

My Hardy's

We'll get you feeling good!

*Falling leaves
Rising energy*

Boost your
immunity and
vitality this
Autumn



TRUSTED BY KIWIS
SINCE 1986

FEEL YOUR BEST THIS AUTUMN



SOLGAR® FULL SPECTRUM CURCUMIN

Solgar® Full Spectrum Curcumin supports general comfort in the body and a popular antioxidant. Curcumin is the bioactive compound in turmeric. Solgar® Full Spectrum Curcumin has used a superior absorption formula by using curcumin in a micellar molecule format which means more, better and faster absorption (compared with native Curcumin extract) for your general health and well-being.



SOLGAR® WILD OREGANO OIL SOFTGEL

Immune system support during the season of ills and chills plus supporting digestive health. Wild Oregano oil has been used traditionally to support digestion, respiratory tract and immune system function plus as an antioxidant. Good gut health is a key pillar for our immune health. Recommended dosage - one soft gel a day preferably with food.



SOLGAR® QUERCETIN COMPLEX

Solgar® Quercetin Complex with Ester C® Plus formula combines the bioflavonoid Quercetin with Ester-C® and Bromelain. This synergistic complex supports immune system function and Bromelain (an enzyme found in pineapples) supports digestive health.



SOLGAR® L-LYSINE 1000MG

Lysine is an essential amino acid that supports and nourishes lip health. Studies have shown that Lysine, an amino acid, helps to play a key role in support for clear, healthy skin and lips because of its crucial role in collagen production. Snow skiers who are prone to skin changes due to sun and wind especially around the lips may want to support their lips.



SOLGAR® DIGESTIVE ENZYMES

Using a combination of digestive enzymes to support nutrient absorption and to support digestive health. Solgar® Digestive Enzymes formula includes ox bile, betaine, pancreatin, Aspergillus Oryza, papain and pepsin extracts which combined, support the break down and absorption of proteins, carbs, starches and fats.



Always read the label and only as directed. If symptoms persist, please see your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Solgar NZ Ltd, Auckland. TAPS PP3576

VIBRANT

Autumn



It's hard to believe it's Autumn already - that beautiful time of year when nature surrounds us with rich tones and striking colours. Immune-boosting orange tones and wonderfully nourishing greens, reds and purples. My personal favourite Autumn treat? Fresh figs picked straight from the tree.

As the days begin to shorten and the trees start shedding their leaves; as we make the most of that beautiful, gentle Autumn sunshine, we turn our focus to taking some extra time to build our bodies up in preparation for the cold Winter months ahead.

This issue is all about gut health, how it affects our immune systems, and how to give immunity a boost. As always, it's packed with useful information to help enhance your health and vitality, and get you on the road to feeling your very best.

From the Hardy's team, we wish you a bright and healthy Autumn.

Love and Light,

Diana

Diana Burgess - Naturopath



GIFT WITH PURCHASE

Get a free "special edition" gummy tray and recipe cards with the purchase of a Children's GutBiome Builder.



Set little ones up for a lifetime! GutBiome Builder seeds and nourishes beneficial gut flora and supports a strong gut wall. For ages 1-12 years.

Harker Herbs, Waipu



GUT AND H IN



HEALTH COMMUNITY

If anyone has ever foraged into the realms of natural health, you have most likely encountered Hippocrates famous statement “all disease begins in the gut”. I think he may have had a point.

As the field of biological science delves further into the intricacies of human health and the interlinking body systems, the understanding of a complex system called the ‘Gut-Immune Interface’ demonstrates that Hippocrates seemed to know what he was talking about!

GUT-IMMUNE CONNECTION

Around 70-80% of the immune system is located... guess where? In the gut! A single layer of cells called ‘Epithelial Cells’ line the entire digestive tract and interact with the immune system below to detect and respond to environmental substances.

The cells sit together side by side creating a barrier (the gut barrier). Think of this as equivalent to a moat surrounding a castle. When someone is recognised as Friend, a drawbridge is lowered and the Friend is let into the castle. When someone is recognised as Foe, the drawbridge remains closed and the invader cannot enter the castle. In the same way our little epithelial cells decide what molecules (foods/microbes/chemicals, etc) can enter the body, and what molecules must be kept out.

The gut can become inflamed and ‘irritable’ for any number of reasons including bacterial or yeast imbalances, food sensitivities, life-style (drugs, alcohol, smoking, poor diet, overuse of medications) or even through prolonged illness or stress. The gut barrier then becomes weakened, meaning those unwanted Foes are able to sneak past and enter the body. In terms of our castle, it’s as though the drawbridge has fallen down and anyone can cross it. The immune response can be likened to soldiers running chaotically around the castle in survival mode, battling the steady stream of invaders now crossing the drawbridge. Once inside, these

dastardly invaders trigger a cascade of events which can manifest as food intolerances or IBS-type symptoms, allergies or excessive histamine reactions, uncontrolled chronic inflammation and pain, or even autoimmune conditions, as the immune system becomes dysregulated.

NUTRIENTS REQUIRED

It should come as no great surprise that the immune system needs nutrients to function. Vitamins such as A, C & D, and Minerals like Zinc and Selenium (to just name a few) need to be absorbed in sufficient quantities for things to work as they should. And of course optimal nutrient absorption depends on the health of the gut. If the gut is irritable, bowel movements are loose and frequent, or there is wind, grumbling, and bloating, the gut’s capacity to effectively absorb nutrients from food is very likely impaired. The nutrients will just wave goodbye as they pass on down the toilet, leaving the immune system with inadequate resources to do the job.

CONCLUSION

This is why when you come into Hardy’s to talk about any issues with immunity we’ll always ask you about your gut health - because we just may need to start there, to help you back to a healthy happy vibrant you!

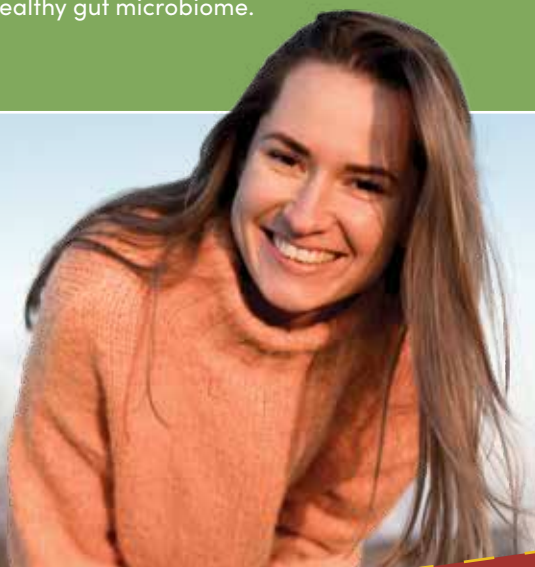
THE GOOD, THE BAD & THE HEALTHY

It is not surprising that those with tummy troubles are also more prone to colds, infections, and autoimmune conditions. Current research demonstrates that gut health and immunity are intricately connected, with the gut playing a vital role in the body's immune system. Remarkably, 70-80% of immune cells reside in the gut.

Beneficial bacteria in the gut – including probiotics and prebiotics – help train the immune system to distinguish between harmful pathogens and harmless substances. These good gut bacteria contribute to the maturation of the immune system, creating immune tolerance so cells do not overreact and cause unnecessary inflammation when there are no harmful invaders.

A diverse and balanced microbiome, supported by adequate probiotics and prebiotics, enhances immune function by preventing the overgrowth of harmful bacteria. Dysbiosis, or an imbalance of gut bacteria, is linked to weakened immunity and chronic diseases. Additionally, good gut bacteria play a crucial role in digestion, nutrient absorption, and maintaining a healthy gut lining.

Sometimes, factors such as modern diets low in fiber, high intake of processed foods, antibiotic use, and environmental stressors can reduce the availability of probiotics and prebiotics from food alone, which can make supplementation a beneficial way to support a healthy gut microbiome.



By nurturing gut health, you enhance digestion and support a stronger immune system, reducing the risk of infections and chronic health issues.

VIVOMIXX

This potent probiotic replenishes the gut with 450 billion beneficial bacteria, supporting a balanced microbiome. Vivomixx contains eight strains of essential live bacteria and was developed by a medical doctor specializing in infectious diseases and immunology. It helps promote proper colonization of gut flora.

Natural Health Trading, Auckland



PHYTOCEUTICS BETTERGUT™ PRE- AND POSTBIOTIC

This innovative product contains Tributyrin, which acts as both a prebiotic and postbiotic. Postbiotics are the beneficial end-products of probiotics, supporting a healthy gut lining and immune system.

Natural Health Trading, Auckland

PROBIOTICS AND PREBIOTICS



PROBIOTICS are healthy live bacteria that live in our gut and support our gut health and digestion.

Foods that contain Probiotics include: Sauerkraut, Yogurt, Pickles, Miso, Kombucha, Natto, Kimchi, Kefir, Green olives, and some soft cheeses.

PREBIOTICS are indigestible fiber that probiotics feed off, helping them thrive and support gut health.



Foods that contain Prebiotics include: Bananas, Asparagus, Onions, Flaxseeds, Garlic and Avocado.

WAYS TO IMPROVE YOUR GUT HEALTH FOR BETTER IMMUNITY



EAT A BALANCED DIET

Include fiber-rich vegetables, whole grains, fruits, and fermented foods (like yogurt, kefir, and sauerkraut). Limit sugar and processed foods, as they can disrupt the gut microbiota.

MANAGE STRESS

Practices like meditation and mindfulness help reduce stress-induced gut imbalances.

SLEEP AND EXERCISE

Both significantly influence gut health and, in turn, immune resilience.

STAY HYDRATED

Proper hydration supports digestion and gut function.

TAKE PROBIOTICS AND PREBIOTICS

Supplements or natural sources promote a healthy microbiome.



NOW L-GLUTAMINE 500MG

A conditionally essential amino acid that serves as a primary fuel source for rapidly growing cells in the immune system and gastrointestinal tract.

Natural Health Trading, Auckland



BIOSPHERE PREBIOTIC GUT & IMMUNE SUPPORT WITH SUNFIBER®

A Monash University-certified, FODMAP-friendly prebiotic that feeds beneficial bacteria without causing bloating often associated with fiber-rich foods like onions and garlic.

Natural Health Trading, Auckland



SOLGAR®

Since 1947

THE SOLGAR
GOLD STANDARD.

**AUTUMN PREP
YOUR IMMUNE
HEALTH**



Change of season is an opportune time to review and reset your health regime so that you are 'body ready' for the cooler months.

Aim to get through these cooler months, with strong immune health, to help your body manage the onslaught of ills and chills.

Diet and hydration play an important part. Eat seasonally, try delicious warming soups, switch from salads to warm winter vege and include more warm herbal brews into your day to keep your body nourished.

Support your immune system with fresh air, winter sun and exercise. We are guilty of becoming the inside generation, and winter weather can make it tricky to get outside amongst it all.

Vitamin D often nicknamed the sunshine vitamin could be part of your autumn support crew.

**Solgar® Vitamin D3 1000iu
– Softgel or Chewable**

Vitamin D supports general health and wellbeing including immune system function. Vitamin D also supports calcium absorption which helps to support healthy bones and teeth. Simply take one Solgar® Vitamin D3 a day either in SoftGel or chewable (strawberry and banana swirl flavour)

format to support your immune system health over the cooler months when it is often more difficult to get natural winter sunlight, especially if office bound.

**IMMUNE HEALTH SUPPORT
FROM THE GUT**

There is evidence supporting the claim that 70% of our immune health is in the gut. This is primarily due to the presence of gut-associated lymphoid tissue (GALT) which contains a large reservoir of immune cells. These immune cells interact with the diverse microorganisms in our gut microbiome, playing a supporting role in maintaining immune health.

Solgar® Bromelain 300mg

Solgar® Bromelain 300mg provides 1000GDU digestive enzyme activity. Enzymes are required by all living organisms to function properly, and they exist in all life forms, including human, plants, bacteria and other organisms. They are essential for life

and assist a wide range of important functions with the body. Bromelain, found in pineapples, can support digestive system function.

**Solgar® NAC (N-Acetyl Cysteine)
600mg Free Form**

NAC is a pre-cursor which supports glutathione production in our body (for which glutathione is sometimes referred to as 'the mother of all antioxidants'). NAC supports antioxidant levels, and supports normal scavenging of free radicals around the body. NAC also supports respiratory and immune health and supports a healthy microbiome.

Of course, have your Vitamin C and Zinc on hand, to support normal levels of these immune health supporting nutrients around this time.

Always read the label and only as directed. If symptoms persist, please see your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Solgar NZ Ltd, Auckland. TAPS PP3620



Speak to the lovely team at your local Hardy's store who can assist our 'body ready' focus for the cooler months.

Top tips for when you're feeling unwell.



Topping up on immune-loving nutrients can be one of the best ways to support your immune health and protect yourself from ills and chills. But, what can you do once you have already started to feel unwell? Here are some simple ways to support your immune system to get back to health sooner rather than later.

1. Eat nutrient rich whole foods

Eating nutrient dense, whole foods is key to supporting your health and ensuring you are providing your immune system with the essential nutrients, vitamins, and minerals it needs for optimal function.

2. Prioritise sleep

Sleep is essential for wellbeing, both physical and mental. You know when you're not feeling well and you just want to stay in bed and sleep all day? That's your body telling you to get into a state where it can undertake repair processes to help you recover.

3. Stay hydrated

Your body is 60% water, so making sure you're getting optimal amounts of water is essential for flushing out and healing your body. If regular water isn't cutting it when you're not feeling your best, opt for herbal tea, or better yet, bone broth is a great way to hydrate your body while getting some amazing nutrient support.

4. Add in immune defence support

When it comes to fending off ills and chills in the winter months, having some extra support on hand can make all the difference. While many of us are aware of how vitamin C, zinc and vitamin D support our immune health, having powerful herbs on your side can also be key to feeling like yourself again. Our favourites are: echinacea, holy basil, beta glucans, ginger, and marshmallow root. These herbs are all-rounders to support your recovery, and can all be found in BePure Immune Action.

Strong immune health for everyday wellness.

BePure Immune Action™

Fast acting, full spectrum herbal immune defence for recovery from ills and chills.

BePure Super Boost C™

High potency vitamin C made delicious to support production of immune cells.

BePure Zinc Restore™

High strength, high quality zinc picolinate to support immune health and function.

BePure Vit D Restore™

100% NZ made vitamin D with added vitamin K2 for optimal absorption, to support a healthy immune system.





Are you getting to the root of the problem?

Allergenics offer a wide range of tests, helping you tailor an effective and individual treatment protocol for your clients.

-
- Food and Environmental Sensitivity
 - Comprehensive Women's Health
 - Comprehensive Men's Health
 - Comprehensive Nutritional Assessment
 - Sleep and Mood Test
 - Heavy Metal and Toxic Element Test
-



NEW SERVICES

Personalised meal plans and recipe books based on your clients results and needs.



Become an approved Practitioner by emailing us at practitioner@allergenics.co.nz



Vitamin D

THE SUNSHINE NUTRIENT

As we transition to the cooler months, we kiss our lovely long sunny days goodbye and wrap up a little more snugly in Autumn and Winter layers. As our days get shorter and we cover up our skin in warmer clothes we also bid a farewell to our ample supply of Vitamin D – our beautiful Sunshine Vitamin!

Vitamin D although named a 'Vitamin' will often be referred to as a hormone due to the fact it is not primarily consumed through dietary means, but rather produced by the body itself through exposure to sunlight. Vitamin D supports multiple bodily functions, being necessary for strong bones, cardiovascular health, happy hormonal balance, and good mental health, to name a few.

Most people understand that lower Vitamin D levels during Autumn and Winter can play a part in catching more coughs and colds than in Summer – many of our customers will take a Vitamin D supplement during these months for that very reason. But since this magazine is taking us on a journey through the connection between gut health and immunity, let us jump in now and see where Vitamin D fits into all of this.



NORDIC NATURALS VITAMIN D3

BABY'S D3 LIQUID: Support baby's bones, immunity and sleep with D3 drops.

KIDS D3 GUMMIES: No artificial colours or flavours in these tasty watermelon D3 gummies for kids.

ADULTS D3 GUMMIES: Gelatin free gummies to support bones, mood and immunity.

NaturalMeds, Napier



A KEY PLAYER IN IMMUNE DEFENSE

In our earlier article likening the gut-immune interface to a drawbridge of a castle, the drawbridge was equivalent to the little tight junctions, or cells sitting side-by-side forming the protective gut-barrier. When Friend is spotted, the drawbridge lowers (the tight junctions open) and the Friend may enter. If Foe is identified, then the drawbridge stays up (the tight junctions stay closed) and the Foe is kept out. Vitamin D could then almost be described as the Watchman, identifying whether the individual approaching is Friend or Foe and directing the action of the drawbridge accordingly. How this works in relation to the body – Vitamin D helps to regulate the tight junctions in the gut, by signalling the up-regulation of little protective proteins which strengthen the intestinal barrier to prevent unwanted substances such as toxins or bacteria, from passing through. Therefore a Vitamin D deficiency can lead to impaired barrier function which increases the risk for chronic inflammation, immune system dysregulation and autoimmunity.

An autoimmune condition is where the body no longer recognises 'self' as in its own cells, and will mount an attack against healthy tissue. Examples of autoimmune conditions include inflammatory bowel disorders such as Coeliac Disease, Crohns and Colitis, and other conditions such as Hashimotos or Graves Disease, Lupus, and Type 1 Diabetes.

HEALTHY SUNSHINE EXPOSURE

Healthy sunshine exposure is different from place to place and person to person, but essentially it's about the balance of getting enough sunshine exposure on bare skin, whilst avoiding sunburn. The amount of healthy sun exposure depends upon the skin tone and colour, the age of the person, and where you live in the world. As a very general rule to ensure Vitamin D production in the body, aim for around 10-15 minutes of midday sun a few times per week, on bare exposed skin. Someone with fair skin may need a little less time than this, and those with darker tones may need a little longer. This is because darker skin contains more Melanin, which reduces the rate at which Vitamin D is synthesised. And ensure to apply a good quality sunscreen thereafter as required.



Diet and bone health during childhood significantly impacts future bone health

RICKETS

It's worth mentioning a recent news headline published earlier this year, informing us that Rickets – a disease thought of as historic – has seen a resurgence in NZ babies and young children.

A Vitamin D deficiency can cause Rickets by making it difficult for the body to properly absorb calcium and phosphorus from food. This leads to bones that are softer and weaker, which can cause them to bow (see image). Vitamins and minerals are needed in their proper balance so they can function efficiently as a 'tag-team', which ensures minerals are regulated properly and end up in the bones. This is SO important for young children, because diet and bone health during childhood significantly impacts future bone health, as the majority of peak bone mass develops during adolescence. This means good nutrition and adequate sunshine in earlier years directly influences the strength of a person's bones in later life.

If you're wondering whether your children, or even yourself, may be at risk of Vitamin D deficiency, don't hesitate to come and chat to one of our Hardy's Health Consultants to find out a little bit more. Education is key here, so that we can push Rickets back into the past where it belongs!



Arctic Cod Liver Oil: A Healthy Tradition for the Whole Family



Why cod liver oil?

Cod liver oil is the classic omega-3 supplement. It has been used for centuries in Scandinavian societies to help keep people healthy during the long Arctic winters. Arctic cod are rich in the omega-3 fats EPA and DHA that our bodies need for brain, eye, and nervous system function, a healthy heart, immune support, joint mobility, child development, and more.

Why choose Nordic Naturals?

Nordic Naturals® award-winning Arctic Cod Liver Oil™ is an ideal option for those who care about personal and planetary health.

In line with Nordic Naturals' efforts to avoid waste, 100% of the fish used to make Arctic Cod Liver Oil is ultimately consumed by humans or animals, and the products are Friend of the Sea Certified. Nordic Naturals Arctic Cod Liver Oil contains omega-3s in the triglyceride form, the same form that these fats exist in fish, and the form the body can best recognise and use. And, like all Nordic Naturals products, Arctic Cod Liver Oil meets or exceeds strict international standards for fish oil purity and quality.

How sustainable are Arctic cod?

Arctic cod (Skrei) are considered a healthy, sustainable species thanks to careful management by the Norwegian government who oversees the world's largest Arctic cod fishery on the coast of Norway's Lofoten Islands, where mature cod come to spawn each winter. The fish used for Arctic Cod Liver Oil are 100% wild, and thanks to strict limits on catch size, overfishing is kept in check. The result is an Arctic cod stock that is largely the same size and health as it was a century ago.



3RD PARTY
PURITY TESTED



SUSTAINABLE
INGREDIENTS




FRESHNESS
GUARANTEED


TOP VITAMIN D FOODS

There are only really a few foods that naturally contain Vitamin D, and that's why sunshine exposure or taking a good quality supplement is important.


But if you're looking for your Vitamin D food fix...



LIVER Although not considered the most glamorous of foods, Liver is actually a little nutrient powerhouse. Fish Liver and Beef liver in particular are the best sources. The liver stores the 'fat soluble' vitamins – Vitamin D being one of these. If the thought of chowing down on organ meats doesn't appeal, taking a good quality Cod Liver Oil containing Vitamin D such as Nordic Naturals, can be a good way to get a daily dose of not just your sunshine vitamin, but Omega 3 as well. Double win!



EGG YOLK It's not a coincidence that an egg yolk looks like a little mini sunshine!




OILY FISH The flesh of oily fish such as wild salmon, mackerel and herring for example, are food sources of Vitamin D. The oily fish in particular are higher in Vitamin D as its stored not only in their livers, but also in their fat/skin.

FULL FAT DAIRY PRODUCTS These products as opposed to the low fat options, contain naturally occurring Vitamin D, due to Vitamin D being stored in the fat, as well as the liver, in animals and humans.

FORTIFIED FOODS

Because the importance of adequate Vitamin D cannot be over-stated, you'll actually see it added to commonly consumed foods to ensure our modern sun-wary populations don't become deficient. Some cereals, low fat dairy products, plant-based milk alternatives and margarine for example, may be fortified with Vitamin D.



MUSHROOMS – ESPECIALLY SUN-DRIED MUSHROOMS Mushrooms hold their own on the table in terms of nutritional and medicinal value. In terms of Vitamin D, they are one of the few plant based sources of this nutrient. They naturally produce a substance called Ergosterol – which is similar in structure to cholesterol in animals and humans. This substance converts to Vitamin D when exposed to UV light while growing.

FIGHTING YOUR

inflammatory fire

When our body presents us with a 'symptom' of some sort, this is more often than not a warning sign or message that something isn't quite right.

Our body has a language in which it speaks to us, and any new pain or discomfort is our body starting to alert us that there is an issue.



This alert call shouldn't be ignored, otherwise what starts out as a simple whisper can manifest over time to something much louder and more intense.

And then any small niggle has the potential to snowball into a more serious chronic pain. This pain is a symptom of inflammation somewhere in the body. Inflammation can be likened to an internal fire, and when unresolved, this indicates there is something that is continually fuelling the inflammatory fire.

The fact is, we do not just wake up one day and get a full blown disease such as Arthritis, Alzheimer's, Hypertension, or an auto-immune disease such as Coeliac Sprue. These can be simmering away for years prior to receiving a diagnosis. The key is to find out what is fuelling that inflammatory fire as soon as it begins. The things that fuel inflammation can range from food sensitivities, lifestyle choices, prolonged stress, environmental toxicity, and even unfriendly endotoxins residing within our own gut.

The key point here is to tune inwards and listen to your body's alert call as soon as it starts. This is the time to take action. For example, if someone experiences foggy thinking, trouble concentrating or short term memory loss (now where did I put my car keys?), it's easy to dismiss this as 'getting old' or 'just the way it is now' – but symptoms such as this can also be attributed to food sensitivities such as wheat and/or gluten sensitivity. And should the brain symptoms and sensitivities be ignored for 20 years, it has the potential to manifest as an inflammatory brain condition such as Dementia or Alzheimer's. But the good news is that if we can identify these sensitivities; the fuel that feeds the fire, then we have a much better chance of preventing that type of condition from developing. Put simply, the key is to find the fuel feeding the fire, and stop it getting out of control.



LIFESEASONS JOINT MOBILI-T

Soothes inflammation to support ease of movement.

NaturalMeds, Napier



SO, WHAT'S THE DEAL WITH GLUTEN? IS IT REALLY THAT BAD FOR ME?

Well, let's take a dive into this and check it out!

Gluten is the general name for a family of proteins found in many grains. These include wheat, rye, barley and oats, to name a few. What research is now demonstrating is that actually, no human can fully digest gluten.

At this stage it is important to note that wheat is not totally the 'bad guy'. It has been a staple in many cultures and diets around the world. During times of famine wheat has been shipped to nations in need and has been able to help sustain them through sparse periods. However, over time we have learnt that because humans don't have all the enzymes needed to fully digest the gluten proteins, this means they cause inflammation and intestinal permeability each time they are consumed.

Alessio Fasano MD, an Italian born medical doctor, paediatric gastroenterologist and researcher, conducted research at Harvard University and recently published an interesting paper that demonstrated the gluten in wheat is actually causing intestinal permeability (aka leaky gut) in EVERY human. Wow!

To do this research his team studied four populations – recently diagnosed coeliacs, coeliacs' in remission, non-coeliac gluten sensitive patients, and patients with no sensitivity to gluten at all. In his conclusion Dr Fasana states "increased intestinal permeability (leaky gut) after gliadin exposure, from a piece of poorly digested gluten, occurs in all individuals".

So just to say this one more time... **Leaky gut after eating gluten occurs in all individuals!**



Gut Digest is your go-to enzyme formula to support food intolerances & daily digestive wellness



Leaky gut



To explain how this happens – when we eat, our body produces enzymes that act like scissors, to cut up proteins into individual amino acids. Just like cutting up a string of pearls (the proteins) into individual pearls. The problem is gluten's strange molecular composition which makes this task more difficult. The sequence of amino acids isn't recognised by the scissors as it tries to cut up (or digest) the gluten. The best that typically happens is cutting the pearls up into clumps of maybe 3 or 4 pearls instead. This now means the body will struggle to absorb the nutrition from the gluten because it's not fully broken down, and bigger problems can arise further downstream as the gut and immune system try to then deal with the clumps of pearls.



The consequences of poorly digested gluten for the vast majority of people may mean nothing at all as their bodies cope with repairing the gut each time they eat it. These people can appear to remain symptom free. However, for others, the poorly digested gluten can be highly irritating to the gut and immune system. And this is what is commonly known as gluten sensitivity.

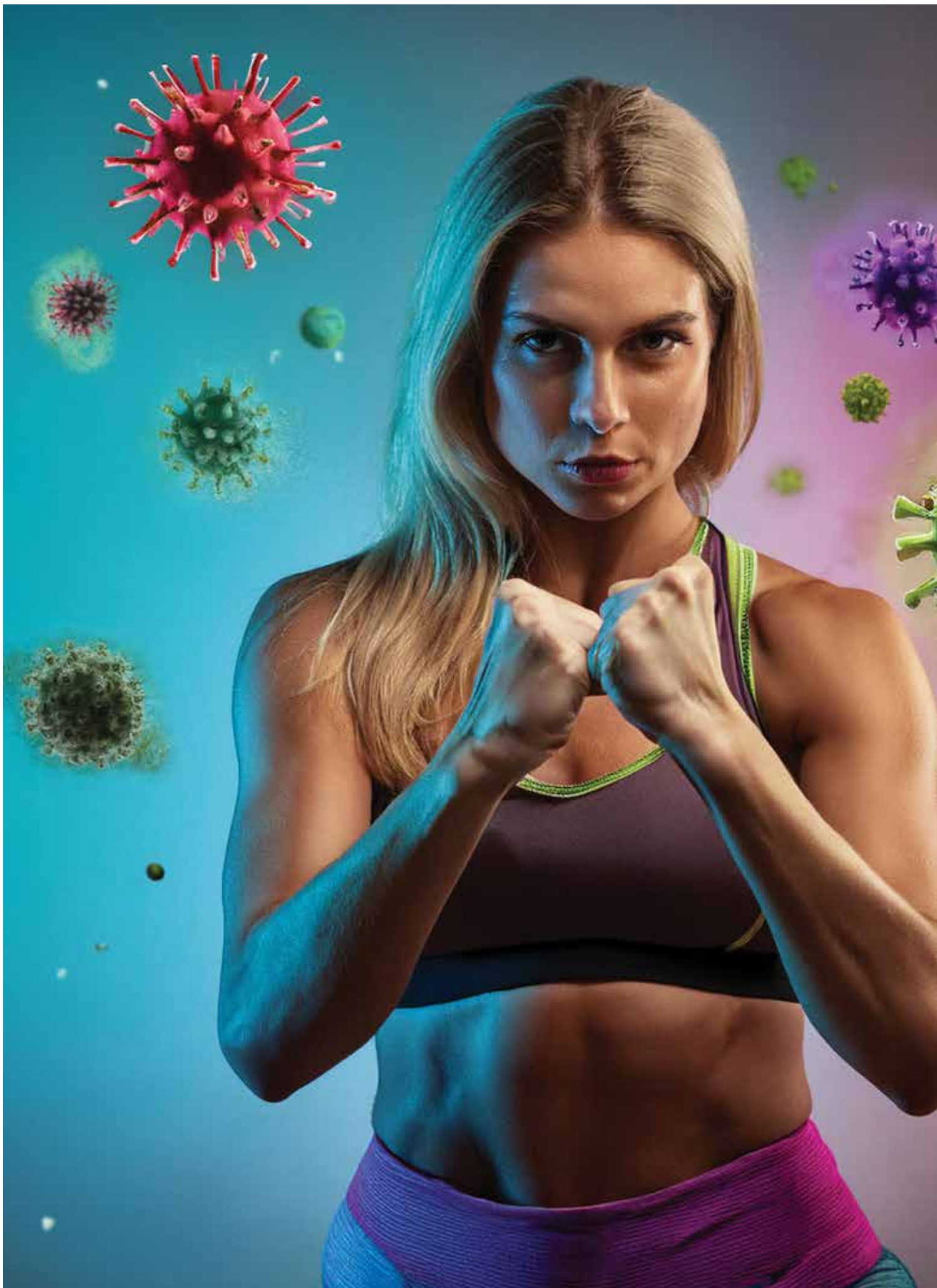
For many with gluten sensitivity, the brain seems to be particularly vulnerable. This can manifest as memory lapses, poor attention span, difficulty concentrating, headaches, fatigue and more. The clumps of gluten pearls can essentially end up being the fuel that feeds an inflammatory fire, resulting in inflammation anywhere in the body. Some people may experience this inflammation as eczema, rheumatoid arthritis, inflammatory bowel issues, body aches and pains, infertility or in a number of other ways.

A very simple way to see if you may be gluten sensitive is to record your symptoms, and then remove gluten from your diet for 21 days. After 21 days record how you feel again. Then put gluten back in for a day or two and wait to see if your symptoms return. If you react the first time you re-introduce gluten, then you've established how your body tells you it doesn't like this food. You've learnt to tune inwards and listen to your body's language. And do remember, being a non-coeliac gluten sensitive person, is a very real condition. Removing all gluten from your diet may be the one change that makes you feel your absolute best. And don't forget disease does not pop up overnight – it is often simmering for many years. If we discover what fuels inflammation in our body then we can potentially turn down the genes for the condition before it develops.

ALLERGENICS HAIR ANALYSIS

Hardy's stores offer an Allergenics hair analysis which looks for foods and environmental triggers that may be fuelling inflammation in the body, so come and chat to us today if you wish to find out more.

Gluten can cause bloating because it's hard to digest for some people, leading to gas and inflammation in the gut.



Guardian within

YOUR BODY'S FIRST LINE OF DEFENCE

Imagine having your own personal guardian working 24/7 to protect you.... would you walk around feeling more secure and confident at all times, knowing that someone had your back and you didn't need to worry about surprise attacks? Well guess what?! You DO have your own guardians! They function as part of your immune system and mean you can walk around confidently knowing that someone has your back when faced with surprise attacks from invading pathogens.

Your immune system is incredibly clever and works 24/7 to keep you safe. It has two types of defences. The first is called your Innate Defence System. This includes surface barriers such as the skin and mucous membranes. And then it has internal barriers which are little cells and proteins with very cool names like 'Natural Killer Cells' and 'Phagocytes'. Inflammation and fever are also a type of internal defence which helps to control the environment to exterminate pathogens. Our first line of defence can be very protective. However, if an invader such as a virus or bacteria does manage to slip through, then we still have ammunition: Our second defence system!

This is called the Adaptive Defence System, and this part is specific, systemic, and contains 'memory' cells meaning that if it's met a particular invader before, it knows exactly how to deal with it.

But beware! Certain things can tire out our guardians, making them less efficient at doing their job. Think what things zap you and make you less efficient at carrying out your job – well, it's the same for these guys too right?

If you're feeling drained, your guardians are also feeling drained, leaving you more vulnerable to a successful pathogen invasion. So, to ensure a healthy robust immune response, we must start with the basics. Ensure you're getting good quality sleep. During sleep our body produces immune cells, so lack of deep restorative sleep can lead to reduced production of these immune cells. Another thing to ensure efficient production of our immune cells is a good nourishing wholefoods diet, rich in the vitamin and mineral building blocks our body requires.

And along with overall health benefits, the emphasis on stress management and a regular exercise routine cannot be overstated when working to establish a well-functioning immune system. Stress robs us of energy, minerals and resources to rebuild and repair body systems, as can being overweight, and both these things can leave a person more vulnerable to infection. So remember, a fit healthy body means you are better able to fight back when pathogens invade!

Ways to support your innate defence system



THERAPURE MY IMMUNE COLD + FLU

A powerful blend to relieve cold and flu symptoms, shorten the duration of illness and assist with a speedy recovery.

NaturalMeds, Napier



SLEEP

Lack of quality sleep makes you more vulnerable to infections like the common cold and slows recovery. During sleep, your immune system releases cytokines—proteins that help fight off illness. These are produced by helper cells but decrease when sleep is insufficient, weakening your immune response.

If you struggle to get 7-8 hours of sleep, try a good magnesium supplement or a herbal sleepy tonic before bed.

EXERCISE

Exercise is key for overall health, improving cardiovascular function, weight management, and immunity.

Obesity weakens immune cell production, increasing infection risk, while those who stay active have stronger immune defences. Even a 20-minute daily walk can boost your health—so get outside and move!



DIET

A fresh, wholefoods diet is crucial for energy and immunity. Your body needs nutrients like vitamin C, vitamin D, zinc, selenium, iron and protein, to build a strong immune system.

NZ soils lack key minerals and processed foods can be nutritionally poor. A high quality multivitamin and protein powder with added greens can help meet your daily nutrient requirements.



GUT HEALTH

A good probiotic or gut-healing powder supports gut health, while omega-3 fish oil promotes bacterial diversity and a balanced inflammatory response, strengthening immunity.

STRESS Modern life is full of stressors—traffic, finances, deadlines. Stress hormones lower immune function by reducing white blood cell count, making you more susceptible to illness.

Simple stress-management techniques—slow breathing, beach walks, meditation, yoga, or watching a funny movie—help calm your system and support immunity. Prioritizing joy and relaxation is essential for long-term well-being.

Advanced support for gut & bowel health



Probiotic Advanced

is a scientifically researched triple action Pre, Pro and Post-biotic.

Prebiotic supports growth of good gut bacteria in the microbiome. **Probiotics** support healthy digestion and bowel function. **Postbiotic** supports gut lining integrity and a healthy immune system.



Mg Lax

is a Magnesium based formula designed to naturally support healthy bowel regularity plus herbal extracts of fennel & aloe vera for soothing & settling the bowel.



**BEST
Picks!**

**TO KEEP YOU
THRIVING THIS
AUTUMN**

NATUROPHARM SLEEPMED RELIEF AND IMMUNO-MED

Sleep and the immune system have what is termed a bidirectional relationship. Immune responses caused by viral or bacterial infections can affect sleep. At the same time, consistent sleep can support and strengthen the immune system. Supporting and strengthening the immune system and ensuring you sleep regularly and well are important in maintaining overall health and well-being. If you find either of these areas challenging, Sleepmed Relief and Immuno-med can help support a healthy immune response, natural sleeping patterns and restore vitality as we head into the cooler months of the year.

NaturoPharm Ltd, Rotorua





PRIMESELF GRASS-FED WHEY PROTEIN

If you're looking for a delicious, high-quality, and effective protein supplement, look no further than our Grass-Fed Whey Protein. It's the perfect addition to any healthy lifestyle, and a great way to support your fitness goals.

- 20g of clean, complete protein per serving
- Complete digestive enzyme complex
- Clean ingredients
- No added sugar
- Hormone free and antibiotic free
- No artificial colourants or additives

Naked Tree Ltd, Hamilton

NEW

ANTIPODES JASMINE FLOWER MENOPAUSE FACIAL CREAM

Jasmine Flower Menopause Facial Cream is a game changer to unashamedly address skin concerns that go hand in hand with oestrogen decline, such as redness, irritation and severe dehydration.

While this luxury day cream won't change menopause, it can bring relief to the unexpected changes in your skin.

Antipodes, Wellington



PRIMESELF ORGANIC SUPER GREENS

Organic Super Greens eliminates the need for juicing by combining nutrient-dense ingredients into ready-to-go powder, sourced from premium organic superfoods, vegetables and adaptogens! Designed to supercharge your mind and body, with the nutrients required to perform at its best, each and every day.

Perfect for athletes, demanding lifestyles or anyone looking to optimize their health and wellness!

- Refreshing lemon mint flavour
- Supports detoxification and healthy weight management
- Supports healthy immune functioning
- Supports performance and recovery
- Organic and additive free
- Paleo, keto and vegan friendly

Naked Tree Ltd, Hamilton



HARDY'S SLEEP SPRAY AND RELAXATION SPRAY

These wonderful Sprays are unique to Hardy's and get you feeling good, naturally.

Hardy's Sleep Spray provides support for a fabulous sleep and hormonal issues, whilst our Relaxation Spray is an aid to help with times of stress, such as sitting exams, worry and many other day to day stresses we experience.

HARKER HERBALS GUTBIOME BALANCE

Restore microbiome balance and ease bloating with this all-in-one probiotic, prebiotic and postbiotic with 36 fermented fruits & veges. Great support for digestive, skin and immune health.

Harker Herbals, Waipu



KIWIHERB CHILDREN'S ORGANIC ECHINATURE

For supporting everyday immune health, and more. Ideal for daily immune support. Kiwiherb Echinature is rich in alkalimides, the active ingredient for optimal immune health. Echinature can be used both for when you are unwell or for helping you to recover well.

Phytomed Medicinal Herbs Ltd, Auckland



MEET OUR NATUROPATH

Kim Wessels



Driven by a passion for purposeful work, I qualified in 2005 as a Clinical Naturopath and Medical Herbalist. Naturopathy and herbalism combine traditional healing with modern science. These modalities focus on the whole person – mind, body, and spirit, and address root causes, not just symptoms.

In November, I completed a diploma in Rongoā Māori, reconnecting with my tūpuna and sacred healing traditions. This deepened my belief in plants' powerful potential to support health and wellbeing.

Harnessing food, herbs, and lifestyle choices feels like second nature to me, and I love sharing this knowledge to help others embrace natural practices. Why wait until you're unwell when you can support your body to resist illness?

Since July 2021, I've been the naturopath at Lifestream, a company which aligns perfectly with my values. My role includes technical support, product development, and ensuring Lifestream's plant-based wholefoods meet high standards of quality and transparency.

My Lifestream Favourites

The Lifestream range has so many great products, but here are my personal favourites—the ones I take myself and frequently recommend:



Digestive Enzymes+

This formula combines seven enzymes with peppermint oil to ease bloating and discomfort. It's a must-have for me after indulging in rich or challenging meals.



Probiotics 14 Strains

This broad-spectrum formula helps balance gut bacteria for optimal digestive health. It's a key part of my routine for maintaining regularity and reducing digestive discomfort.



Spirulina

This nutrient-rich superfood is packed with easily absorbed protein, antioxidants, minerals, vitamins, and phytonutrients. It's my go-to for daily energy, immunity support, and sustained vitality during busy days.



Astaxanthin Antioxidant

Astaxanthin, a powerful algae antioxidant, supports eye, heart, and joint health. It's also excellent for protecting skin from UV damage, making it a family favourite.

For guidance on Lifestream products, call me, Kim, on **0800 88 1515**.

lifestream.co.nz
f i lifestream.plantbasedhealth

Lifestream

HARDY'S STORES & HEALTH HUBS

Hardy's stores

Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

Hardy's Whangarei

41 Cameron St (09) 438 3188

Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd
(09) 424 3882

Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

Hardy's Taupo

37 Horomatangi Street (07) 378 9057

Hardy's health hubs

Devonport 7 Day Pharmacy

31A Bartley Terrace, Devonport
(09) 445 4000

The Capsule Pharmacy

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

Liddells Pharmacy

48 King St, Pukekohe
(09) 238 7166

Anglesea Pharmacy

9 Thackeray St, Hamilton
(07) 839 3999

My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd
(07) 572 0355

Pharmacy 53

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

Balmoral Pharmacy

25 Munroe Street, Napier South
(06) 835 4540

Stratford Pharmacy

235 Broadway, Stratford 4332
06 765 6566

Clive's Chemist

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

Pharmacy @ Ferrymead

1005 Ferry Road,
Christchurch
(03) 943 9635

Or visit our Hardy's
Online Store

www.hardys.co.nz

Hardy's Health Stores
opportunities available

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

Email Vince@hardys.co.nz

Be prepared this autumn!

Essential Care package to support your immune health.

PRODUCTS
TO SUPPORT
YOUR
IMMUNE
SYSTEM



NOW® QUERCETIN with Bromelain - Swanson ZINC PICOLINATE -
NOW® VITAMIN D3- Coyne Healthcare LIPOSOMAL VITAMIN C

Zinc is needed in small amounts every day in order to maintain health and perform important functions in the body each day. Zinc benefits the body in many ways; it helps with hormone production, growth and repair, improves immunity and facilitates digestion.

Coyne Healthcare Vitamin liposomal C, more bioactive and non-acidic Vitamin C than standard Vitamin C products. It is a gentle, gut friendly Vitamin C. providing superior bio-availability = more Vitamin C in the body.

NOW® Vitamin D-3 softgels supply this key vitamin in a highly absorbable liquid softgel form.

NOW® Quercetin is a naturally occurring free radical scavenger that supports healthy seasonal immune system function. Laboratory studies have demonstrated that quercetin can also help to promote normal respiratory function.

gaia
HERBS



The hardest working herbs on earth

Stressed?
Not anymore



Sleep issues?
No problem



Vitality?
You got it!



★★★★★

I believe the quality of the ingredients Gaia uses puts them at a premium level. I feel more comfortable in my own skin, not like I am melting from within. Calmer and more even, not so up and down.

– Danielle B.



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