

My Hardy's

We'll get you feeling good!

Fun
in the
sun

Best Buds

How to care
for your pets,
and what they
can do for
your health



NATURALLY KIWI
SINCE 1986

Nature's secret for total body cell protection

by Karin Spicer N.D
Lifestream Naturopath

Mother nature has kindly gifted us the ultimate antioxidant from plant sourced Haematococcus Pluvialis red algae – natural Astaxanthin (pronounced Asta-zan-thin).

Lifestream Astazan provides 6mg of Astaxanthin per capsule and is dried and extracted in Nelson, New Zealand, with added vitamin E for extra antioxidant support. Being plant sourced, it is also vegetarian and vegan friendly.

Astaxanthin provides powerful antioxidant support for total body cell protection. As an antioxidant, it is 65 times stronger than vitamin C and unlike other antioxidants it never becomes a pro-oxidant in the body.

Scientific studies have shown it supports a wide variety of health benefits from fast recovery after exercise to cellular support for healthy ageing including our brain, joint, eyes and skin.

Who can benefit from taking Lifestream Astazan 6mg?

- ✓ Anyone wanting powerful antioxidant support
- ✓ Sports people to support performance and endurance and those with active lifestyles.
- ✓ People wanting support for tired and stiff joints
- ✓ Those wanting to proactively support healthy ageing
- ✓ People looking to support healthy, youthful skin, especially those spending time outdoors
- ✓ People who require support for mental focus when working, studying or learning a new skill

With our fast paced lifestyles and increased exposure to free radical damage, we are increasingly in need of antioxidant protection.

So now the secret is out, you can take advantage of nature's ultimate antioxidant with **Lifestream Astazan 6mg** to support your total cellular health and wellbeing.

BUY Lifestream Astazan 6mg and be in to **WIN**
a Lifestream summer wellness bag **worth over \$150!**

Win



One prize per store, see instore for details.



Astazan 6mg
available in
30s, 60s, 90s
capsules

Summer Lovin'



Hi and welcome to the summer issue of Hardy's. And hello summer! For many Kiwis, this is our favourite season – and with good reason. Summer is a great time for recharging our batteries and getting outdoors to soak up some of that all-important Vitamin D. This fabulous vitamin is a great natural antidepressant – it's not called the 'sunshine vitamin' for nothing!

As always, this issue is packed with a range of ideas, advice and products which will help you make the most of your energy levels, get really good quality sleep – and, of course, how to protect our biggest organ, the skin, during the summer months.

But it's not just us humans who need looking after this summer; during hotter months our animals can find themselves dealing with a few extra issues too, so I've dedicated this issue to some of our closest companions and most loyal of friends – our pets.

Here at Hardy's Head Office we often have our fur babies with us, a dog (Cody) and puppy (Sumo). At times they create absolute chaos, but they are certainly a joy to have around – talk about having fun at work! (see pic on p5)

Having the dogs in the office keeps us grounded, especially on those days when just getting through can be a bit of a struggle – we all know those days! They also force us to take more regular breaks which we do outside in the fresh air connecting with nature. Taking those breaks makes us more productive as when we return we are refreshed and recharged.

Humans have lived alongside animals since the beginning of time, and there are countless stories about the intensely strong bond between them. It's a beautifully symbiotic relationship – in nurturing and caring for our pets, we receive a bounty of gifts in return. Not only do they give us their undying devotion and an unending source of entertainment, but being around animals has a number of health benefits too. We are truly lucky to share our planet with so many wonderful creatures, and I hope this issue gives you some helpful hints on how to care for, and make the most of, your furry friends.

I wish you all a wonderful summer of health and happiness.

Love and light,

Diana

Diana Burgess - Naturopath

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Hello Paihia!

We have a brand new store in Paihia. Be sure to pop in if you are in the area over summer.



Best Buddies

Health and joy from your pets

If you are the proud owner of an animal, you're part of a very special group of people. Whether your pet of choice is a dog, cat, rabbit, bird, guinea pig or lizard, having an animal at home is a constant source of fun, a great stress reliever and a fountain of unconditional love.

There's a reason millions of people spend hours on YouTube watching cats fluff their tails in outrage or fail at a misguided jump; why we laugh at dogs who can't catch balls and scoff an ice cream in under a second – animals make us feel happy. Animal owners have all this inbuilt therapy right there at home. No matter how bad your day's been, it's hard not to smile when you step through the door at the end of the day, and Fido's tail nearly wags itself off in delight at the sheer thrill of having you home, or Puss curls herself around your tired ankles. Where there's animals, there's laughter. And laughter is one of life's best medicines.

Most pet owners will tell you their animals fulfil an emotional need. But there are many other significant health benefits to owning an animal – not least that walking a dog gives you regular exercise! Thousands of studies have been conducted into the interactions between people and animals, including Anthrozoös, a collection of studies and papers obtained over the past 31 years from specialists researching the specific health benefits of owning and interacting with animals.

Pet therapy

There are numerous anecdotal stories of animals helping humans through tough times. Dogs have long been used to help treat people suffering from post traumatic stress disorder. Medical treatment centres regularly report that patients with anxiety and depression respond well to the responsibility of having an animal. Often progress is achieved simply by patients being able to talk to their animal without fear of judgement.

Animals are also widely used in the treatment of children suffering from autism and Attention Deficit Hyperactivity Disorder (ADHD). It's thought that having the routine of pet care helps children focus, while the sensory experience of simply holding or stroking an animal is soothing.

Brush off a rejection

Been ditched by a partner, got a rejection letter for a job you wanted or found out you weren't invited to a get-together? Think about your pet. An Anthrozoös study asked volunteers to think about a past experience when they'd felt rejected. They were then shown photos of a cat, dog, person and toy, and asked to name

them. When asked about their feelings again, those who had named an animal, or a toy with lifelike qualities (bear, doll etc) felt less negative than those who gave names to people. Researchers concluded that people who 'humanise' their animals are more likely to feel empathy, and guard against negativity.

Stress-busters

Next time you feel tense, stroke the dog. A small Swedish study found that female volunteers had lower levels of the stress hormone cortisol after spending 15-20 minutes petting a pooch. Dog owners fare even better: participants who owned dogs showed increased levels of the 'happy' hormone oxytocin between 1 and 5 minutes after getting a doggo hug, and their heart rates were lower up to an hour later. Non-dog owners didn't get the same benefits.

In 2002, a study at State University of New York at Buffalo concluded that when performing a stressful task, people felt less uptight when their pets were around than when a close friend or family member was nearby. Yep – when we're tense, we might be better off cuddling the cat or chatting to the parrot than hanging out with a person!



Here is a pic of our Hardy's fur babies. Sumo and Cody!



Hugs for heart health

Owning a cat could lower your risk of dying from heart disease. A 20-year study, reported in the academic *Journal of Vascular & Interventional Neurology*, stated that people who had ever owned a cat had a lower risk of dying of a heart attack than a person who'd never had the pleasure.

According to the US Center for Disease Control and Prevention, having a pet can help lower blood pressure in hypertensive or high-risk patients. "If you have a dog around, your blood pressure is lower," explains veterinary consultant Dr Marty Becker. "A lot of it is down to reducing stress – you might lose your job, your house, but you'll never lose the unconditional love of your pet."



Monitoring diabetes

A 1992 study in America discovered that one-third of animals living with diabetic humans changed their behaviour when their owner's blood sugar level dropped.

Experts believe this is a reaction to chemical changes in the human body which we often fail to detect, but which animals – including birds, dogs, cats and rabbits – can sense.

If you have a child with Type 1 diabetes, consider giving them a pet. Young people between the ages of 9 and 19 with Type 1 diabetes who have to actively care for and take responsibility for an animal, are 2.5 times more likely to keep up healthy blood sugar routines. One explanation is that young people with regular responsibilities like pet care become used to routines, so manage their own needs better.

Pets for managing pain

There's a reason you'll see so many stories on the Internet about sick people's quality of life improving after being given a pet. Another Anthrozoös study found that adults who spent five to 15 minutes with a dog after getting a joint replacement used less pain medication than patients who didn't have animal-assisted therapy.

Pets are also believed by many to be the best medicine for chronic pain sufferers. A study in America found that pet owners recovering from surgery, and those suffering chronic pain such as migraine or arthritis, needed significantly less pain medication than non-pet owners. And when you consider the effect animals have on relieving anxiety, it makes sense. Getting a bit of cuddle therapy from your pet reduces anxiety; the less anxiety a person suffers, the less pain hurts.



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All you
need
is

Love



How to care for your pet

Talk to pet owners about their beloved fur- or feather-babies, and you may find that pets often rate at the top of their priority list (sometimes more than their partner or even their kids!). Much loved, often pampered and the source of hours of entertainment and stress relief, our pets are just as much a part of the family as any human, and as such, they need to be taken care of.

While not all pets need the same type or level of care, almost all vertebrate animals have a basic hormone system which, as well as regulating circulatory systems and body functions, are responsible for emotions. Hormones produce pheromones (think about the butt-sniffing pooch, or the way the cat rubs up against your legs), so being affectionate with your pet makes them feel happier and more secure. Not only will these cuddles make your pet feel happy and loved, but hanging out with them gives you a big health boost too!

TOP TIPS FOR A HAPPY PET

Give your pets fresh water every day. You wouldn't give a child water that's been sitting in a glass for three days; the same applies for your fish, hamster, lizard, horse, bird, cat or dog.

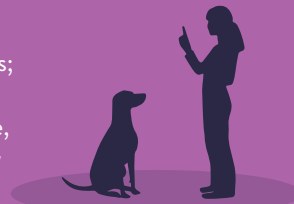


Clean cages out, or check Ph levels in fish tanks regularly. Small pets will become susceptible to infection quickly if they are allowed to sit in filth.



Some animals need more time than others, but all of them need companionship. Take a few minutes every day to give them some love; indulge the cat when she insists you rub that exact spot behind their left ear; stroke the dog who's looking like an idiot, all four paws in the air; let the hamster run around for a while, and give into the bird who just loves it when you scratch the top of his head.

Train them where possible. This is for both your benefits; it's stressful on both sides if your dog jumps up at people, or the cat doesn't know how to use the litter tray.



If you have a pet that needs exercise, make sure they get it. Some animals like dogs and horses love to socialise; try to give them a chance to mix with others where possible.

Feed them well. Just as with humans, what you put in is what you get out. The more natural the food, the healthier your animal will be.



Natural Healing

How to solve some common pet problems



Wouldn't life be easy if your dog could tell you his leg is sore? Or if your cat could explain why she's licked off all the fur around her tail? Sadly, while our beloved pets leave us in no doubt when they want to be walked, or when they expect dinner to be served, letting us know when something's the matter isn't so easy.

While any ongoing or sudden-onset problem needs to be assessed by a vet, sometimes it's possible to avoid those expensive bills with just a few simple changes at home.



SKIN SCIENCE

One of the most common problems with animals is skin irritation. Just like humans, cats and dogs often get itchy skin due to several factors, including poor nutrition, parasites, allergies to food and to their environment. Too much itching can cause your furry friend to damage its skin, so before you go ahead and subject them to nasty pesticides, try the following options first:

Consider changing your pet's food brand. Good nutrition is the foundation of health in any living creature, so look at a few more natural options.

Give your pet supplements. Omega 3 fatty acids are particularly helpful for skin irritations, so a good option is something like Nordic Naturals' Omega-3 Pet oil supplement. It's an excellent source of fatty acids, and doesn't contain rosemary oil or flavourings, which is sometimes used in human products. It's also good for your pets' joint, heart and eye health.

It's possible your pet has developed an allergy to fleas. Fleas by themselves are annoyingly itchy, but Flea Allergy Dermatitis can be triggered by a single flea bite, so even a cat or dog that's regularly de-fleaed can have a severe reaction, with some intense itching that will drive them crazy. During summer, fleas can take a strong hold even on regularly treated animals. Try a natural flea and tick control that won't stress your pets. FleeFlea is a chemical free option that can be spread on carpets as well as cats and dogs. As they groom, the flea buster gets ingested, leaving your furbabies flea and chemical-free.



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NORDIC NATURALS

Distributed by NaturalMeds in Napier

*Offer valid while stocks last

BEHAVIOUR BASICS

You may not speak the same language as your pet, but their behaviour will tell you a lot about how they are feeling.

If your animal starts soiling indoors, it could be a sign of stress, or possibly something requiring treatment such as a urinary tract infection or gastroenteritis. NaturoPharm has created a great range of sprays that can help with urinary, gut and digestive issues – ask your in-store Hardy's consultant for more help. If symptoms persist, however, see your vet.



Just like us, animals are susceptible to stress and anxiety. Common symptoms include weight loss, fur loss (especially around the tail), excessive licking or grooming, an increase in barking or meowing, clawing at furniture and toileting in inappropriate places, such as inside. Rescue Remedy and Bach flower remedies are all safe to use on animals, or talk to your in-store Hardy's consultant to see what's best for your pet.

Has your pet stopped jumping onto the bed, or takes longer to get up? A limp needn't necessarily mean bad news, unless you know your animal has sustained a serious injury. Joint pain happens as animals age much as it does in humans – and it can be treated similarly. Meat should be grass-fed – processed, grain-based foods, wheat, rice, spelt, soy, food additives and preservatives can all contribute to sore joints. Fats are also important; make sure your cat or dog gets plenty of omega 3 and omega 6 fats.

Just like humans, sometimes our animals can be just not quite right. Perhaps they are fighting a low-level infection, or simply not being their usual sprightly self. If your pet seems 'under the weather', give colloidal silver a try. Adding a few drops to their water, or spraying on an area you think might be infected, is a safe and natural way to boost their immune system and improve their overall wellbeing.



Organic Summer Skincare

Dr. Organic pure bioactive Organic Aloe Vera skin care range blends organic Aloe Vera with natural plant-based ingredients that are ethically sourced, sustainable and free from harsh chemicals. Organic, without breaking the budget; this makes it the ideal skincare range to take with you while on holiday or for general use over those sun-drying days of summer.

Hot Picks

FOR PETS



Good Dog Range

The pH level of a dog's skin is different to that of humans, being much more neutral. This means it is not suitable to use a human shampoo on your dog.

Good Dog products have all been formulated specifically for dogs.

Shampoos RRP \$28.90
Deodorisers RRP \$29.90

Skybright Colloidal Silver

Colloidal Silver is a safe, natural way to fight your pet's infections. Add to their water, as drops in their ears, or spray directly onto affected areas. You can also use it every day to boost their immune system and improve their general health and wellbeing.



250ml \$27.50
100ml spray \$20.50
30ml drops \$13.90



Nordic Naturals Omega-3 Pet

Omega-3 Pet for Medium to Large Breed Dogs is an excellent source of the omega-3 essential fatty acids EPA and DHA. It is an essential supplement to promote optimal pet health helping to improve, cellular health, enhancing your dogs immune system, skin, joint, heart and coat health, while helping with brain and eye development and maintenance.

Save \$5 For summer

FleeFlea

A mixture of healthy food ingredients full of vitamins and minerals. Added to your pet's food daily, this dry supplement is an all-natural flea repellent, and may improve your pet's general condition. Pets love the taste of FleeFlea sprinkled on their food.

A variety of sizes are available

Sample sizing only \$3.00



FOR HUMANS

Ethical Nutrients Inner Health Digestive Defence

Ethical Nutrients Inner Health Digestive Defence is a fridge free live probiotic which provides support during gas, bloating and digestive discomfort.

Summer deal! Save \$5*

Metagenics Auckland



FREE SLEEP WELL
100ml, with purchase of Stress Relief

Harker Herbals Stress Relief

Great for those with a tendency to worry or are feeling overwhelmed by the daily grind. The Iranian saffron in this blend helps ease nervous tension and symptoms of stress and fatigue and irritability. Great support for the Christmas rush.



Harker Herbal Products, Northland

Good Health Magnesium Kids

Helps to support kids during growth spurts and soothes muscle tension. It also supports total wellbeing for a better night's sleep by helping to calm and relax busy minds. Containing vitamins C, D and zinc to help support developing strong bones in a delicious berry flavoured chewable tablet.



Good Health Auckland

Good Health CoQ10 400mg Complex

Good Health CoQ10 400mg Complex is a high strength formula with 3 key ingredients that support a healthy heart and much needed energy levels to make the most of the summer months. Vitamin D provides extra support for the heart, while fish oil and BioPerine® significantly improve the absorption of CoQ10 into the body.

Good Health Auckland



Ethical Nutrients Inner Health Plus

Contains 25 billion live probiotic bacteria to help support the maintenance of good bacteria balance.

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Metagenics Auckland



Arepa Nootropic Powder

Arepa Nootropic Powder is New Zealand's first superfood blend for your brain. In just one heaped teaspoon you get all of your Vitamin C and colour for the day as well as a healthy dose of proven plant-based bioactives shown to support the brain's ability to stay calm under pressure and fatigue. It contains just three key natural ingredients.

From \$6.99



Scout Nail Polish

Make Summer sizzle with a selection of hot colours from Scout Nail Polish. Certified organic super food skincare, these breathable nail polishes will give you fabulous nails.



Hot price \$19.90

*While stocks last. Always read the label and use as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to a balanced diet. Summer deals available from 1st December 2018 to the 30th of January 2019.

Supporting a Happy Digestion

Discomfort after eating, gas, bloating, gurgling, rumbling, fatigue and nutrient deficiencies can be the tell-tale signs that the body gives when our digestive system is not happy. Commonly this is a result of over eating, stress, poor food choices or eating on the run. Poor digestion can result in some embarrassing moments that we would like to forget! With the summer social season upon us, keeping our digestion happy can make the festive season more memorable but for the right reasons.

Solgar understands that sometimes we need support with our digestion. But importantly we all have different dietary requirements. Solgar provides a range of digestive support products to include kosher and vegan friendly options that helps support the body's proper digestive processes of carbohydrates, proteins, fibre and fats.

Our digestive system is a complex process. The digestive system main function is deal with the food we eat, and often it can react strongly to our choices – and not always in a good way! If we are not producing enough digestive enzymes or if we are deficient in a particular enzyme, we may not process our food well thus result in discomfort. Those rumbling gurgling sounds or bloating sensations may be due to food fermenting in our digestive tract - signals that the digestive system is not happy. When our digestive system is not working well, this may influence our whole body and may even affect our energy levels and mood.

Enzymes support our digestive system. Our body makes a range of digestive enzymes with individual types of enzymes targeting particular foods group such as; Amylase for carbohydrates, Protease for protein, Cellulase for fibre or Lipase targets fat digestion. Enzymes can be described as a key to help breakdown or unlock the nutrients from our food. Because we eat a varied diet, we need all of these enzymes to target the nutrients that help us stay healthy.

Solgar Vegan Digestive Enzymes are a convenient any time of day, chewable peppermint flavoured tablet, ideal for everyone and all types of diets. They are a blend of plant based enzymes that help target those particularly harder-to-digest foods. These may include beans, pulses, grains and fibre rich fruit and vegetables, which are often more commonly consumed in higher plant- based diets. But the reality is that everyone eats these foods.



For those who feel sluggish after rich, fatty foods, it may be due to insufficient bile production and pancreatic enzymes. Solgar's Digestive Enzyme tablets combines a range of essential digestive enzymes including; Protease, Amylase, Lipase, while Betaine HCL, Pepsin, Papain and Ox bile. These support bile secretion and help to continue the digestive process for all major food groups. A tablet with each meal can take a load off a stressed digestive system.

Digestive enzymes are a convenient option to help you support your digestion and keep it happy. Whether short term to help you get through a dinner party, seasonal Christmas feasting or longer if required.



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

Whey-ing Your Options

Is vegan protein as good as whey?

Vegan protein isolates are becoming popular dietary supplements, but are they really as good as whey protein? According to a new study, yes.

It is well known that a protein shake after resistance training can help build muscle, burn fat and improve performance and recovery. Protein supplements are often broken down into animal (e.g. whey) or plant derived protein (e.g. rice, pea). Most studies however have been on whey protein, which is thought to be superior because it is rich in muscle building branched chain amino acids (BCAAs).

Indeed previous studies comparing plant-based protein isolates to whey have found whey better, but the amount of BCAAs in plant protein is naturally a bit lower, so the contest was hardly fair.

Until now there has not been a study to see if a higher dose of plant protein, providing levels of BCAAs that would build muscle, could match whey's benefits.

To compare plant (rice) protein to animal (whey), a group of people consumed a 48 gram dose of either protein 3 days per week, straight after resistance training.

After an 8 week period researchers discovered no difference between rice and whey. Both equally improved lean body mass, muscle mass, strength and power and decreased fat mass.

The bottom line: rice protein is as good as whey.

Reference: Joy JM, Lowery RP, Wilson JM, Purpura M, De Souza EO, Wilson SM, Kalman DS, Dudeck JE, Jäger R. The effects of 8 weeks of whey or rice protein supplementation on body composition and exercise performance. *Nutr J.* 2013 Jun 20;12(1):86



Green Goddess Smoothie

- 1 scoop Nuzest Good Green Stuff
 - 2 scoops Nuzest Clean Lean Protein Smooth Vanilla
 - 2 big handfuls of baby spinach
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 - 1 tbsp. chia seeds
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- Blend all together and enjoy!*



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New
TO
HARDY'S

RAGE AGAINST CHEMICALS

Rage Against Chemicals is an exciting new skincare brand causing ripples in the sea of unregulated greenwashing. Driven by a passion for natural organic skincare, and looking after our environment, this quality range is eco-consciously packed, cruelty free and certified organic by New Zealand's largest certifying body, BioGroNZ.

Because 'natural' and 'organic' labelling is unregulated in New Zealand, the BioGroNZ Certified Organic Logo independently guarantees each product has been produced to an exceptionally high-standard, contains a minimum of 95% organically farmed ingredients and is free from pesticides, herbicides, fungicides, petrochemicals, synthetic fragrances and countless other harmful chemicals found in skincare.

This clean, green range is made in New Zealand and uses the best of both local and international organic and sustainably farmed ingredients. Manuka, Totara, Rosehip, Camellia and Cacay are just some of the natural seed oils and botanical extracts used to create this naturally-powerful and enriching skincare.

The Men's range includes certified organic face cream, beard oil and tattoo oil to meet the needs of masculine skin. A popular choice in the women's range is the Certified Organic Face Neck Décolleté Cream and the Certified Organic Facial Cleansing Oil. Women also have their own tattoo oil to brighten and define their body art, along with a Face Neck Décolleté Beauty Oil for silky smooth, nourished skin. Good for you - Good for the planet.

Make a new start this summer and switch to Rage Against Chemicals Certified Organic Skincare.

Join the organic revolution!



MY SUNSHINE SPF 30

My Sunshine are the experts in healthy sun care delivering you the ultimate in sun protection, which you'll love to wear everyday. It is a zinc based sunscreen which will protect, nourish & repair your skin. It contains no nasty chemicals & is made with love in New Zealand.

My Sunshine is SPF 30, broad spectrum & 2 hours water resistant – it complies to the Australian/New Zealand Sunscreen Standard 2604:2012

From \$29.90





PET-MED

Naturo Pharm have formulated a small range of complex remedies aimed at naturally targeting the most commonly seen conditions in pets.

At this time of year allergies in pets are more prevalent and Pet-Med Allergy can help support your pet's immune response to common food or environmental allergens while supporting healthy skin.

Travelling away this summer? Pet-Med Travel can help support motion sickness, fear and anxiety for those pets that make a visit to the vets, holiday away or the dreaded trip to the kennel or cattery.

If your pet is purely in distress for whatever reason Pet-Med Distress has calming and settling properties to help soothe the most anxious of pets.

Also, in our range is Pet-Med Flea and Skin Support, Pet-Med Worm and Gut, Pet-Med Digestion, Pet-Med Joint Support and Pet-Med Urinary. Available in easy to use sprays.

We will have your pet feeling better, naturally.

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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

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- Leave-in conditioner
- Hair Styling Paste
- Spiral Groove Nit comb

SEPARATELY THEY DO A LOT.
TOGETHER THEY DO A LOT MORE.



40 Billion multi-strain
probiotics



Shelf stable



Delayed release
vege friendly
capsule

46X

46x more
absorbable
CurcuWIN®

Good Health Turmeric Probiotic Complex

combines 40 billion multi-strain probiotics with scientifically researched, 46x better absorbed turmeric extract, CurcuWIN®.

Together they offer turmeric's powerful properties to help **support mood, digestion and healthy neurological function** alongside the well-known immune and gut health benefits of probiotics. Both working together to support optimal function of the **gut-brain axis**.

The added herbs, slippery elm and aloe vera further **soothe and settle** general digestive health.

From New Zealand's Number 1
Turmeric Supplement Brand*

*IRI MarketEdge NZ National Pharmacy - Value & Units MAT ending 07.10.2018



Good Night

Magnesium Sleep Support

with California Poppy
to support restful sleep



Always read the label and only use as directed. If symptoms persist consult your healthcare professional. Good Health Ltd, Auckland. TAPS PP3174

 www.goodhealth.co.nz naturopathic advice line 0800 44 66 34