

FREE

Healthy *by* Nature

Sharing a commitment to healthy communities

ISSUE #7 SUMMER 2020



READER GIVEAWAY
WIN AN
OASIS SUMMER
SUNSCREEN
ESSENTIALS PACK*

*See inside for details.

SUMMER'S HERE GET GLOWING!

Ben Warren's

GUT-BRAIN CONNECTION

Everything you
need to know about
COLLAGEN

Tips for a

HEALTHY HOLIDAY

Meet your

LOCAL HEALTH EXPERT

RACHEL GRUNWELL

INSPIRES US TO MOVE MORE AND LIVE WELL

Electric dreams

Living Nature has searched the planet for natural ingredients that deliver beautiful, long-lasting colour, while also promoting skin health.

Living Nature's new limited edition Electric Coral lipstick is a dazzling addition to their award-winning range. A vibrant orange-red, Electric Coral applies like velvet and provides a subtle pearlescent shimmer. This premium quality natural lipstick has a creamy formulation with long-lasting bold colour that flatters every skin tone and brightens all occasions.

Formulated with a blend of premium natural ingredients, including precious Argan Oil, Avocado Oil and Beeswax, Electric Coral promotes lip health while providing beautiful colour. Presented in a limited edition luxe red and gold tube, Electric Coral will add an element of glamour to every makeup bag. Made in New Zealand and accredited Choose Cruelty Free, Electric Coral is your must have lipstick shade this summer.

New Zealand's original certified natural skincare company, Living Nature has crafted safe, natural cosmetics for over three decades. Living Nature's certified natural and organic lipsticks are one of the brands most iconic product ranges. Living Nature now offers 12 nature-inspired lipstick shades, in addition to three certified natural Lip Hydrators.

*Receive a free Living Nature Lip Hydrator when you purchase a Living Nature Lipstick. Get yours while stocks last. Cannot be used in conjunction with any other promotion. Promotion available 01.12.19 - 29.02.20.

Receive a FREE Living Nature Lip Hydrator when you buy a Living Nature Lipstick*



In *this issue*

We're celebrating the return of summer and are thankful to have collaborated with so many wonderful people to bring you this issue of Healthy by Nature magazine.

On the cover is the gorgeous Rachel Grunwell from Inspired Health who shares her tips to start your running journey. We also have a copy of her beautiful book to give to one lucky reader - see page 13 for details on how to enter.

For a summer treat, we've got a recipe for some Little Bird Organics yummy summery strawberry popsicles. Then BePure's Ben Warren shares his insights into the gut-brain connection and how to nurture it for a healthy mind.

CHS expert Chris Torr highlights the importance of choosing quality health products over price. And we put the spotlight on Bethlehem Health Shop - a team passionate about natural health and helping their customers.

The Community Health Stores team

5. Our store locations

Find your closest Community Health Store.

6. Summer's here: get glowing!

Our guide to radiant summer skin.

7. Product review

Sun care essentials.

9. Everything you need to know about collagen

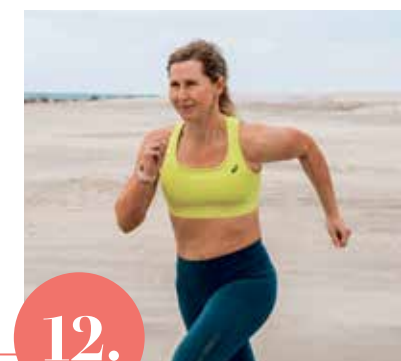
10.



BePure Ben Warren's Gut-Brain Connection

Gut health is not necessarily the first thing you think of. But should it be?

12.



Rachel Grunwell inspires us

We find out how to move more and live well. PLUS! Win a copy of her book *Balance: Food, Health + Happiness*.

15. Our health expertise

Why shopping with a budget isn't always best.

17. Tips for a healthy holiday!

Real Health NZ share their top tips to stay healthy through the silly season.

19. Summer Recipe:

Little Bird Organics strawberry and cream pops.



WIN AN OASIS SUMMER SUNSCREEN ESSENTIALS PACK WORTH OVER \$200



NEOCELL

BEAUTY HAS A POWER SOURCE.

You!

Our Super Collagen range helps nourish your inner beauty.



- Enzymatically hydrolysed collagen type 1&3 for maximum absorption
- A blend of 19 amino acids to aid healthy collagen formation throughout the body
- Supports youthful skin, healthy hair and nails, as well as joint flexibility and bone matrix formation
- Available in powder and tablet forms

15% OFF



#LetYourYouOut

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

Healthy by Nature is created by WOODS Agency for Community Health Stores.

Thank you to: BePure and Ben Warren, Ben Scott, Casey Vassallo, Catherine Murray, Chris Torr, Claire Mossong, Jacqui Parangi, Jo Douglas, Little Bird Organics, Oasis Beauty, Rachel Grunwell, Renee Norman and Jenna Smith from Real Health NZ, The Community Health Stores Group, The NaturalMeds Technical Department, Webstar Print.

TAPS: PP4987

Lift your mood and your energy

Are you wanting to maintain your health during this busy season? Or start the new year with a welcome boost? Here are two Good Health products to help you on your way.



Good Health Energy & Vitality
High 5-HTP 100mg Mood Support



Good Health Energy & Vitality

GOOD HEALTH

High 5-HTP 100mg Mood Support

5-HTP is a necessary building block that helps support healthy serotonin levels. This feel-good hormone is essential for everyday brain and mood health, resulting in overall general well-being. Healthy levels of serotonin in the body support mood and hormonal health, better stress levels, a healthy sleep routine and help manage cravings, helping to provide a calming addition to your daily routine or mood.

Why is 5-HTP such a useful nutrient?

- Ideal in times of stress and helps the mind and body relax.
- Serotonin is our happy neurotransmitter, which helps us to feel positive and supports a healthy mood.
- Helps support mood health. Serotonin levels can be affected by our eating habits, our sleeping regime and our stress levels.

GOOD HEALTH

Energy & Vitality

Provides support for today's fast-paced demanding lifestyle, to help adapt and cope with levels of stress and nerve tension, while encouraging energy and performance. This triple action formula contains three traditional and scientifically studied herbal extracts: ashwagandha for nervous system support, Siberian ginseng for energy and rhodiola for physical and mental health as well as endurance. An overall natural mood and energy uplift.

What do each of these herbs do in Good Health Energy & Vitality?

Siberian ginseng has been used for hundreds of years as a tonic in times of stress, to help with energy levels on a daily basis, and also to help build stamina. It helps us to cope with mental and physical demands, but also with environmental stressors, helping our body respond better to stress triggers by nourishing the adrenal glands. Siberian ginseng may also support the immune system, which can be compromised during times of stress.

GREAT SAVINGS ON GOOD HEALTH PRODUCTS*

Ashwagandha has been extensively used in Ayurvedic medicine as a strengthening tonic for the nervous system. Its nutritive properties have a calming and rejuvenating effect on the nervous system, making it especially beneficial for those who are 'tired but wired.' It is also beneficial for people who require sleep support and every day nervous system support due to stress. It may also support mental clarity and focus as well as immune function.

Rhodiola has a long history of use dating back to the times of Vikings, when rhodiola was used to aid endurance, stamina and physical strength during their journeys. A powerful adaptogenic type herb, rhodiola is used to assist the body in adapting to:

- Stressful conditions (physically and mentally).
- Support work performance, mental clarity and focus.
- Support mood and immune function.
- Assist physical endurance and energy levels.

How do adaptogenic herbs support our stress and everyday health?

An adaptogenic herb is a herbal extract that is able to support the body's capacity to cope with everyday stressors. Adaptogens help recharge the adrenal glands, which are the body's mechanism for responding to stress and emotional changes. Adaptogenic herbs have been traditionally used for stress adaptation, to maintain stamina, support physical endurance and help overcome the effects of tiredness, mental and physical burnout, and immunity challenges associated with stress.

If this is something you need help with, pop into your local Community Health store today, and start your New Year regime to cope better with stress and feel a boost in your everyday energy levels!

*CHS Special. 35% off Good Health Energy & Vitality 60s, Energy & Vitality 30s and High 5HTP 60s. Offer available in all Community Health Stores. Terms and Conditions apply. While stocks last. Always read the label and use as directed. If symptoms persist see your healthcare professional. Good Health, Auckland. TAPS PP4774

Store directory

CHS store directory

The nation's best independent natural health stores located throughout New Zealand.



AUCKLAND AND NORTHLAND

Health Essence
Sylvia Park
286 Mount Wellington Highway
Auckland
Tel 09 573 0310
www.healthessence.co.nz

Lemon Tree Organics
107 Queen St
Auckland
Tel 09 303 3107
www.lemontreeorganics.co.nz

Lemon Tree Organics
Westfield St Lukes
Auckland
Tel 09 846 4477
www.lemontreeorganics.co.nz

Way of Life
66-68 Edinburgh Street
Pukekohe
Auckland
Tel 09 238 7806

WAIKATO

Tonic Health Centre Place
Shop 58 Centre Place
501 Victoria Street
Hamilton
Tel 07 839 2522
www.tonichealth.co.nz

Tonic Health Chartwell
Shop 125
Chartwell Shopping Centre
Hamilton
Tel 07 854 8342
www.tonichealth.co.nz

Tonic Health The Base
The Base
Formation Drive
Te Rapa
Hamilton
Tel 07 847 0340
www.tonichealth.co.nz

The Herbal Dispensary
6 Wallis Street
Raglan
Tel 07 825 7444
www.theherbaldispensaryraglan.co.nz

BAY OF PLENTY

Bethlehem Health Shop
229c State Highway 2
Bethlehem
Tauranga
Tel 07 576 9442
www.bethlehemhealth.co.nz

Gate Pa Complete Health Shop
Shop 13
1000 Cameron Road
Tauranga
Tel 07 579 6262
www.gatepacompletehealth.com

Plum Organics
Fashion Island
Gravatt Road
Papamoa
Tel 07 574 2160

TARANAKI

The Health Shop
Shop 18
Centre City Shopping Centre
New Plymouth
Tel 06 759 4342
www.thehealthshop.nz

LOWER NORTH ISLAND

Health for Life on the Square
16 The Square
Palmerston North
Tel 06 356 7860
www.healthforlife.co.nz

Health for Life Feilding
102 Fergusson Street
Feilding
Tel 06 323 8301
www.healthforlife.co.nz

Health for Life Coastlands
Shop 27
Coastlands Shoppingtown
Paraparaumu
Tel 04 296 1227
www.healthforlife.co.nz

For more information visit
communityhealthstores.co.nz
or follow us on



LOVE YOUR GUT WITH NUTRA-LIFE



PURCHASE GUT HEALTH 180G POWDER & GET PROBIOTICA™ 50 BILLION 30 CAPS FREE*



NOURISH GOOD BACTERIA



FREE*

REPLENISH & RESTORE GUT MICROFLORA

NUTRA-LIFE
TAKE CHARGE, LIVE LIFE



QUALITY



RESEARCH

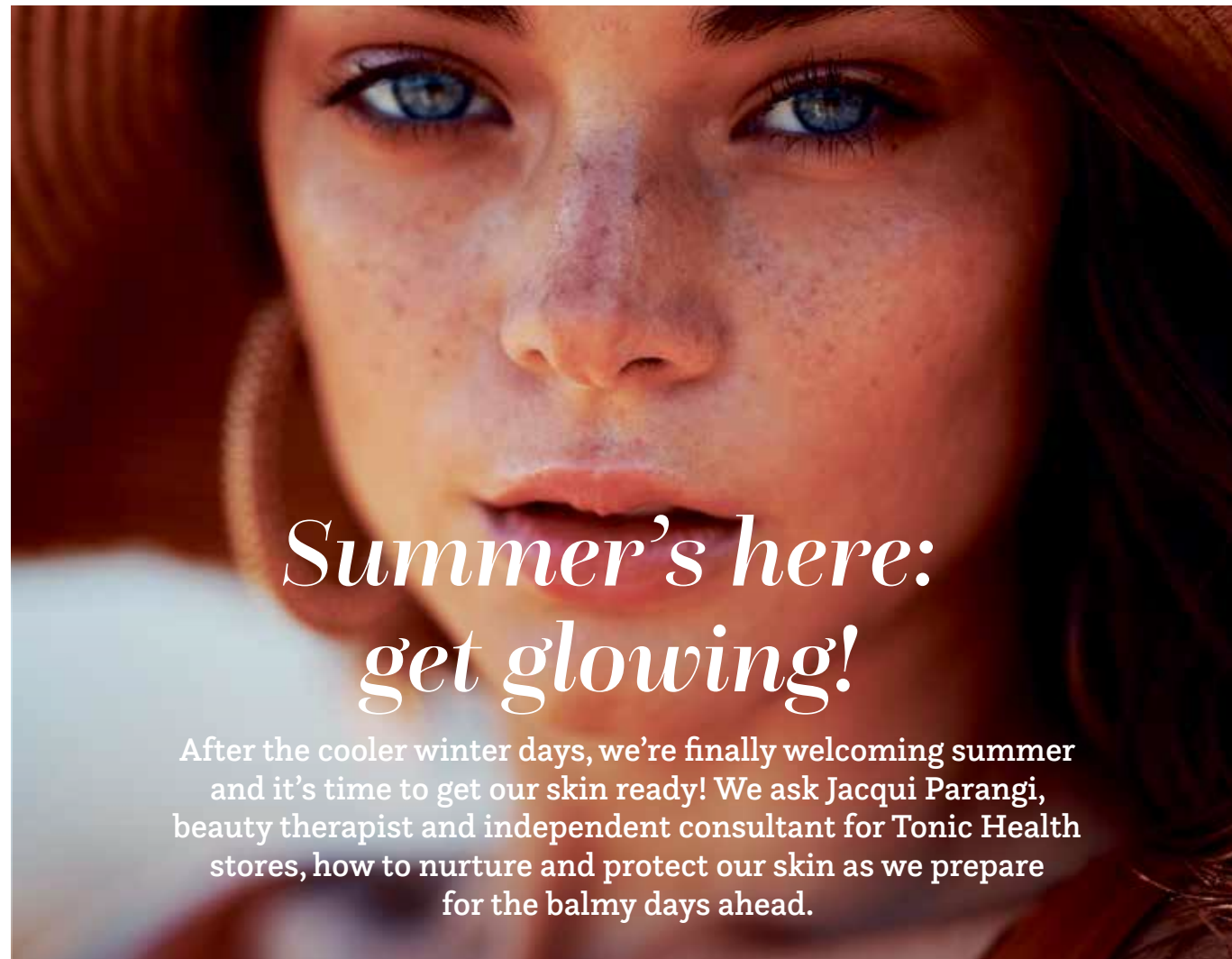


NZ HERITAGE

*ONLY WHILE STOCKS LAST.

Always read the label. Use only as directed.

If symptoms persist consult your healthcare professional.
Vitaco Health (NZ) Ltd., Auckland. 10800A_NZ DA1937ZL043



WORDS Jacqui Parangi and Catherine Murray

How can we help our skin recover from winter?

Skin is often dehydrated, dull and devitalised after winter. I recommend moisture-binding serums, oils, moisturisers and masks. Hyaluronic acid has the ability to capture water 1000 times its weight within the skin, so look for products with this amazing ingredient. Exfoliating the skin one or two times per week, or more if there are underlying issues such as dryness or oiliness, can help to increase cellular turnover. This increases the supply of nutrients and oxygen in the skin and the removal of carbon dioxide and waste, leading to an overall healthier appearance.

Living Nature's Ultra Rich Body Cream can help. It's a luxurious, nutrient-rich cream with active manuka honey for its humectant, moisture-loving properties, along with Cupuaçu and Murumuru butters to deeply nourish, and natural oils to soothe and condition the skin. It also smells divine!

Increasing essential fatty acids in our diet from good fats or by taking a high quality oil internally (such as hemp seed oil or high EPA fish oil) can help increase skin hydration and elasticity, while also balancing oil secretions and flow. A good internal cleanse for our liver is a great way to rid skin of unwanted impurities and toxins. Chlorella is a fantastic natural detoxifier from a microalgae source. It not only has powerful cleansing properties, but it makes for an excellent daily tonic to support the liver to help balance skin prone to congestion and breakouts.

What is your number one summer skin tip?

Sunscreen! It not only protects our skin from the burning ultraviolet radiation B (UVB) rays, but also from ultraviolet radiation A (UVA) rays, which have ageing effects on the skin. A broad spectrum sunscreen with UVA and UVB coverage is the best choice, as well as avoidance of direct sun between the hours of 10am and 2pm, when the UV rays are at their most potent.

For internal support, and to use in combination with your sunscreen, Lifestream AstaZan™ contains astaxanthin, which has the remarkable ability to help limit sunburn and help support the skin in its defences against external damage from ultraviolet radiation (UVR). It is a systemic sunscreen active throughout the body that strengthens the skin's natural defence system during exposure to. It also has added anti-inflammatory properties as well as antioxidant support, way higher than vitamins A and C.

How can we achieve glowing skin?

The key to glowing skin is to supply our body with the key building blocks it needs for healthy skin. However, there are a few tricks of the trade! Living Nature's Summer Bronzer Pressed Powder delivers a radiant, sun-kissed complexion, is fragrance-free, and suitable for all skin types. Just brush some over the cheeks and through the T-zone for a dash of summer in an instant.

“
Water makes up approximately 60% of our adult body, with about 20% of this being accumulated in the skin...
”

The Ecotan range is my go-to for that natural golden glow. All products are certified organic without any nasties and give an amazing end result.

Mineral makeup is ideal for giving a flawless base, without being comedogenic or pore-clogging. It also contains minerals as zinc that help to heal and balance our skin, and is the perfect choice for skin prone to oil and breakouts.

What are some of the best ways to ensure our skin and bodies stay hydrated?

For our skin to retain optimum hydration it's important to increase our fluid intake and offset water loss. Tea and coffee both contain caffeine, that despite having other benefits, can be very dehydrating. Try and keep these to a minimum of one or two cups per day, and offset each cup with one or two glasses of water. Herbal teas that don't contain caffeine can be put in the fridge with ice to steep, creating a fresh iced tea. Hydrating mists kept in the fridge can make an ideal companion for a quick pick-me-up.

Naturally sun safe

Wanting to get a natural glow or be protected from the sun without having to use a product full of nasties? Try our picks of natural sun care and tanning products available in-store now.



Eco Tan Face Tan Water

100 ml - RRP \$49.90

Eco Tan Face Tan Water™ is a gradual liquid self-tanning toner that builds to a beautiful glow, creates a youthful radiance and even reduces the need to wear foundation! It's an organic self-tan specifically created for your face, neck and décolletage. It contains nothing artificial and is free from synthetic ingredients. Instead, it is made with only certified organic and natural ingredients sourced from Mother Nature.



Dr.Organic Moroccan Glow Light Self Tan Mousse

150 ml (comes in light, medium and dark) - RRP \$36.90

Try a more natural alternative to get that enviable sun-kissed tan. It's formulated using a plant derived active combined with a proprietary blend of bioactive, natural and organic ingredients including organic Argan Oil, an incredibly rich source of vitamins, antioxidants and essential fatty acids. The lightweight formula glides easily onto the skin, helping to achieve even coverage and leaves the skin feeling soft and smooth. This lightly scented mousse gradually bronzes the skin for a soft, natural looking glow that lasts. Suitable for vegans.



Oasis Sun Healthy Family Sunscreen SPF 30

250 ml - RRP \$39.90

This product is designed for the strong sunlight and severe ultraviolet conditions in New Zealand. It does a tough job. But this trusted, family favourite protects your skin in the gentlest possible way. It's packed with natural ingredients like jojoba oil, shea butter and vitamin E to help protect and moisturise. Oasis Sun SPF 30 is so gentle that it can be used on sensitive skin, applied to the face and body and used on babies and toddlers.

To find sun care or tanning solutions that suit your needs come in-store and talk to our CHS team.

ANTIPODES®

Aura Manuka Honey Mask

Cleanse and intensely hydrate your skin with this luscious face mask



Halo Skin-Brightening Facial Mud Mask

A high-performance detox for a luminous complexion





MORE TESTING,
HIGHER
STANDARDS,
HIGHER QUALITY

World’s finest Manuka Honey

– More testing, higher
standards, higher quality



PURITI is at the pinnacle of pure quality. As a leading producer of pure and certified New Zealand Manuka Honey products, PURITI goes beyond industry requirements and exceeds MPI export quality standards.

All PURITI Manuka Honey is raw, cold-pressed and natural, boasting full traceability and is protected by 11 separate anti-counterfeit measures. All Manuka Honey products are UMF and MGO certified and tested and are also GMO and gyphosate free, ensuring that you are receiving impeccable quality.

PURITI boasts a wide range of products, from Manuka Honey UMF 5+ up to UMF 31+ in a range of jar sizes so there is something for every taste. Also to add to the range, there is Manuka Honey Lozenges, Snap Packs and Crystals, so you can take your PURITI on-the-go. PURITI specialty honey range includes organic clover, rata, kamahi, honey dew, wild flower, native forest and thyme, perfect for those who like something a little different.

PURITI is a total game changer. Lift your standards – choose PURITI.

PURITI Manuka Honey is available at Community Health Stores. Visit one of our stores to talk to the team and find out more.



Curious about collagen?

WORDS NaturalMeds Technical Department, Catherine Murray

Collagen is the body’s major structural protein, and plays an important part in our overall health and well-being. As we age, our body’s source of collagen slows down and less is produced. The team in the NaturalMeds technical department share their knowledge on collagen - from our body’s natural production of the protein, to ways dietary supplements may assist in healthy living.

The most common protein in the body is collagen, which makes up around 30% of the body’s total proteins. It supports the binding of tissues and cells, and is the building block in all connective tissues, including the skin, hair, nails, bones, muscles, tendons, ligaments, gums, teeth, and blood vessels. There are a few different types of collagen, and each one has different amino acid profiles. 90% of collagen found in the body is Type 1 and Type 3, with Type 2 collagen found in cartilage, especially of the joints.

Essentially, collagen is the glue which holds the body together. The production of new collagen within the body relies on the collagen regeneration cycle. This involves worker cells producing the collagen matrix. As collagen is broken down in the blood, the collagen peptides start floating around and are detected by the worker cells receptors, which instruct the body to make more collagen.

As we age, the worker receptors often don’t function as well as they should, slowing down the production of collagen and resulting in fewer replacement fibres.

Sources of collagen in the diet include bone broth, bovine hides, the skin of fish, and chicken sternum.

Dietary supplements also provide an external source of collagen, and come in powder, liquid, tablet, and capsule formulations. Collagen supplements provide the exact proteins needed to make collagen. The body automatically recognises the collagen ingredients, and the theory is that it will begin to make collagen as opposed to other proteins. Supplements also provide the additional collagen peptides the body needs for the worker cell receptors to start the regeneration cycle.

Collagen supplements are great for the whole body, especially for our skin, hair, nails, and joint health. The production of the body’s collagen starts to drop off after the age of 25, so that’s a good time to investigate a collagen supplement. As collagen is a component of all connective tissue, it’s also good for sportspeople to support muscle discomfort, sprains, strains, and connective tissue repair.

Talk to your local Community Health Store’s natural health professional to learn how collagen can benefit your health and well-being.

SCOUT

Organic Active Beauty™

Breathable super food infused nail polish with Camellia Oil, Botanicals and Vitamins.

New Summer shades in-store now!

scoutactivebeauty.com





Ben lives and breathes what he teaches. He enjoys traditional, nourishing practices in a modern setting.

The Gut-Brain Connection

When our mood begins to spiral out of control and into anxiety or depression, our gut health is not necessarily the first thing you think of. But should it be?

WORDS Ben Warren, BePure

Your gut health is about way more than just digestion. The world of the human microbiome is much more complex, as it impacts almost every other aspect of our health and wellness. As it turns out, these little microbes also play a huge role in our mood.

The trillions of beneficial bacteria that live in our gut are responsible for coordinating many other bodily functions, such as regulating our immune system, balancing our blood sugars, supporting inflammation and as it turns out, these little microbes also play a huge role in our mood!

Let's have a closer look at why.

Your gut produces 'happy hormones'

One of the most important (and probably overlooked) benefits of a healthy microbiome is a balanced mood. We often think of mood as originating in the brain, but your gut has more in common with your emotions than you may think.

In fact, our gut has sometimes been referred to as our 'second brain', as our gut and brain communicate closely through the gut-brain axis. Did you know arguably 70% - 90% of our serotonin (our feel-good hormone) is produced in the gut?

Your gut produces mood-boosting nutrients

Your beneficial bacteria help to break down and digest the food you eat so that you can absorb the nutrients you need to feel good. Some probiotics even produce their own mood-boosting B vitamins! The food we eat serves as the precursors to make many of our happy hormones.

Great gut health promotes de-stressing

Another thing to be aware of is our modern-day lifestyles are more often than not sending us in the direction of a burnout, which can quickly lead to stress, anxiety, depression, and other health issues impacting our happiness in life.

“
We can change the bacteria in our gut within a couple of days, and re-energise our body as well as our mind.
”

This is where our beneficial bacteria can support us, as they stabilise our cortisol (our stress hormone) levels and support inflammation levels, which are thought to be at the root of many emotional and physical health challenges.

Great gut health supports quality sleep

Sleep is also crucial to mention here, as we all know how a lack of sleep can negatively affect our energy levels and mind health. Our friendly gut bacteria produce and regulate important neurotransmitters and amino acids (like serotonin and tryptophan) that help you get the quality sleep you need to recharge and feel your best.

4 tips to nurture your gut health for a healthy mind



1. Eat fermented food

Fermented foods help restore the correct balance and diversity of beneficial bacteria in your gut. Fermented foods include sauerkraut, kefir, kombucha, yoghurt and kimchi.

2. Prioritise winding down and de-stressing

Large amounts of ongoing stress can negatively impact your gut microbiome. To support your gut, it's a good idea to manage stress levels from all aspects of your life. Some tips we recommend are going for a walk in nature, breathing exercises or practising restorative yoga.

3. Take a holiday from sugar

Sugar is a favourite food of our non-beneficial bacteria! The more sugar you consume, the more fuel you give to the bad guys (yeasts) living in your gut. This can throw your gut microbiome out of balance, as an army of bad guys could start taking over.

4. Eat real wholefoods and add in probiotics

By eating a wholefood diet full of green vegetables, nourishing carbohydrates, fats and proteins, alongside adding back in beneficial bacteria with high-quality probiotic, we can change the bacteria in our gut within a couple of days, and re-energise our body as well as our mind.

BePURE THREE A fish oil you can trust.

High quality • High strength • Batch tested
Sustainably sourced from the South Pacific



Always read the label and use as directed.
If symptoms persist, see your healthcare professional.
BePure Health, Auckland.

Progress not perfection

Rachel Grunwell inspires us to move more and live well.

WORDS Catherine Murray



Making changes in your life is never easy, but Rachel Grunwell shares her advice on how to, which not only makes sense, but is achievable.

Rachel's encouragement comes from a place of experience – it wasn't that long ago the mum-of-three was a stressed-out journalist, unfit, and with a diet that was average rather than awesome. Skip forward several years and she now lists health and wellbeing writer, yoga teacher, personal trainer, and motivational speaker in her suite of skills, in addition to being an accomplished marathon runner of over 20 events.

The catalyst for her new path was a string of assignments for a weekly wellbeing column, where she tried a range of fitness, health and wellbeing activities, from a flying trapeze, to boxing and surfing in Hawaii.

This opportunity gave Rachel a kick-start towards healthier living and a change in her career, which would ultimately inspire others to make changes too.

Showing up

After spending a lifetime thinking she was missing the 'fitness gene' and simply could never be a healthier, fitter person, Rachel started listening to the experts she was interviewing and to the science around health and wellbeing.

She began running, taking her first steps by walking and jogging around the block for twenty minutes, twice a week.

"I thought, I'm just going to try. The start of the journey was horrendous; it was really hard, and I didn't enjoy it at all. I wasn't any good, and I didn't really think I could ever be any good. But I just kept showing up."

Finding balance

"Balance means something different to everyone," says Rachel, who doesn't strive just for perfection. She prefers instead to be grateful for progression.

Balancing food, health, and happiness is not about all or nothing, it's about taking small steps, being kind to yourself, eating healthy, having treats on occasion, and finding your flow.

Rachel's book *Balance* came from a desire to clarify some of the confusion around what it means to lead a balanced life, and to provide a realistic starting point for change.

"*Balance* decodes everything! There's an art to simplicity, and the book is very readable. It gives the pieces to complete the wellness puzzle — nutrition mastery, physical mastery, and emotional mastery."

According to Rachel that's the book's superpower, you don't need to buy 31 wellness books, just buy the one.. It's other superpower is that it helps people know where to start.

"You have to be brave to start, and be kind to yourself on the journey."

“

I like sharing my journey because I never worry about being perfect. It's always about progression, and it's always about the journey.

”

Rachel says if she can go from unfit mum to multi-marathon runner, then it's possible for others to do the same.

"People are capable of so much more than they dream."

Giving back

One of the chapters in the book looks at giving back, which Rachel considers one of the major keys to happiness.

"If you want to feel happier, give back authentically. It uplifts someone else, and uplifts your heart even further."

Rachel encourages others to share her passion for running through her own coaching business, as an ambassador for the Rotorua Marathon, and as a run guide for athletes with disabilities through her work with the Achilles New Zealand charity.

"It's a way for me to give back. It's a joy to run my own race, but it's even a more

beautiful thing to share a journey with someone else."

Demonstrating kindness also shows those around us how important it is to give back, without the expectation of receiving something in return.

"I don't preach giving back or kindness to my kids, but they see it. If you want to start inspiring your kids, then you have to do it first. They're watching you!"

Progress not perfection

When you're looking at making changes, big or small, forget about trying to be perfect and move to a place where progression is the goal. Rachel says people often think they can't be a runner because they can't do it perfectly, and so they give up and walk away.

"I like sharing my journey because I never worry about being perfect. It's always about progression, and it's always about the journey."



Rachel's tips for starting your running journey

1. **Make the decision to start.**
2. **Show up, and keep showing up.**
3. **Ease into your programme by alternating walking and jogging for 20 minutes, two or three times a week.**
4. **Have recovery days in between your runs, to allow your ligaments and muscles to adapt.**
5. **Focus on your progress, not on doing everything perfectly.**



Win one copy of *Balance: Food, Health + Happiness*,

READER GIVEAWAY








We have one copy of Rachel's new book *Balance: Food, Health + Happiness* to give away to one lucky reader. This beautiful book features 30 global experts sharing science-backed wisdom on how to live healthier and happier and includes 30 nourishing recipes. Enter at www.communityhealthstores.co.nz/balancecomp to be in to win this amazing book.

Terms and Conditions apply. See our website for more details.

AVAILABLE IN
COMMUNITY
HEALTH
STORES

DO YOU PASS THE PERFECT POO TEST?

If you answered either 1-2 or 5-7 below,
then taking Poo Brew could help you.

TYPE 1		<input type="checkbox"/>	COMMENTS:
TYPE 2		<input type="checkbox"/>	COMMENTS:
TYPE 3		<input checked="" type="checkbox"/>	COMMENTS:
TYPE 4		<input checked="" type="checkbox"/>	COMMENTS:
TYPE 5		<input type="checkbox"/>	COMMENTS:
TYPE 6		<input type="checkbox"/>	COMMENTS:
TYPE 7		<input type="checkbox"/>	COMMENTS:
TYPES 1 - 2 Indicates constipation. We recommend an increase in fibre, hydration and magnesium.			
TYPES 3 - 4 Indicates ideal stools which are easier to pass.			
TYPES 5 - 7 Shows loose stools, indicative of an irritated gastro intestinal tract. We recommend digestive enzymes, an increase in fibre and avoiding wheat.			

DETOX YOUR GUT FOR SUMMER USING THE POO BREW

A combination of herbal powders that help to clean the bowel, restoring gut permeability and nutritionally supporting your whole system.

Just take one teaspoon morning and night to help support body odour, bad breath, coated tongue, sluggish bowels, low mood, fatigue, flatulence, foggy brain, head tension, digestive issues, sleep, weight management, and improve circulation.

TRY POO BREW TODAY!

Available at The Health Shop, Shop 36, Centre City, New Plymouth
Call 06 759 4342 or visit www.thehealthshop.nz

Always read the label and use as direct. If symptoms persist see your healthcare professional.

100%
NATURAL
INGREDIENTS



Investing in your health

There should be no compromise when it comes to your health. The advice you listen to needs to be from professionals, and the products you're recommended need to meet the highest of standards. Chris Torr of the Health for Life stores and the Community Health Stores (CHS) network, shares the advantages of choosing a professional natural health retailer.

Building relationships

Chris says our customers always come first. "We look to develop a long-term relationship, to help you make the right choices and get the best results from your supplement programme."

"Our business model is unique, we focus on building the business from the customer up, rather than the brand down."

"Our skills as professional natural health retailers is to work with you to understand your needs, and then use our knowledge to inform you about the products we have available. We are constantly refining our products, so they are more unique and cost-effective."

Value for money

Natural health products can be purchased from many places, but it's often not the best choice to select products based on price or in the absence of advice from a professional natural health retailer.

"The market is flooded with product that is made to meet a price point, rather than a performance standard," Chris explains. "When buying products based on price alone there is the inevitable outcome the product may have been manufactured using the lowest quality assurance and standard of packaging."

To get the best results, invest in quality products and ranges which are formulated to achieve a particular outcome, and which have evidence of their effectiveness.

Community action

CHS really are 'community' health stores, locally owned and operated, and with connections to the people and groups which support them. Every store does their bit to support their local community.

"Our stores are being developed as destinations," says Chris. "We're running special events and services for customers frequently... The best way to find out these is to build a strong relationship with your local store."

Professional advice

The most popular service offered at our stores is product advice and on-the-spot consultations with our team. Other services we offer include naturopaths, nutrition experts, qualified nurses, herbalists, beauty therapists and massage therapists.

Some people are just looking to maintain their health, while others have specific issues to address, according to Chris. One thing that can help immensely with a consultation is a professional diagnosis from a Health Practitioner, which means there's a better understanding of the customer's needs.

"The best results come when people are prepared to put themselves in the driver's seat and take responsibility for their own health."



VITAMIN TEA

INFUSING HEALTH
IN EVERY CUP

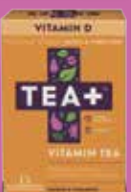
TEA+ is a new range of **vitamin infused teas**. Each blend has up to **100% RDA** vitamins plus herbs, fruit and tea to help your **wellness goals**

TRY THE FULL
RANGE AT YOUR
LOCAL CHS STORE

CLEANSE



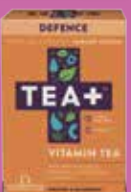
VITAMIN D



ENERGY



DEFENCE



FIND OUT MORE AT
WELLLAB.CO.NZ


VITABIOTICS
SCIENCE OF HEALTHY LIVING

Summer is here

The arrival of summer means long days at the beach, fresh berry fruits, camping with friends and family, and barbecues under the blooming pohutukawa trees. Summer is the perfect time to get out and absorb Vitamin D from the sun which, can support bone health, immunity, weight management and your mood.



Biotrace Organic Zinc
Biotrace Organic Iron



Biotrace Bio Vital Enzymes
Biotrace Betaine HCL

It's vital that during this time, we pay attention to our digestive health since barbecues, party and camping food can be difficult to digest. We've got some tips to support your digestive system to help you feel great this summer.

Take your time eating and stop when you feel 80% full

To lower the risk of indigestion, don't go overboard on the treat foods, avoid smoking and excessive alcohol consumption. However, during summer there will be times when it's hard to avoid temptation and you may give into indulgent food. What then? To aid with digestion, supplement your diet with BioTrace Betaine HCL; it supports stomach acid levels to help your body digest your food faster and promotes the absorption of both macro and micronutrients such as protein, carbohydrates, fats, minerals and vitamins.

Avoid overeating

It's one of the main reasons for bloating, gassiness, irregular bowels, queasiness and discomfort in the stomach. These symptoms are caused by partially undigested food passing through the digestive tract. A sugar-free digestive enzymes supplement like BioTrace BioVital Enzymes can help break down proteins, fats, dairy, soy, legumes, plant fibres, grains and sugars to help you feel great.

Get more zinc into your diet

Even a mild zinc deficiency can cause digestive troubles since zinc helps our body produce more HCL. Oysters and red meat are the best sources of zinc but for vegetarians or vegans it's important to find a good plant source of zinc. BioTrace Organic Zinc is 100% certified and is derived from guava leaf extracts. As an added bonus, zinc also supports immunity and skin health.

Stay hydrated

It's easy to get dehydrated during summer so make sure you replenish your fluid levels and electrolytes with BioTrace Elite Electrolytes, which is natural and ionic for maximum bioavailability. The best thing is that it is sugar-free; add a few drops to your water bottle and forget about it while you're out having fun.

Up your organic iron intake

Special diets such as vegetarianism or veganism often lack iron which, is an essential mineral that helps transport oxygen throughout our body.

A plant-based iron such as BioTrace Organic Iron derived from 100% certified organic and natural curry leaves is perfect for people who don't get enough meat in their diet. It doesn't cause digestive problems like other forms of iron and is ideal for pregnant or breastfeeding mothers.

Why BioTrace?

We believe purity matters and that's why our supplements are some of the cleanest supplements on the market. We don't use toxic manufacturing aids and all our products are both natural and synthetic free.

Talk to your Community Health Store practitioner about how the BioTrace product range can help you support your health today.

*Purchase any 3 Biotrace products and receive a free Biotrace Iron 30 Caps. *While stocks last. Terms and conditions apply.

Always read the label and use as directed. Supplementary to a balanced diet. BioTrace Ltd. Auckland.



Tips for a healthy holiday!

WORDS Real Health NZ

Christmas summer holidays are just around the corner, which means there is going to be cocktails, beers, pavlova and chocolate! We know it can be a struggle to maintain your level of fitness and stay healthy with all the festivities going on. Here are Jenna and Renee from Real Health NZ with tips to help you sneak in a little more nutrients and movement, whilst still enjoying everything that the summer season is all about!



Water, water & water!

With a few extra drink options, it's so easy to forget to drink enough water. Keeping hydrated is important for your health as it helps to flush out toxins, keeps your energy levels high and helps your skin glow. When we're dehydrated our skin can feel dry and dull, it's harder to concentrate, our muscles cramp up and everything is more difficult. Always do your best to keep water as your main drink. Buy yourself a big 1.5 litre drinking bottle and make a conscious effort to drink at least two bottles each day, always have a glass of water after every meal and get into the herbal teas. Your body will love you for it.



Daily green juice

Kick start your day with a green juice. This is the perfect way to make sure you're packing in some vitamins and minerals before 10am. Green juice helps the body to detoxify, eliminates waste and regulates blood sugar levels. Getting into the green juice habit is one of the greatest health choices you can make.

TIP: Try this easy recipe by blending all these yummy ingredients together and enjoy! 150g of fresh spinach leaves, 1 banana, 5 cubes of ice, 1/2 green apple and coconut water. Yum!



Get active with your family

There is nothing like a family game on Christmas day or when holidaying at the beach. It's an awesome way to connect with each other, have a laugh and get in some movement. Play some backyard cricket, beach volleyball, Marco Polo, go for a family walk or bike ride. There are so many fun, free ways to get active with your family and it's often when the best memories are made.



Short workouts

15-20 minutes is all you need to work up a good sweat and get that body moving. Why not leave the long cardio sessions and give a HIIT (High Intensity Interval Training) workout a go? HIIT workouts are perfect for when you're short on time and are amazing for increasing your fitness level. HIIT workouts also boost your metabolism, meaning you'll keep burning calories long after the workout! If HIIT doesn't sound like you, jump on the mat for 15 minutes of yoga or stretching. Remember that any movement is better than no movement and every little bit counts.



Make fruit your friend

When you feel like you need something sweet, opt for some of the amazing summer fruits on offer rather than reaching for the cake. Around summer, eat pineapples, watermelon, strawberries and grapes, just to name a few. They're all delicious and packed with essential vitamins and minerals. You'll get the sweetness you're after along with some nourishing benefit.



Moderation

Life's too short not to enjoy a champagne breakfast and Christmas pudding with your loved ones. Remember, you are on holiday and you deserve to treat yourself here and there without feeling guilty. It's all about moderation and balance. We always say to our clients that it's what you do every day that matters, not what you do every once and a while.

Follow Real Health NZ on Facebook or Instagram, or for a month's free membership trial go to realhealthnz.co.nz/free-month-trial



YOUR SUMMER SKIN SAVER



Too much time in the sun? Absolute Essential's 100% pure, therapeutic-grade Aloe Vera Gel (Organic) is nature's perfect sunburn treatment. It gives instant hydration and cooling relief, while providing exactly what the skin needs to minimise damage and enhance the repair process. Available for purchase online (and check out the rest of our beautiful essential plant oil products while you're there):

www.absoluteessential.com

A Healthy by Nature Promotion



Essential tips to save your skin this summer

Once upon a time, it used to be the thing to do... To cover yourself in body oil and lie out in the sun all day, literally baking your skin to a crisp, all in the name of a good tan! These days, however, we know better...

Too much sun not only prematurely ages the skin, it increases the chance of developing skin cancer. And we are particularly at risk here in New Zealand, thanks to that big hole in the ozone layer. So how do we best protect ourselves? Cover up or stay out of the sun during peak burn times (UV levels are typically highest from 11am to 3pm). And then there's sunscreen, which we are told to apply liberally, all over the face and body, every few hours. The question is, is this doing us more harm than good?

Many mainstream, supermarket shelf sunscreens contain a cocktail of chemicals (including oxybenzone, benzoate, parabens and other toxins), which are best avoided. A mineral-based sunscreen could be your best option. And when combined with the healing and nurturing properties of therapeutic-grade essential plant oils, you should be on your way to sun-safe, happier summer skin.

Here is a powerful, 100% natural and organic solution from leading essential plant oil producer Absolute Essential that promises effective pre-sun and after-sun care.



ABSOLUTE ESSENTIAL
Aloe Vera Gel

A cool natural healer: Organic Aloe Vera Gel

While you want to avoid sunburn at all costs, if you do happen to get caught out this soothing gel is nature's perfect solution. It gives instant hydration and cooling relief while providing exactly what the skin needs to minimise damage and support the repair process. Absolute Essential's Aloe Vera Gel has been further enhanced with Calendula tea and Lavender Hydrosol; all ingredients are pure and organic to ensure that the active compounds are intact to work nature's full magic. It's healing, soothing and even better when kept in the fridge. Slather it on until the heat ebbs. Apply at least three to six times to ensure saturation.

Therapeutic-grade essential plant oils must be 100% natural and pure. All Absolute Essential plant oils are certified organic and certified vegan. They're sourced, produced, processed and handled with care, to maintain optimum integrity and maximum quality and purity.

Come into any Community Health Store to find out more about the Absolute Essential range of products.

Recipe



DELICIOUS,
FUN & EASY
TO MAKE

Little Bird Organics Strawberries & cream pops



Healthy strawberry popsicles, made with only a few ingredients. You'll crave them all summer long.

Make time: 5-10 mins | Setting time: 4-6 hours | Makes: 6 standard ice blocks
Equipment required: blender and ice pop moulds

Ingredients

1 cup cashews
(soaked 4-6 hours)
3 cups strawberries
¼ cup light agave
1 tsp vanilla extract
1 tbsp lemon juice
1 heaped tsp coconut butter
Coconut milk (just enough to blend)
Pinch sea salt

Method:

Place all the ingredients in a high speed blender, and blend until smooth.

Pour the mixture into the ice pop mould, filling each mould, insert wooden sticks or mould provided sticks on each pop, and freeze until firm. It should take around 4-6 hours, depending on your freezer and the size of your ice block mould.

To finish:

Remove frozen pops from moulds by dipping the moulds in hot water for a couple of seconds and then gently pulling from the stick. It also helps to lightly squeeze the bottom of the mould as you're pulling them out.

Serve immediately and enjoy!

NZ Grown Aronia Berry

berryactives

100% Freezedried
Aronia Berry



Grown pesticide-free
in Central Otago, NZ



A rich source of
anthocyanins



berryactives.co.nz

We encourage consumers to investigate the role of an anthocyanin-rich diet in improving multiple biomarkers of human health



Healthy summer skin

Dry, itchy skin conditions are often aggravated with summer heat. Harker Herbals Children's Skin Rescue syrup and cream combo tackles the problem from the inside out. Back it up with high strength Vitamin C for healthy, glowing skin.



HARKER HERBALS High Strength Vitamin C

Although Vitamin C is more often associated with immune health, it is also a strong antioxidant and plays a vital role in collagen production, essential for healthy skin. Vitamin C is also a wonderful support for healing wounds, from everyday scratches to post surgery recovery.

This great tasting high strength syrup sources Vitamin C from organic sea buckthorn berries – a whopping 650mg per dose for adults. Simply reduce the dose for little ones to support their skin health over summer. It's also a great addition to the cupboard to keep the family immunity up!

NEW
FROM HARKER
HERBALS*



AGE
0-12
YEARS

HARKER HERBALS

Children's Skin Rescue & Delicate Skin Repair

FREE GIFT

Buy both
Children's Skin
Rescue 150ml
and Delicate
Skin Repair
and receive
a Vitamin C
100ml FREE*

Especially formulated for young children and babies, this duo calms and soothes itchy dry skin and supports skin repair. Skin Rescue syrup supports the immune response to allergens that result in dry flakey patches of skin. The steroid-free cream includes gotu kola and rosehip oil to support skin healing and stronger skin cells.

Use these on their own, or together for best results.

*Special offer available at Community Health Stores.
Terms and conditions apply. While stocks last.

20% OFF Any Dr.Organic Product*



Natural Ingredients

Natural ingredients are used in all formulations.

No Animal Ingredients

All our products are suitable for vegetarians. In some ranges we used by-products from animals, these include; honey, royal jelly, propolis and bees wax.

No Animal Testing

Our products are always tested on human volunteers to ensure they are completely safe and effective. No animal tests are ever performed on finished products or raw materials.

Organic Ingredients

We always strive to use organically grown ingredients. Where an organic ingredient can't be used we always try to source sustainable natural alternatives.

Bioactive Ingredients

We use certified bioactive extracts to ensure each product is truly functional by nature.

*Excludes gift packs



Bioactive Skincare

Helping our *communities*

Our stores have been busy in the lead up to Christmas, getting involved in a number of events and sponsorships in their local communities. Here's a snapshot of some of these activities.



Some of the winning 2019 Brave Thinkers.

2019 Brave Thinkers have done us proud

Community Health Stores are proud to once again sponsors the NZ Business Week Brave Thinkers Programme, which takes year 12 and 13 students through a fun and challenging week of business decision making. Students form their own virtual company and pitch their idea in a Dragons' Den type settings. Congratulations to this year's winners - Tautoko team, who won a \$2000 Massey University scholarship. "Thank you for making our experience one of the best! I've learnt so much and made many lifelong friends. I'm so grateful to have had the opportunity to be part of the Brave Thinkers business week and wish we had found it earlier! Thank you so much and your amazing team!" From Brave Thinker Teei-Ngakura Tuteru.

If you want to find out more about the programme, visit the website www.thebravethinkers.com



Rachel Hunter and Michele from our Coastlands store.

Tour of Beauty

The lucky team at Health For Life store in Coastlands met the stunning and world famous Rachel Hunter while she was in town promoting her new book *Tour of Beauty*. As well as getting a signed copy to give away to one of our customers, Michele from Health for Life Coastlands and Charlotte from Weleda presented Rachel with one of her favourite skincare products, Weleda Skin Food. Michele said, "It was awesome to meet Rachel today... She is so lovely and down to earth".



The workshop was run by Nutritionist Nicole Freebairn and Naturopath Serena Donaldson.

In store event: *Women's Health and Hormone Workshop*

In September, Tonic Health stores held a special Women's Health and Hormone Workshop headed up by Community Health Store experts. It was a fantastic opportunity to learn all about hormones, common imbalances and strategies to balance your hormones naturally. Attendees received snacks, giveaways, watched a natural skincare demonstration and grabbed great discounts on the night, as well as taking home an epic goody bag. Don't miss our next events: check in store for details.



aciea

Sourcing minerals from nature

Derived from the pristine waters of the Great Salt Lake in Utah, USA.
Magnesium Oil is a crystal clear, odour-free, ultra pure (USP grade) magnesium chloride brine.

- Helps relax muscle tension and tightness
- Helps soothe and relax muscles
- Supports quality of sleep
- Helps calms overactive nerves
- Helps nourish the skin



* External Use Only
100% PURE MAGNESIUM OIL AND FLAKES

Meet the team



Your journey to wellness

Meet Jo Douglas, the new owner of Bethlehem Health Shop, located in the beautiful Bay of Plenty. We find out how the team can connect you with the right people and products to help on your own health journey.

Hi Jo. You've been with Bethlehem Health Shop just a short time. Where were you before this?

For the last 10 years I have been self-employed at my home-based clinic The Natural Therapy Clinic, alongside working part time in a few herbal and homeopathic dispensaries around Tauranga, and being mum to our two kids now aged 12 and 14.

What area of natural health do you specialise in, or have a passion for?

I come from a retail pharmacy and natural health background. I am also trained in Shiatsu, Reiki, Massage, Flower Essences and have a Diploma in Homeopathy. I am a firm believer in preventative health and using natural remedies and therapies instead of just suppressing symptoms.

What attracted you to joining the Community Health Stores group?

In life and in business it's really important to have support from like-minded people. I love sharing ideas and knowledge that

comes from being part of the group. The combined years of experience means we all make sure to offer the best quality, researched products and ranges to our customers.

What gets you up in the morning?

I love having the opportunity to share the knowledge that comes from being in a retail environment every day. I also love connecting people to others who might play a role in their journey to wellness.

Is there a customer you've helped in the past with a story that stands out to you? How did your expertise help them with their health journey?

Over the years I have taught lots of classes about how to use Homeopathy and Bach Flowers in the home, so I have helped many mums to feel confident using natural remedies to support their families through illness or the stresses of day to day family life.

How does the Bethlehem Health Shop support the local community?

We like to support other small businesses in our area by stocking locally made products, some of which include bone broths, kombucha, skin balms and other natural skin and beauty products. We seem to have gained a reputation as being the place to go that will probably have the product you are looking for!

Is there anything new at the store?

In the last couple of months we have transformed a storage room into a new practitioner clinic and now have practitioners available for appointments for Specialised Kinesiology, Homeopathy, Flower Essences, Acupressure Foot Massage and sessions on a PEMF machine.

Come and meet Jo and her lovely team at Bethlehem Health Shop, 229c State Highway 2, Bethlehem, Tauranga, call 07 576 9442 or check out their website www.bethlehemhealth.co.nz

2 FOR
\$45

SAVE \$12



Help to keep your skin, nails and hair healthy with Solgar® Skin Nails & Hair Formula and Biotin for an energised everyday glow.

Always read the label and use only as directed. If symptoms persist, please see your healthcare professional. Solgar NZ Ltd, Auckland. TAPS PP4888



INNERHEALTH



Twice the live probiotics to support everyday gut health.*



Find NEW Inner Health Plus Double Strength on the shelf

*Compared to Inner Health Plus. Always read the label. Follow the directions for use. Metagenics (NZ) Auckland.



POWERFUL NUTRITION
FROM PLANTS

*This summer
Lifestream Aloe Vera
has it all covered*

by Skye Macfarlane
Lifestream Naturopath

Aloe Vera has been used for thousands of years to help with a raft of conditions, and is a common spiky plant that many people have in their house - But what do you know about this strange plant?

Aloe Vera originated from southern and eastern Africa and was introduced into the Mediterranean - now it is cultivated all over the world.

Two parts of the Aloe Vera plant used therapeutically - the Aloe juice is from the outer part of the leaves after they have been cut near the base, and the other part is the gel that is found in the inner central part of the cut leaf.

Aloe's successful use maybe traced back to the fact it is so high in polysaccharides (attributing it with calming and immune balancing properties). Aloe Vera gel is chemically complex - there are more than 75 biologically active constituents within the gel (over 200 in the leaf).

Lifestream uses NaturLOCK organic Biogenic® Aloe Vera that has been processed in such a way that the high levels of nutrients stay in the finished product. It helps to maintain healthy intestinal bacteria and helps to balance our immune response.

Here at Lifestream we have had a long tradition of using Aloe Vera to help with:

- *Externally for Skin upsets*
Irritation - rashes / dry flaky skin / radiation patients / Sunburn / Windburn / minor cuts and grazes.
- *Internally for Gut health*
Bloating / digestive support / liver support / prebiotic function / immunity and skin health / GI tract soothe

Lifestream Biogenic® Aloe has no added sugars, no artificial flavourings or colours and is hand harvested using sustainable methods.

Lifestream Biogenic® Aloe Vera gel is perfect for helping with mild skin irritations and rashes, relief for sun and wind burn after a long day at the beach or out on the water. Our Aloe Vera gel is enriched with Vitamin E to help with skin repair and regeneration and helps to hydrate the skin by locking in moisture.

SPECIAL OFFER AVAILABLE NOW AT CHS STORES

Summer Aloe Tips

- ✓ Keep a bottle of Lifestream Biogenic® Aloe Vera in the fridge to help with Christmas dinner tummy upsets.
- ✓ Did you know you can use our Aloe Vera gel as an alternative to shaving gel or cream? Awesome tip for those of us with sensitive skin.
- ✓ You can make your own natural hand sanitiser with our Lifestream Aloe Vera gel by adding in essential oils like Manuka, eucalyptus, or lavender and putting in a small bottle.



RECEIVE A **FREE** ALOE VERA GEL 100g
when you purchase Lifestream Aloe Vera Tonic 1.25L

*While stocks last

Visit us at lifestream.co.nz [lifestreamwholefoods](https://lifestreamwholefoods.co.nz) 100% New Zealand Owned

Always read the label and use as directed. If symptoms persist see your healthcare professional. Lifestream, Auckland.