

My Hardy's

We'll get you feeling good!

Raise your
vibration

Enhance your
energy

Calm and recharge
this Summer

Food matters



Be your **BEST** this Summer

Hi and welcome to our last issue of Hardy's for 2021. And a BIG hello to summer!! For many Kiwis this has been an incredibly tough year, with real anguish and concerns about well-being, immunity, finances and the ongoing isolation from family, work colleagues and friends which, among other things, has impacted on stress levels, quality of sleep and mental health.

The good news is summer is a great time for recharging our batteries, de-stressing and spending more time enjoying the great outdoors, soaking up some much needed immune and mood enhancing vitamin D - it's not called the 'sunshine vitamin' for nothing.

As always, this issue is packed full of advice from some of our wonderful Health Experts and Practitioners, from how to increase your energy levels and replenish your adrenals, to how to boost your immunity and improve your overall sense of health, well-being and vitality.

When it comes to immunity, my personal advice to keep you and your family well protected is to know that it is now more important than EVER to enjoy a variety of plant-based foods in all the colours of the rainbow! Increase your greens, introduce more energised RAW food, remove over processed and junk food that have low energy and next to no nutritional value. Top up with quality supplements. Move daily, drink plenty of fresh water, enjoy spending time in green spaces, laugh often, get quality restorative sleep, practice mindfulness, start each day counting your blessings and connect with like-minded, caring beings.

My wish for you this Christmas is that you have a truly wonderful Summer, full of love, joy and celebration, and that the recent craziness comes to an end so we can live as ONE again in peace, health and happiness.

Love, light and blessings



Diana Burgess - Naturopath



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ADVERTISING

CONTENTS

- 4 Energy, by Ange
- 8 Food matters
- 10 Wired or tired?
- 12 We are energy, by Taku
- 16 A smooth menopause
- 19 Meet some of our Hardy's experts
- 20 Nutrigenomics

For products shown in this edition of My Hardy's magazine, the following applies: Always read the label and use as directed. If symptoms persist see your healthcare professional.

Vitamins are supplementary to a balanced diet.

Summer deals are available from Sunday 12 December 2021 to Monday 28 February 2022.





Supporting our equilibrium

WITH FORMULA VM 2000

Did you know that when we miss out certain nutrients it can have unsettling effects on our mood, focus, energy levels – and even our smile? But getting all of our nutrients needs – even when we are eating well, doesn't necessarily we are all we require. There a lot of things that can affect our nutrient status – gender, age, stress, digestion, medication as well as our food choices.

Added to this issue is New Zealand's soil is typically low in zinc, iodine, boron, selenium and chromium. If it is not in the soil; it is not in our food! This means we can have some nutrient gaps, even with a healthy diet. Consider the impact some low levels of nutrients can have:

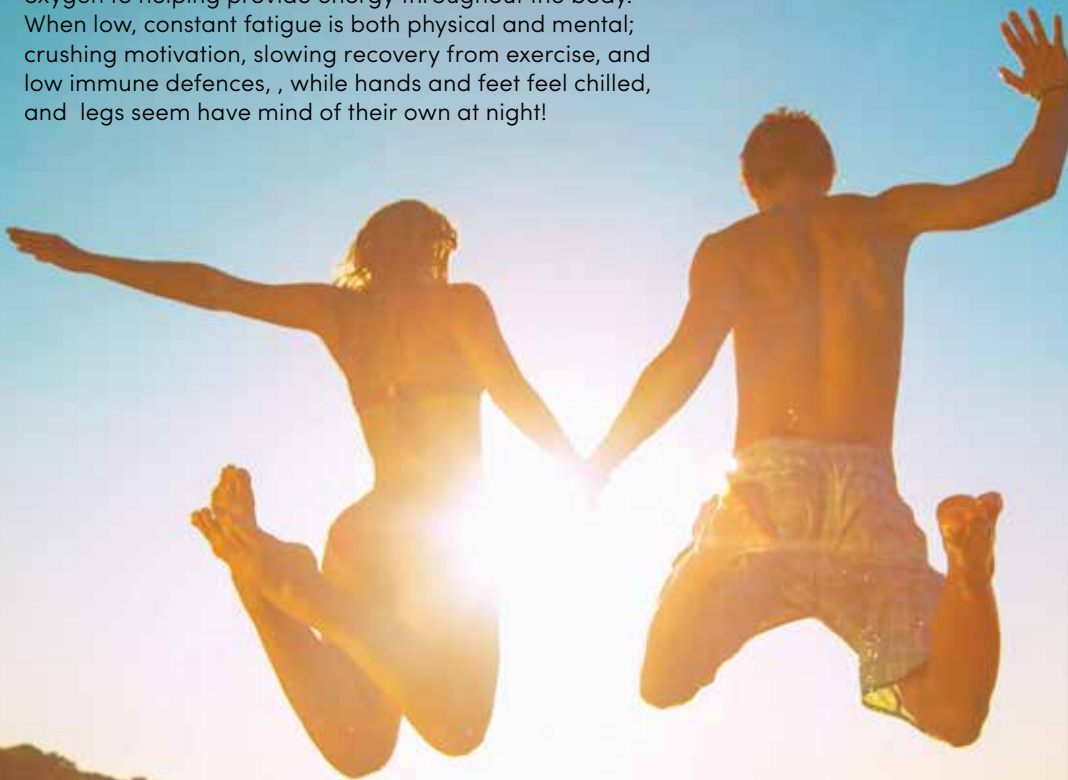
The sunshine vitamin; vitamin D – well known for its association with mood, immune health and bone health; but it can also impact our smile too! Low levels can impact bone health and influences our oral and gum health.

The most well-known nutrient for its energy impact on the body is iron. This is required by the red blood cells to carry oxygen to helping provide energy throughout the body. When low, constant fatigue is both physical and mental; crushing motivation, slowing recovery from exercise, and low immune defences, , while hands and feet feel chilled, and legs seem have mind of their own at night!

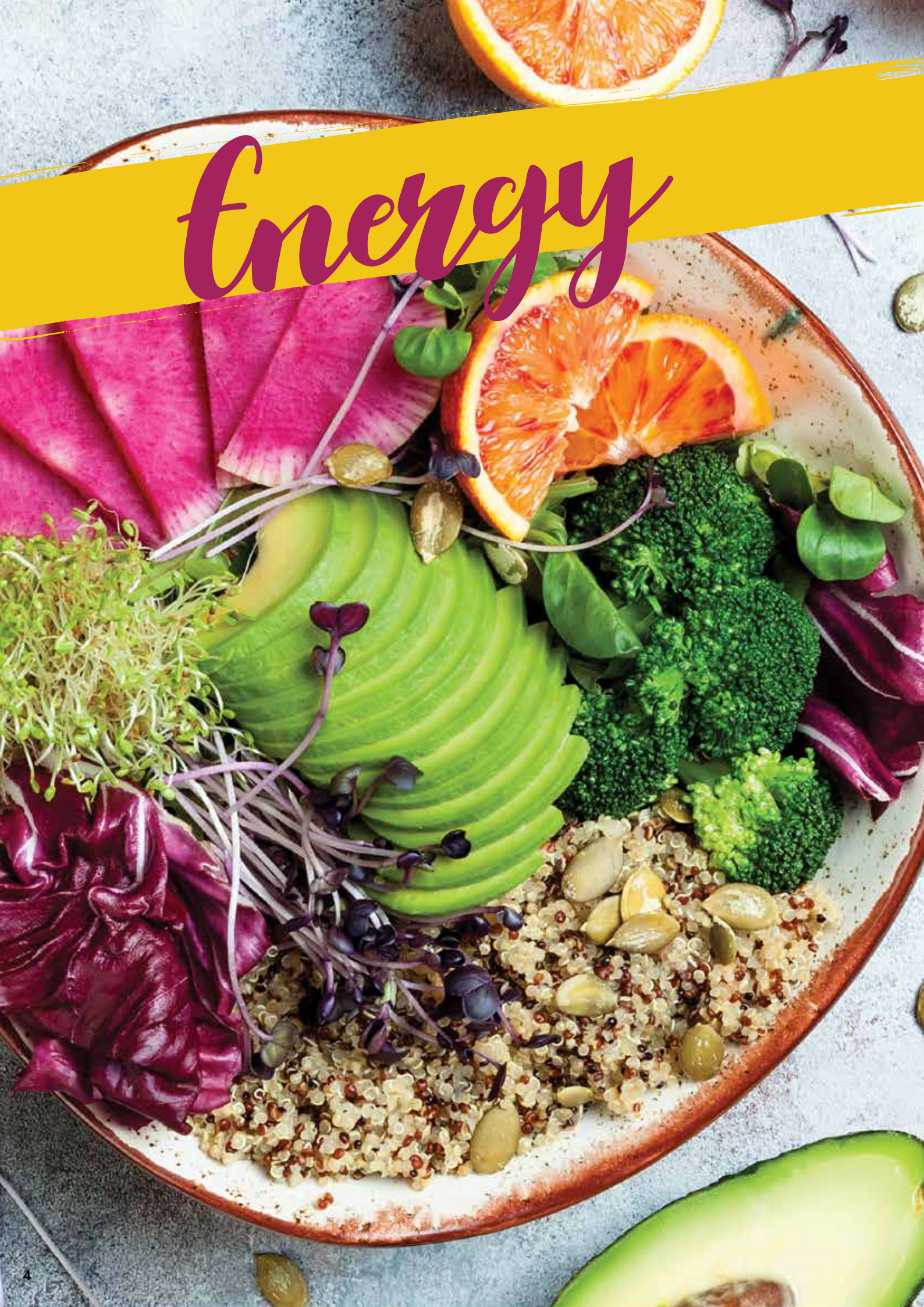
What about B vitamins? There are ten of those! They are vital for our mood balance, sleep, immune system and mental functioning as they are have essential roles in the synthesis of neurotransmitters. But they also help put the bounce back into our step as they are instrumental in turning food into a fuel source for our body.

So at times we may need extra help to maintain healthy nutrient levels; but with so many nutrients; magnesium, calcium, vitamin C... and the rest – it is just so confusing! Making it simple is Solgar's Formula VM 2000, a broad-spectrum supplement with 32 key nutrients; vitamins, minerals, antioxidants and amino acids; including a digestive enzyme to support nutrient digestion. Formulated specifically to help bridge any nutrient gap; with the right balance to support our inner equilibrium and strength to cope with modern day life with a smile.

VM 2000 is ideal for those who also require a multivitamin that supports daily vitality, and is suitable for those with vegan or vegetarian dietary choices.



Energy



How do you feel when you hear that word? For so many, this little word can have a BIG impact on their lives if it is missing. Day to day life can feel hectic, and sometimes it feels as though there are just not enough hours in the day to do all we need to do. And those days become even longer and harder when we feel constantly drained and tired.

So, it's all well and good talking about energy – but how, pray tell, do we attain this often-elusive thing so that we are better able to go about our day? Well, the first law of thermodynamics tells us that energy can neither be created nor destroyed; energy can only be transferred or changed from one form to another. ... Hang on, say whaaaat? If we don't create energy, where does it come from? And how can we get it?!

Ponder no longer my friends, the answer is that our energy comes from our food! And in the same breath, our lack of energy can also come from our food if the food we are eating is nutrient poor 'pretend food' (as I like to call it). Let me explain a little more....

To function properly and be well, our body needs certain things – Macronutrients (protein, fats, carbohydrates), Micronutrients (vitamins and minerals) and Phytonutrients (little chemical antioxidants made by plants). Our body is in a constant state of repair and re-building, as cells break down, new cells are formed, hormones are produced, wounds get healed and so on. Certain systems also need energy to function for example our heart needs energy to carry on beating, and our digestive system needs energy to keep on moving things along. This energy is essential to keep us alive. But also, we need to physically move and function on a day-to-day basis, and our brain needs energy to keep up with all our mental demands.... So how does food fit into this? Well, food is what supplies us with the macronutrients, the micronutrients, and the phytonutrients.

There are a few processes that take place when we put food into our mouths – digestion (breaking down food), absorption (taking nutrients into the body) and assimilation (which is taking the energy in food and transferring it to our cells to use for our own energy). This wonderful feat of engineering then produces what I like to refer to as 'the gas for our engines' and is more officially referred to, as ATP (adenosine triphosphate) aka ENERGY!

As you might have garnered, the focus of our beautiful Summer magazine edition is ENERGY. Throughout the magazine we'll give you lots of useful ideas and information around how to harness the power of yours more productively. We'll take a deep dive into how different body systems work together to keep us going, how food and our nutrients really are our fuel for the tank, and what typical energy thieves we need to watch out for. We hope you enjoy the read.

Let's take a minute to really dig into this 'food' topic, because the dietary choices that we make determine whether we are getting enough macro, micro and phyto-nutrients (all needed by our body for energy). Often time-poor people grab convenient 'snack' foods – which can typically contain higher amounts of non-nutrients. Now these little troublemakers are the 'pretend foods' I mentioned earlier on – they fill a gap, taste nice, and might even give you a sugar hit that feels like lovely energy, but leaves you crashed on the floor a couple of hours later. Check out the ingredients label on your snack food – the 'pretend food' usually has the chemical names that are hard to pronounce and even harder to know what they are! These 'pretend foods' can sometimes drain your energy even more as your body has to put extra energy into figuring out what on earth to do with them.

Now let's look at what I call, real food! This is stuff that the earth has presented you with – your wonderful gift from nature. You know, it's the stuff that your great-great-grandparents would actually recognise as food. If it comes from the earth, from the sea or from the animals – then this is real food, and your body knows exactly how to extract the energy from it and turn it into real and sustained energy for you, and not just a quick hit of energy followed by a crash. When you eat, try to consume food in its most natural state because the more processed it becomes, the less real energy you can extract from it.

To function properly
and be well, our body
needs certain things –
Macronutrients...
Micronutrients...
and Phytonutrients

continued over...

from previous page...

Our modern food processing methods have definitely made eating more problematic for us. At Hardy's, one of our main customer concerns is poor digestive health. For those affected, food becomes the enemy, the thing that steals energy through pain, sluggish digestion, or a complete lack of nutrient absorption due to urgent and frequent bowel motions. In these instances, it does become incredibly important to invest a little into a good quality bio-available multi-vitamin to top up nutrients that you aren't getting through your diet, a specific gut friendly strain of probiotic or spore-biotic to help improve gut-health, and a good quality fish oil to provide essential fats for body and brain fuel. Any of our fabulous Hardy's Consultants will be able to chat through the BEST options for you.

Another super easy way to boost your nutrient intake in an easily digestible fashion is to do a beautiful summer smoothie using as many colours of the rainbow as you can. Each differently coloured food group provides certain phytonutrients that benefit your health. For example, red, purple and blue foods are great for cardiovascular health, green foods are very good for your liver, and orange and yellow foods are great for immunity, eye health, and quenching free radicals. Give your smoothie a beautiful backbone using a clean and natural protein powder, throw in a green powder for a mega antioxidant hit, and ensure a source of healthy fat gets thrown in too then you're good to go. I find the Summer months are the perfect time to get into smoothies, they work fabulously as a filling nutritious breakfast full of real sustained energy. And because everything is blended into a liquid, your digestive system doesn't need to work as hard to extract the nutrients. Try our Nuzest Clean Lean Protein Powder, Good Green Vitality, and Hemp Connect Hemp Seed Oil along with your own choice of smoothie ingredients. Delish!!!

ANGE
YOULE
REGISTERED
CLINICAL
NUTRITIONIST



Eat real food. Make it colourful. Get variety.

I'd like to properly introduce myself to you all - my name is **Ange Youle, Nutritionist**. And I have a confession... I am a recovered junk food junkie.

Prior to becoming a Nutritionist, I spent years eating really bad foods and feeling completely drained and exhausted. I ticked by for a while but then my insulin become incredibly dysregulated, I was puffy, around 30% of my body was covered with eczema, and finally, my hormones went haywire. At that point, I'd had enough. I decided to start putting proper effort into sorting out my diet and lifestyle and it paid off in dividends. Of course, then it seemed the most sensible thing to do at that point was become a qualified Nutritionist and help other people with their food journey! Because I had learnt first-hand the astounding effect food and dietary choices can have on a person's energy and health, and I wanted to share that with the world.

One of my more recent 'cherry on the top' moments was doing an Allergenics Food Sensitivity test, and finally laying to rest my last remaining food-gremlin issues still flaring my eczema from time to time. A bonus in addition to conquering my eczema, was that through decreasing the low-level inflammation caused by my food sensitivities, my energy improved yet again.

So, if the content of this magazine is resonating with you, and you're tired of feeling tired and you're tired of the fight between food and your body, Food Sensitivity Testing can be a positive step towards improving how you feel. At Hardy's we offer Allergenics Hair Analysis; this is an incredibly comprehensive set of tests that can determine food and environmental sensitivities, nutrient deficiencies, heavy metal loads, and whole-body system imbalances including a specific test for sleep and mood imbalance (all energy drainers). You will receive a detailed report/s, a face to face* or zoom consultation (*only available at certain Hardy's locations) and a plan of action to see you on your way to renewed energy and symptom reduction.

If you would like to chat more or book in an Allergenics test and zoom consultation with me, Ange Youle, then you can reach me at Hardy's Northwest, on (09) 416 9605 or if you're local pop in store and we can talk!

Blessings to all,

Ange

NUTRITIONIST
ZOOM CONSULTS
NOW AVAILABLE
WITH ANGE

Are you getting to the root of the problem?

Allergenics, in conjunction with Hardy's Health Stores, can help you get the most out of life by:

- Providing you with information on your current state of health and how to maintain or improve it by removing what causes stress to the body
- Assisting you in maintaining healthy digestive function and gut flora balance
- Helping you navigate the more testing times of life through re-establishing vital organ functioning so all body systems run effectively

Speak to your Hardy's Practitioner today for advice on the correct test for you. Your Hardy's practitioner will then be able to help you with a supplement regime to work alongside your results.

Simple Non-invasive Trusted

 **Allergenics**
Health Assessment Services



Food Matters

YOU ARE
WHAT YOU EAT!



“ WE SHOULD ALL
BE EATING FRUITS AND
VEGETABLES AS IF OUR
LIVES DEPEND ON IT
- BECAUSE THEY DO.

- MICHAEL GREGER, MD ”

DIY Rainbow Pizza

Get the kids eating their veggies in a creative and fun way with rainbow pizzas. Chop up a variety of vegetables, and get them to decorate their own!

TIP FOR RELUCTANT VEGGIE-EATERS:

Suggest they create a face with the veggies, or show them how to make patterns with the colours.



NUTRITION FOR ENERGY

The foods we eat provide nutrients that the body uses to grow, repair and function. **Macronutrients (protein, fat & carbohydrates) are used as fuel for growth, repair and energy. Micronutrients (vitamins & minerals) are critical at a cellular level so the body can function as optimally as possible. Getting good quality macro and micronutrients, makes all the difference to your energy levels, here are four key points for better energy...**



Choose natural

Natural, unprocessed foods are typically higher in fibre, essential fats, vitamins and minerals, and lower in fast-digesting carbohydrates. Diets based on natural foods are both better for our overall health and for our energy levels.



Eat until you're full...

Not eating enough high-quality food is probably THE biggest reason why our energy levels can flag. In contrast, many people eat large volumes of highly processed and refined foods which negatively impact energy levels. The good news is that when you eat a diet based on natural, unprocessed foods, you can typically eat as much as you like without having to worry about over-eating. This is because these foods are generally high in nutrients such as fibre that help to fill you up and promote satiety.



Build your meals around protein

Protein will help to regulate blood sugar levels and will also create the greatest satiety compared to the other macronutrients. So, by basing

meals on quality protein, you will help to preserve your energy levels and reduce the tendency to overeat. Protein can also 'crowd out' the excess carbohydrates that can sabotage energy levels too.



Consider a multi

Multivitamin and mineral supplements can help to improve our perceived energy by improving cognition and memory and reducing energy-sapping stress. While they aren't essential for energy, they may be beneficial in conjunction with diet and lifestyle strategies. Good Green Vitality and Kids Good Stuff are high-quality multi-nutrient supplements that contain a range of nutrients which help to support energy production. These nutrients include vitamin B1, B2, B5 and B6. Herbs such as rhodiola, ashwagandha and astragalus (found in Good Green Vitality) may also help to improve energy levels by increasing the body's tolerance to stress. By supporting the adrenal system and increasing our resilience to stress and anxiety, these herbs may help to improve perceived energy.



ENERGISING GREEN SMOOTHIE

INGREDIENTS

- 1 serve Good Green Vitality
- 1 serve Clean Lean Protein Smoothie Vanilla
- Handful frozen berries
- 1/2 frozen banana
- 1 tbsp nut butter
- 1 tsp chia seeds
- Handful of spinach
- Coconut water

METHOD

Add all to a blender and blend!

NB: Replace the Good Green Vitality and Clean Lean Protein for Kids Good Stuff, for an energising kids smoothie.





Wired or tired?



WHEN WE NEED A STRESS MANAGEMENT UPGRADE

Everyone reacts to stress differently, and during those extreme demanding periods we need to take steps to support to our inner resilience before life gets out of hand; otherwise it can affect our inner balance, immune health and general well-being. Solgar has developed two supplements that are ideal for those times when the strains of 'the juggle' are overwhelming and draining.

Solgar Ultimate Calm is formulated to support those who are 'wired' during occasions of high strain and find it difficult to settle, unwind or experience feelings of worry and overwhelm. This formulation combines two adaptogenic herbs, renowned for centuries in traditional herbal practice throughout European and Asian for 'supporting balance'.

Firstly Ashwagandha, KSM-66® extract is processed in a similar way that the Ayurvedic herbal method used to persevere its natural potency and provide a full spectrum of the plants

active constituents including a high concentration of withanolides. Backed by over 22 studies showing beneficial support for mental focus and clarity stamina, mood balance and general wellbeing.

Saffron was revered in ancient times and is now backed by modern research for its many traditional uses to support mood balance, sleep and a sense of well-being. Affron® is the next-generation saffron extract from the stigmas of lepticrosalides® which have the highest known purity.

Solgar Ultimate Calm Daily Support is ideal for those who feel exhausted and drained by times of increased pressure. It combines eight naturally derived B vitamins and Rhodiola extract supporting energy, stamina and a focus.

When we are under pressure from physical, emotional or mental challenges our body may demand higher levels of certain nutrients. B vitamins are not stored in the body, so we need to ensure we have enough every day, especially during demanding times. Each B vitamin has its own role in ensuring the body runs smoothly and they are also needed

collectively including for the synthesis of neurotransmitters in the brain, a healthy nervous system, energy metabolism, and healthy red blood cells; all important for general vitality. These B-vitamins are from naturally sprouted organic quinoa and are bio-actively bound to coenzymes exactly like the vitamins found in the body.

Made famous by Russian cosmonauts, Olympic athletes and soldiers in overcoming extreme challenges, Rhodiola was used to support restoration of balance on all levels and energy while under extra strain. Not surprising it has become popular in times of fatigue and burnout for busy people in the Western world and is included the Ultimate Calm Daily Support supplement. Solgar uses Rhodiolife™ a premium Rhodiola root extract standardized extract to the content of salidroside made up of rosin, rosavin, and rosarin which is responsibly sourced from the pristine Altai Mountains in Siberia

Are you the 'tired' or 'wired' type? When life gets a little overwhelming, up-grade your current stress management regime. Talk with staff at your local Hardy's store to find out which will suit your needs the best.



WE ARE

Energy



**BY TAKU RODAN
– HARDY'S EXPERT**

Multi-dimensional Energy Healing
Reiki Master
Past Life & Inner Child Regression

www.thelifecentre.nz

When it comes down to it, on a cellular level, all we are made up of is Energy. We are all energetic Beings co-existing on Earth with Nature, the Animal kingdoms and everything in between. We hold different energetic vibrational frequencies, but ultimately, we are the same interconnected energy.

Even Mother Earth has her own energetic frequency, and our aim is to exist and resonate in harmony with each other and the great Mother Earth.

We find ourselves, in a time where the energy of the Worldwide Collective Consciousness is very dense and unbalanced. Many of us are feeling this density in our energetic bodies, causing blockages to our energetic flow, resulting in stress, anxiety, sleeplessness, overwhelm and many forms of disease. Not only is it important to care for our physical bodies, but even more importantly the health of our energetic bodies.

Energy flows within our body along energetic highways called meridians and through chakras, our energy centres. Negative thoughts & emotions, stress, low vibrational foods, medications, illness, trauma etc can sit in our energetic field as dense energy, causing energetic blockages and stagnation in our Chakra system. We can become unbalanced, unclear, and stuck.

Even your thoughts are energy, they are the quickest and most pervading way of manifesting changes in your energy, so become aware of the focus of your thoughts. Thoughts give direction to your actions and

amazingly the reactions of the World around you, often without you knowing. Staying positive, centred, and clear will not only help us, but Humanity as a whole.

At this time, when things may seem overwhelming, and staying clear and positive is challenging, even the smallest thoughts and actions can positively affect our energy. A smile, laughter, time in Nature or at the Beach, swimming in the Ocean, feeling the warm Sun on your skin and expressing Gratitude often, can all help us to stay energetically clear and lift our energetic vibrations. Reiki and other energy modalities, Tai Chi & Qigong, meditation, high vibrational foods, Plant & Flower essences are all valuable too in clearing and rebalancing our energetic system.

The highest energetic vibrational frequency is Love, and when we vibrate in this frequency we embody and emit Joy, Peace, Gratitude, Happiness and Oneness to each other, all Life and to our great Mother Earth.

*"And it will be our love,
not our anger,
that heals the World."*

Lauren Fortenberry - Writer



Hot Picks!



STRESMED RELIEF ORAL SPRAY

Stress can hit everyone at some point and leave you feeling overwhelmed and struggling to cope with life's daily demands. NaturoPharm's Stresmed Relief supports your body's normal response to stress and has beneficial calming and settling properties. Support your stress this holiday season with Stresmed Relief Oral Spray.

NaturoPharm Ltd, Rotorua



RESTORE-MED ORAL SPRAY

Sometimes stress can be ongoing and caused by both emotional and physical distress, Restore-Med Oral Spray supports the body's natural ability to cope with emotional and physical trauma, distress, exhaustion and grief.

NaturoPharm Ltd, Rotorua



PANICMED RELIEF ORAL SPRAY

Like stress, anxiety is the body's normal reaction to a perceived threat and many of us have faced situations of increased anxiety such as sitting an exam, wedding nerves or the dentist. Panicmed Relief Oral spray supports the body's normal reaction to panic and has beneficial calming properties that are settling for the mind and body.

NaturoPharm Ltd, Rotorua



CALM-MED ALCOHOL FREE ORAL SPRAY

For the littles of the family Calm-Med Oral Spray supports normal infant response to distress and has beneficial calming properties. Christmas support this year for when your little one is too excited about Father Christmas to go to sleep, can be used by adults too!

NaturoPharm Ltd, Rotorua



NATURE'S SUNSHINE LOWER BOWEL SUPPORT

It's easy to be caught up in a little over indulging in the Summer months, leaving our energy levels depleted, skin blemishes or that bloated feeling. Nature's Sunshine Lower Bowel Support is great news for your overworked and run down digestive system. Designed to support bowel regularity, smooth, comfortable digestion and healthy liver function so you can look and feel your very best this summer.

Nutricom Australasia, Auckland

For sleep, stress & well-being



SOLGAR® ASHWAGANDHA ROOT EXTRACT VEGETABLE CAPSULES

- Helps the body manage and adapt to stress
- Vegan, Vegetarian, Kosher, Halal

Solgar, Auckland



SOLGAR® MAGNESIUM CITRATE TABLETS

- Highly absorbable 'citrate' form of magnesium
- Supports muscle and nervous system function
- Supports energy release and reduces tiredness
- Supports mental balance

Solgar, Auckland

SOLGAR® MAGNESIUM WITH VITAMIN B6 TABLETS

- Supports normal energy levels, and helps to reduce tiredness and fatigue
- Supports muscle function
- Vegan, Vegetarian, Kosher

Solgar, Auckland



SOLGAR® L-THEANINE 150 MG VEGETABLE CAPSULES

- L-Theanine is an amino acid found in green tea
- Helps support and encourages a calm, relax mood and wellbeing
- Vegan, Vegetarian, Kosher

Solgar, Auckland



MEGA MAGNESIUM NIGHT

Mega Magnesium Night features Meta Mag®, an exclusive and easily absorbed form of magnesium. This scientifically formulated magnesium and passionflower combination provides a multi-action effect and works to:

- Calm the mind and relax the body in preparation for sleep.
- Support healthy sleeping patterns.

Metagenics, Auckland. TAPS NA 12080



For a smooth Menopause



BY LISA GREY
BePure Clinical Manager and Lead Researcher

Menopause is a natural stage of life that every woman will experience, and occurs when we move from the reproductive stage of life, into a new stage that can be welcomed in its own ways, as well as supported to soothe the not so welcomed 'side effects'.

During what's known as the 'menopausal transition' oestrogen and progesterone hormone levels drop as the ovaries slow down and eventually stop ovulating. Both oestrogen and progesterone play a role in our bone, metabolic and heart health, brain function, libido, energy, and a lot more. As these hormones reduce, the body then needs to adjust to the new normal without them which is where we see the signs of menopause arise.

The first phase of this transition is known as perimenopause and is often referred to as

"reverse puberty". Just as when our fertile years started with the arrival of our period and the increases in oestrogen and progesterone, during perimenopause ovulation begins to decline. If there is ever a time when PMS will be experienced, it's in perimenopause. The surges and troughs in oestrogen and drops in progesterone can lead to irregular cycles, mood imbalances, weight and temperature changes.

The second phase of the transition is menopause and is identified when you have not had a menstrual cycle for 12 months. Our oestrogen levels and progesterone levels drop away and common experiences include hallmark temperature imbalances, irritability, vaginal dryness, loss of libido and trouble sleeping.

Post menopause is the final phase of the transition and is generally when our hormones have found rebalance and equilibrium.

e Transition

So, now we understand the phases of this life transition, how can we best support our bodies to make it a smoother ride?

NOURISH YOUR BODY WITH HERBS

During perimenopause the best thing we can do is support our progesterone levels and nourish our nervous system. This is where BePure's CycleCalm comes in. With powerful hormone-nourishing herbs like Vitex, Cramp Bark and Peony, combined with adrenal supporting herbs like Ashwagandha it works to support normal progesterone levels and a calm nervous system.

During menopause we want to support and balance our declining hormone levels and soothe the common signs associated with menopause. BePure MenoCalm is formulated with powerful herbs such as Ashwagandha, Sage Leaf and Black Cohosh to support temperature balance and trouble sleeping alongside choline and chromium to support mental clarity and a stable mood.

SUPPORT YOUR PARASYMPATHETIC NERVOUS SYSTEM

Signs of menopause can be heightened when the body and mind is stressed, overworked and sleep deprived. While it can be difficult to reduce daily stressors, trying small things to soothe our stress levels can have a huge impact. Try meditation or deep breath breaks, spending ten minutes at the end of the day with your legs up the wall or taking a walk in nature are incredibly powerful ways to nourish ourselves and let the body relax into a restorative state.

BOOST ESSENTIAL NUTRIENTS

Vitamin B6 and magnesium can provide support for the most common signs of menopause and increasing calcium and vitamin E helps support oestrogen levels. Aim to eat a varied, colourful, wholefood diet and supplement with a high-quality multivitamin – you can find high levels of all of these key nutrients in our BePure One and BePure Three.



To support a smooth transition through menopause



To support a calm and balanced cycle before and during perimenopause

Always read the label and take as directed. If symptoms persist, consult your healthcare professional. BePure, Auckland. TAPS PP8221

SOLUTIONS FOR

immunity boosting



HARKER HERBAL IMMUNE BOOST

Feeling rundown? Try a daily dose of Immune Boost, a great everyday support for those prone to repeat illness and low energy. This combo of high strength adaptogenic herbs supports healthy energy and immune function. Use with Sleep Well to support restful sleep, essential to keep you on the go.

Harker Herbals, Waipu



FREE*
100ml Sleep Well
when you purchase
Immune Boost 200ml
*while stocks last



COYNE VITAMIN C 30'S

Biomax (with R circle) Vitamin C is a more bioactive and non-acidic Vitamin C than standard Vitamin C products. It delivers maximum bioactive Vitamin C, superior absorption with LIPOSOME technology and GMO free Quali-C (with R circle) Vitamin C from Europe.

Natural Health Trading, Auckland

PURE VITALITY ZINC DROPS

Pure Vitality's Zinc Drops have been specially formulated as an every day essential trace mineral which naturally helps to support, enzyme functions, the Immune system, growth and repair and protection against free radical damage.

Natural Health Trading, Auckland



DOCTOR'S BEST NAC DETOX REGULATORS

Doctor's Best NAC Detox Regulators helps to support enzymes that neutralise natural and man made toxins while supporting glutathione production important for energy and detoxification processes.

Natural Meds, Auckland

NOW HIGH POTENCY VITAMIN D-3

Vitamin D3 is a fat-soluble vitamin which helps to support a robust immune system, healthy moods and strong bones. Vitamin D3 is the same form produced by the body when our skin is exposed to sunlight. Often described as the Sunshine Vitamin.

Natural Health Trading, Auckland



Don't miss out
on our fabulous
deals. Visit your
local store today!

Some of our Health Experts



♥ I feed my soul creatively in the kitchen with vibrantly nourishing ingredients.

GILLIAN MILLER

- Naturopath, G.E.M.M & Thyroflex Practitioner
- Hardy's Educational Manager

I love getting out in my garden, connecting with Mother Nature, swimming in the ocean and just taking time to stop and breathe.



♥ My true happy place is with my handsome fur baby.

KIRSTY MCKELVIE

- Cert. Health and Nutrition Coach
- G.E.M.M, Allergencis and Thyroflex Practitioner

I love the sound of the ocean waves. Spending time outdoors in fresh air is both calming and recharging. I love Animal Therapy.



♥ I feel energised and joy when in nature, and connecting with people.

BARBARA BELGER

- Trauma Informed Resilience Coach
- NLP and Hypnotherapy

Music has always been a true passion of mine since I started playing the piano from 4 years old. More recently, writing blogs and articles nourishes my soul and expressive side.



♥ Fur babies are the best therapy. All day long!!

ANGE YOULE

- Clinical Nutritionist
- G.E.M.M and Allergencis and Thyroflex Practitioner

My heart sings when I spend time with my little treasured angel 'MiMi' She fills my life with love, joy and happiness.



♥ Lots of laughter is what raises my vibration and fills my heart with joy.

TAKU RODAN

- Multi-dimensional Energy Healing
- Reiki Master
- Past Life and Inner Child Regression

Spending time with like minded people, 'Vibing with my Tribe'.




♥ Preparing organic food to share with loved ones is my happy place.

INGRID REED

- Naturopath and Medical Herbalist

I practice daily meditation along with Naan Yoga to feed my soul. Simple living, pottering in the garden, and walking in the bush.



How the new science of Nutrigenomics helps us to 'switch on' to better health

Dr Christine Houghton, an educator, research scientist and a registered nutritionist, holds degrees in Nutrigenomics, Biochemistry and Human Nutrition. An avid researcher in her field, she is Adjunct Lecturer in the School of Human Movement and Nutrition Science at the University of Queensland.

Following 3 decades in private Nutritional Medicine practice, Christine founded Cell-Logic, an evidence-focused company which researches and manufactures nutrigenomically-active ingredients for clinical application. Her current interests lie in the investigation of phytochemicals which significantly impact gene expression within human cells, especially in the context of gut ecology, immune modulation and mechanisms that maintain cellular defences.

Sulforaphane, the bioactive phytochemical derived from certain cruciferous plants has been the primary focus of her phytochemical research, with three indexed review publications and two book chapters supporting her acknowledged role as an authority in this field.

GOOD HEALTH SHOULD NOT BE COMPLICATED

Modern medicine seems to be both complex and complicated – but for most of the day-to-day ailments which plague us, it need not be – the aches and pains, sniffles and snuffles, burps and tummy aches! That's because Nature's Toolbox holds so many uncomplicated solutions for both preventing and managing illness. These are often simple remedies passed down through generations – but which have been forgotten as we reach for

yet another prescription or over-the-counter pharmaceutical. If we were to eat only health-promoting foods, exercise regularly and get plenty of rest, most of these common ailments would practically disappear – but today's lifestyles can make that difficult. And let's not forget that humans have survived on this planet for millions of years, using only what Nature has provided.

Modern Nutrition Science, however, is continuously in search of ways for us to embrace the food-related principles that keep us healthy. Until quite recently, nutrition scientists didn't fully understand how certain molecules found naturally in our food could have such profound effects on our health.

It has now become well-accepted that food is so much more than vitamins, minerals and nutrient 'building blocks'. This is where the new science of Nutrigenomics steps in to explain some of the remarkable properties of particular foods, especially plant foods. This article provides one example of a food molecule with profound health-promoting benefits because it harnesses the principles of Nutrigenomics.

POWERFUL MESSAGES FROM MOTHER NATURE

In 2003, the scientists who completed the mapping of the complete human genome identified around 25,000 genes in human cells. Knowledge of these genes helped us to understand

more about the causes of disease. But it did more than that; it also helped us to understand how certain genetic weaknesses each of us carries in our DNA could be beneficially influenced by certain foods and lifestyle habits.

The term 'Nutrigenomics' was coined in 2004 and thereafter, this relatively new scientific discipline has been recognized as a powerful tool for enhancing human health. Quite simply, Nutrigenomics explains how foods (nutrients) interact with our genes (genomics). You could think of nutrigenomics as 'your food talking to your genes'. Whilst good diet and lifestyle choices send 'healthy' messages to our genes, poor choices can adversely affect the DNA in our genes, 'jamming up' the cell's functions and clogging them with toxic by-products. Day after day, this will inevitably lead to disease.

The cruciferous vegetable family has been shown to have enormously powerful nutrigenomic effects. One of the most extraordinary of these nutrigenomically-active molecules is sulforaphane (pr. Sul-4-a-Fane), derived primarily from broccoli but in much greater concentration from the tiny broccoli sprout.

TARGETED BIOACTIVES FROM FOOD

What makes sulforaphane so extraordinary is its ability to 'switch on' or to 'turn up' the activity of around 200 genes related to the cell's own defence processes. Such 'defence' genes contain

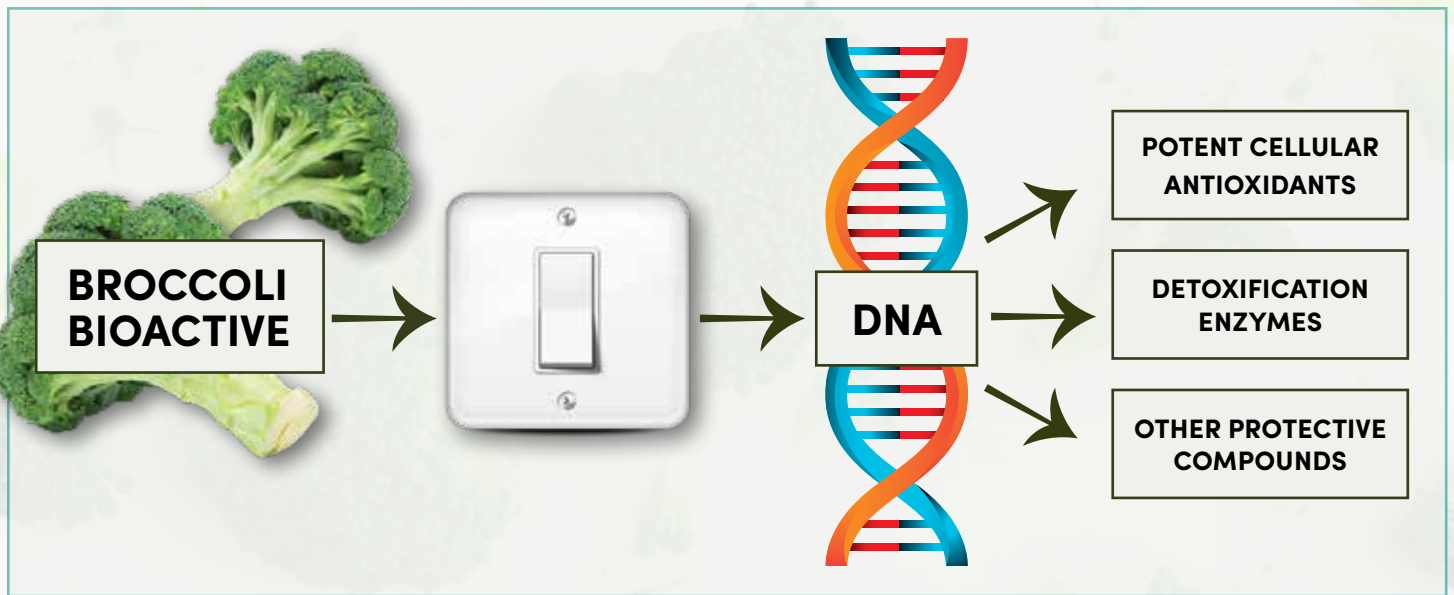


Figure 1: How Plant Bioactives 'talk to your DNA'

all the information the cell needs to protect itself. Of the 200 or so genes, some of the most significant are those that code for Glutathione (an essential antioxidant compound needed by all cells) and those which code for the Antioxidant and Detoxification Enzymes.

These three groups of genes enable the cell to eliminate the toxic compounds which damage our cells and make them sluggish. Keeping them active and operating at their peak is the ideal preventive medicine. However, as we age, the cellular defence mechanisms become less efficient, making us more prone to illness and the ravages of ageing.

Regular intake of sulforaphane and other nutrigenomically-active plant foods activate a cellular 'switch' to upregulate these protective genes. With the protective genes 'turned up', the cells operate more efficiently, energy is produced more readily and the cell's 'spring-cleaning' processes remove waste materials before they have a chance to damage delicate cellular structures, including the DNA. When all 50 trillion of your cells are working just as Nature intended, your entire body can operate at its peak. In other words, when your cells are healthy, YOU are healthy! This important principle has changed the way 21st century nutritionists view the food choices they suggest to their patients.

HOW DOES SULFORAPHANE DO THIS?

A cellular 'Master Switch' which exists within all cells is readily activated by sulforaphane. When this happens, the 'switch' sends signals to the cell's nucleus, that part of the cell which holds the DNA and the genes. Once in the nucleus, the signalling molecules line up beside the 200 or so relevant genes. Here, they activate the genetic 'machinery' which starts churning out millions of cell-protective protein molecules, some of which are enzymes. When the cell has produced as many of these proteins as it needs, the 'Master Switch' is automatically turned off.

SULFORAPHANE IN AGEING

As we age, the 'Master Switch' gets 'rusty' and doesn't respond to the signals as efficiently as it does when we were younger. Remarkably, sulforaphane restores the activation of this switch to a level closer to that of our youth. What this means of course is that many of the age-related and chronic illnesses which many of us suffer need not sap our energy and mobility as we get older.

If it is not always possible to consume the ideal diet, we can dip into Nature's Toolbox to select foods with high nutrigenomic activity, providing our cells with the enhanced protective capacity they need.



Dr Christine Houghton PHD.,BSC.,R.NUTR.
Nutritional Biochemist

'If we study the Biochemistry underpinning the way humans have been evolutionarily programmed to defend themselves against all manner of microbial threat, an optimal diet MUST be the foundation on which to build other therapies.' Food Matters!

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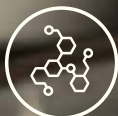
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GET ENERGISED

and combat stress induced fatigue

A stress-induced lifestyle can consume large amounts of energy. Stress is a natural feeling of not being able to cope with specific demands and events. These demands can come from work, relationships, financial pressures, but anything that poses a real or perceived challenge to a person's well-being, can cause stress.

This can potentially lead to:

- Blood pressure concerns
- Heightened muscle tension
- Constant sweating
- Over alertness

Interestingly though, stress can also be a motivator and it can even be essential for survival. The body's fight-or-flight response tells us when and how to respond to oncoming obstacles. However, when the body becomes triggered too easily, or there are too many stressors at one time, it can take its toll on the body and result in fatigue. One of the main reasons for fatigue is overwork. Overwork can include professional, family, and social demands.

While stress is necessary, it's important to manage your stress so that you don't become overwhelmed. There are many ways to do this, sometimes it can be as simple as streamlining your schedule and set your priorities in terms of the most important tasks. You could also try supplementing your diet with **Good Health B Activated**, for energy.

Good Health B Activated Complex is a unique, comprehensive formula with active essential B vitamins that support energy production in the body. The high potency formula contains the **activated forms** of B6 and B12.

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B Activated Complex offers support for:

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- Demanding lifestyles
- Absorption issues
- On-going stress concerns
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Additionally, B12 can be taken on its own. **Good Health B Activated B12** can offer support for:

- Poor iron stores
- Compromised energy levels
- Vegetarians and vegans

Good Health B Activated B12 also contains the active methylated form of B12, Methylcobalamin. Developed to support energy levels, including both immune and nervous system support.

B12 requirements may be higher in individuals on restricted diets or those with gut absorption issues and for vegetarians and vegans.

Supporting ongoing stress is vital to maintain long-term general health and wellbeing. Get your B Activated Complex and B Activated B12 now, to help you cope with your demanding lifestyle.



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