealand, Auckland.