

FREE

# Healthy *by* Nature



Sharing a commitment to healthy communities

ISSUE #8 AUTUMN 2020

SPECIAL  
OFFERS  
IN-STORE  
TODAY

## IS STRESS STEALING YOUR ENERGY?

Ben Warren on the impact of stress on your well-being

Top tips for  
**SUSTAINABLE  
WEIGHT LOSS**

**ETHICAL  
BEAUTY**  
Why your choices matter

Switching to  
**A PLANT-  
BASED DIET**

CHS Experts:  
**WHY USE A  
NATUROPATH?**



# Nature's Ultimate Energiser!

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As the seasons change and we welcome Autumn we might all be feeling a bit like we need either a sunny warm holiday or a boost in daily energy. While we can't whisk you away to Fiji we CAN help with the extra energy!

Spirulina is a well known amazing product that is jam packed full of vitamins, minerals, amino acids, antioxidants and essential fatty acids. This tiny blue/green micro algae is easily absorbed and for thousands of years it has been used as a food to support energy, stamina, recovery after exercise and performance. Its vibrant blue pigmentation gives it its powerful antioxidant action that helps to protect against oxidative stress, that can occur from stress, pollution, environmental toxins, poor diets or ill health.

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Spirulina Performance is nature's ultimate energiser - a natural nutrient boost to help you in all aspects of well being.

Always read the label and use as directed. Supplementary to a balanced diet. Lifestream, Auckland

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- ✓ Antioxidant protection against oxidative stress



\*While stocks last

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## In this issue

As autumn approaches it's important to stay on top of your health. This issue we review our top immunity products to try at home. We talk to Serena Donaldson CHS Naturopath about natural health, and why you should consider using one. If you are curious to find out more, most of our stores offer consultations. Just come in and ask us.

Plant-based eating is growing in popularity and offers a number of health benefits, but also can leave you lacking in important nutrients. Alena from the Herbal Dispensary in Raglan talks us through options for supplementing to make sure you are getting what you need in your meat-free diet.

Stress affects us all in different ways. Ben Warren from BePure highlights the affects that stress is having on your energy levels and health in general. Go to page 10 to read more.

We believe that making better choices with your beauty routine is so important. On page 12 you can find out ways to make more sustainable and considered choices when you are buying beauty products.

We've thoroughly enjoyed putting this issue together and hope you enjoy the read.

**The Community Health Stores team**

Visit us at [communityhealthstores.co.nz](https://communityhealthstores.co.nz)

or follow us on

### 5. Our store locations

Find your closest Community Health Store.

### 6. Switching to a plant-based diet

Things to consider if you are reducing your meat intake or following a strict vegetarian or vegan diet.

### 8. Why you should consider seeing a naturopath

### 10.



### Is stress stealing your energy?

Ben Warren from BePure reveals the real effects of stress on your well-being.

### 12.

### Making better choices with your beauty routine

Jacqui Parangi talks to us about ethical and sustainable beauty, and how we can look after the environment and ourselves by choosing products wisely.

### 14. Aronia Berries

The healing colours of nature.

### 17. Real Health NZ

Share their top tips for keeping the weight off for good.

### 21. Meet your local health expert

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

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TAPS: PP5334

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





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# Be activated

## Try a B vitamin complex with a difference



GOOD HEALTH  
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B12

GOOD HEALTH  
B Activated  
Complex

B vitamins are a common medicine cupboard staple, helping to support our stress levels and well-being. Typically used in times of stress to help with life-balance and for when we feel tired, flat, overwhelmed and a little frazzled with everyday life.

### Active B Vitamins and our well-being

Every day we utilise vitamins and minerals from our food and from the supplements we take to support our wellness. The vitamins are made active by our bodies into more useable forms so we can gain better benefits and therefore greater results. But not everyone is efficient in this activation function. Active forms of vitamins are an ideal option for those individuals wanting superior results from their B vitamins. Active forms of B vitamins support healthy methylation and make it super-easy for the body as they are all ready to go. Vitamins are more readily absorbed and used by the body when in active form.

### What is methylation?

The methylation cycle helps support our health and is an everyday function in the body, but it is dependent on nutrients such as B vitamins to function well. Methylation enables substances in the body to work and helps them to activate, such as helping DNA function in our body. DNA is our blueprint for who we are and makes up our genetic material. Our nervous, cardiovascular, liver and immune systems all require healthy methylation to support normal everyday function in the body.

Vitamin B12 comes in many forms, in one of its active forms, as methylcobalamin it is more beneficial for supporting mood, energy, red blood cell production and supporting a healthy gut.

P5P (pyridoxal-5'-phosphate) is the active form of vitamin B6 which also plays a pivotal role in supporting our mood, sleep, hormonal health and feel-good neurotransmitters like our serotonin production.

### How to get the most from our Active B vitamins

Taking active B vitamins makes it easier to support our everyday wellness. Deficiencies, stress, poor gut health and dietary influences can all impact on our health and we may require additional supplementation. In times of extra need, this can help us find our inner sparkle by naturally supporting our energy levels.

### Good Health B Activated Complex

Supports natural energy production, a healthy nervous system and demanding lifestyles. Containing a range of B vitamins with activated forms of the important B6 and B12 to support mood, neurotransmitter function and encourages a healthy stress response. B Activated Complex allows superior uptake in the body by taking the B vitamins in a ready to use form, making it easy to achieve optimal energy and better health. All in a one-a-day vege capsule, suitable for vegans.

Always read the label and use as directed. If symptoms persist, see your healthcare professional. Good Health, Auckland. Vitamin & mineral supplementation is not replacement for a balanced diet. TAPS PP5222

\*Terms and conditions apply. Ask in store for details. While stocks last.

# 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  
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For more information visit [communityhealthstores.co.nz](http://communityhealthstores.co.nz)

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\* Dermatest Australia clinical study, 2019

NEW



# Switching to a plant-based diet

Whether you are reducing your meat or dairy intake, or following a strict vegetarian or vegan diet, there are a few nutritional areas to be considered when you are moving to a plant-based diet.

## WORDS

Alena Winter, The Herbal Dispensary

### Starting out

It can be quite simple to move towards a more plant-based way of eating.

To begin, familiarise yourself with plant-based sources of different nutrients, particularly those that can be common deficiencies (as mentioned below). Identify foods you should be including in your diet, that you aren't already eating. It can be helpful to pop a list on the fridge for the first month or so as a reminder to include these frequently. Also, when it comes to diet, variety is key! So get creative with your recipes.

Take a B12 supplement if you are planning on removing all or most animal products. Consider getting blood tests, especially iron, ferritin and B12, to have as a baseline, and to see if initial iron supplementation is required.

Focus on protein with every meal, as this can be missed if you are simply removing the meat from meals. Swap meat for legumes, tofu or tempeh, and protein-rich grains such as quinoa and millet.

Finally, you may wish to take a good multi-vitamin supplement, at least

for the first few months, whilst you learn more and establish healthy plant-based eating patterns.

### Am I missing something?

The most common nutritional deficiencies specific to a plant-based diet are iron and vitamin B12, as well as iodine, zinc, calcium, vitamin D, omega-3 fatty acids, and protein. Although anyone can be deficient in these, those eating a mainly plant-based diet need to be more aware of preventing deficiencies. If you notice any adverse changes in health following a change in diet, it is always a good idea to speak to your healthcare professional.

### To supplement, or not to supplement?

As stated before, you should consider taking a vitamin B12 supplement if you're following a plant-based diet. This is one nutrient which is difficult to get from plants alone, and relying on fortified food may not give you as much as you need.

Iron is often required as a supplement following a low blood ferritin result, especially in women of menstruating age.

Photography: Claire Mossong



“  
Consider taking a  
vitamin B12 supplement...  
as this is one nutrient  
which is difficult to get  
from plants alone.  
”

However, unlike B12, iron can more easily be obtained from food in a plant-based diet, so supplementing until your levels are adequate and then maintaining iron status with diet is possible. Food sources include legumes, grains, dark leafy vegetables, nuts, and seeds. Consume alongside vitamin C (e.g. citrus) for increased absorption.

It is recommended to get your B12 and iron levels tested annually if following a plant-based diet, or if you're concerned about energy levels or other symptoms.

Iodine is easily obtained from foods, including sea vegetables and seaweeds. It is also easy to add a small amount of kelp flakes to food to obtain your daily iodine needs; put some in your salt and pepper shakers for added convenience.

Protein, as well as minerals such as zinc and calcium, can be obtained by adding a variety of legumes to your diet. You can add nuts and seeds to meals, as a topping, or eat them as a snack.

Choosing a wide variety of plant-based protein sources such as legumes (e.g. chickpeas, lentils, beans), tofu or tempeh, and high-protein grains (e.g. quinoa and millet) will also ensure that you obtain all essential amino acids.

Vitamin D can be obtained from safe sun exposure on the skin, from fortified food products, and to a lesser extent, mushrooms. If you pop your mushrooms out in the sun before cooking them, this is said to increase their vitamin D levels!

Finally, try to include plant-based sources of omega-3, such as hemp seeds or oil, walnuts, flax seeds or oil, and chia seeds.

As stated earlier, a good way to prevent deficiencies when on, or switching to a plant-based diet is to take a high-quality multivitamin. This might not necessarily be enough to correct deficiencies, but should help prevent most from occurring. This also provides a 'safety net' should your diet not be providing all you need.

### Supplements to try

For many supplements, choosing a high-quality one is important to ensure you are getting absorbable and quality forms of nutrients. Solgar makes a great multi-vitamin that is suitable for vegans. Formula VM-2000® comes in tablet form.

With B12 try and find a supplement that comes as a spray, drops or sublingual tablets (dissolves under the tongue) for better absorption.

With iron, the form is particularly important. Aim for a glycinate form,

e.g. bisglycinate, to ensure optimum absorption and avoid stomach upset, for example Harker Herbals Iron Boost. A natural, plant-derived alternative is BioTrace Organic Iron, which provides iron extracted from curry leaves.

To increase your omega-3 intake, or if you have symptoms which suggest a supplement would be beneficial such as dry skin or sore joints, plant-based omega-3 is most bioavailable in supplements from algae, such as Lifestream's V-Omega 3, and Nordic Naturals' Algae Omega.

If you are exercising regularly, are over the age of 65, or are struggling to meet protein requirements, you should also consider a protein powder. Pea, rice, and hemp (or a combination of these) are all good options.

Always read the label and use as directed. Vitamins are supplementary to a balanced diet. BioTrace Ltd, Auckland. Lifestream, Auckland. Harker Herbals, Waipu. Solgar, Auckland. NaturalMeds, Napier.

  
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\*Get yours while stocks last. Cannot be used in conjunction with any other promotion.



Your local Community Health Store is a great place to support you in making the switch to a plant-based diet and to guide you in your supplement choices. Working with a naturopath or nutritionist will also provide tailored and in depth recommendations on diet and achieving optimal well-being.

Find your closest store at  
[communityhealthstores.co.nz](http://communityhealthstores.co.nz)



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\*cGMP = Certified Good Manufacturing Practice

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## CHS expert



## Our naturopaths

Community Health Stores (CHS) have a range of trusted experts and healthcare professionals on hand to assist you with your health and well-being needs. Serena Donaldson, a CHS naturopath at Tonic Health, tells us about naturopathy and its benefits.

WORDS Serena Donaldson

Naturopathy is a form of natural medicine, which promotes the body's natural ability to heal itself through diet, lifestyle, herbal remedies and other natural approaches.

It involves learning about the root of the cause of a disease or symptoms, and supporting all body systems in a holistic way.

One of naturopathy's premises is that 'prevention is better than cure', and it works effectively to prevent as well as treat many ailments.

Many conditions can be improved and managed by naturopathy, including hormone imbalances, poor immunity, digestive issues, food intolerances, stress and sleeping difficulties. In fact, almost any healthcare issue can be supported by naturopathy. All CHS naturopaths are qualified, bound by a code of ethics and rules of practice.

As a complementary medicine, naturopathy can be used alongside most allopathic medical treatments. It's important to remember some herbs and supplements may be contraindicated with certain

medications or conditions, which is why it's important to work with practitioners who are aware of these interactions. For those with complex medical conditions and treatments, it's recommended they consult their doctor before embarking on any complementary support.

Most CHS stores offer in-house naturopath consultations, or can recommend a qualified naturopath for you to visit. During a consultation, the naturopath will look into the client's health history, diet, lifestyle, and each body system to identify the root cause of any symptoms. The naturopath will then tailor an individual treatment plan, which may include supplements, herbal formulas and lifestyle recommendations.

So whether you're working on a weight management plan, under stress, looking to move to a plant-based diet, or just want to improve your health and well-being, a consultation with a naturopath could be a good starting point.

**Come in-store and speak with one of our naturopaths to see how we can help you with your personal health journey.**

## Product review

## Immunity boosters

Here are our picks to top up your immune system and stay one step ahead of the winter bugs.



### Gaia Herbs Immune Shine

100g powder  
48 serves  
RRP - \$69.30

Gaia Herbs Immune Shine is a delicious tasting powder that brings together all the benefits of mushrooms (supporting immune health) combined with herbs (traditionally used to maintain overall well-being). It's made with a blend of maitake and chaga mushrooms combined with elderberry, ginger and astragalus.

Making this part of your daily routine is an easy way to support your body's natural defences. Try adding the powder to your morning smoothie to give you all the health benefits of organic mushrooms and herbs with no added fillers, flavours, or sweeteners.



### Redd Remedies Immune Everyday

30 vege caps  
1 month supply  
RRP - \$41.60

Immune Everyday by Redd Remedies offers daily support for total immune system balance and wellness, designed for everyone to take everyday. It features Sensoril®, a powerful extract of the adaptogen ashwagandha, along with rose hips and a blend of traditional mushrooms to boost and support the immune system and reduce stress. Ashwagandha, maitake and shiitake mushrooms

support the liver, the body's largest organ, which removes toxins from the body. The ingredients provide natural immune system support including total immune system wellness, support a healthy liver function and antioxidant status as well as promoting balance and a healthy stress response. And as a bonus, every ingredient has antioxidant properties.



### Coyne Healthcare Biomax Vitamin C Liposomal

60 vege caps  
RRP - \$48.90

Coyne Vitamin C uses liposomal technology to ensure the best absorption. Liposomal technology simply means that the vitamin C molecule is encased in a 'bubble' that acts as a taxi, taking the vitamin C on a quick trip through the stomach where it can be readily absorbed into the bloodstream to do its work. Liposomal products have a much

higher level of activity in the body and can be taken at smaller levels than regular vitamins and minerals. Some of the benefits of this product are that it's gentle and non-acidic, contributes to the normal function of the immune system, helps normal collagen formation and is vegetarian friendly.

Always read the label and use as directed. Supplementary to a balanced diet. Natural Health Trading, Auckland. NaturalMeds, Napier.

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\*Into the white blood cells compared to standard Vitamin C. Ester-C® is a registered trademark of The Ester C Company. Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet. Vitaco Health (NZ) Ltd, Auckland. 10984\_NZ DA2047RR004



# Is stress stealing your energy?

Ben Warren on the impact of stress on your well-being

Photography: Getty Images



In the modern world, many people are living without the energy they need to live the life they want, or do the things they love. In fact, many of us feel overwhelmed, tired, or run down weekly, if not daily.

WORDS Ben Warren, BePure

“  
Having the energy to do the things you love is essential to living a happy, healthy life.  
”

This is because nowadays, we experience stress a lot more regularly, and for longer periods of time than our traditional ancestors. Our ancestors were under threat from predators or food famine several times a year. Whereas we experience the demands of the modern world coming at us on a daily basis.

On top of that, part of the problem is the expectation we set for ourselves, that to be successful or important, our lives must be stressful. However, coping with stressors in the modern world is imperative to our energy and ultimately our overall health and vitality.

Let's have a closer look at how stress is stealing your energy and how this impacts your hormone balance.

## Stress and your sex hormone balance

Long-term chronic stress affects both men and women's hormone balance in different ways. Men's hormonal systems can tend to cope with higher levels of stress. Having said that, chronic stress can start pushing testosterone to be converted into oestrogen, resulting in oestrogen dominance in men.

For women, the long-term effect of chronic stress is often hormone imbalance. This is because our sex and stress hormones share the same precursors. When under stress, the body produces less progesterone - our all-important calming hormone, because it's priority is making stress hormones for survival rather than hormones for reproduction. We need progesterone to stay calm, stable and happy.

One of the most commonly seen hormone imbalances is high oestrogen. We see stress contributing to high oestrogen by overloading the liver. An overloaded liver struggles to clear excess oestrogen out of the system. The symptoms of high oestrogen include heavy painful periods, bad PMS and stubborn weight around your hips, thighs and bum.

In order to rebalance high oestrogen levels, we need to nourish liver function.

## Adrenal fatigue

Many people who experience prolonged stress will also run into adrenal fatigue at some point. Adrenal fatigue is when your adrenal glands can no longer keep up with the required production of your stress hormones, such as cortisol.

Note: while this might make our stress hormone cortisol sound like the bad guy, it is actually one of the primary hormones that we need to get up in the morning. We need it, but only in just the right amount.

## Thyroid dysfunction

Stress can also overload your thyroid. The thyroid gland produces important hormones that control your metabolism, water retention and temperature. When under stress the thyroid works overtime to try and manage the increased demand for energy production.

Understanding the stressors in your life and how to cope is vital to your prolonged energy status and overall health and well-being. Ultimately having the energy to do what excites you is the most important gift you can give yourself.

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## Do you experience these symptoms of high oestrogen?

- ☐ Stubborn weight gain (particularly around the hips, abdomen and thighs for women and 'man boobs' for men)
- ☐ Low energy or fatigue
- ☐ Irregular menstrual periods
- ☐ PMS
- ☐ Bloating
- ☐ Mood swings
- ☐ Premenstrual tension

Want to talk to someone to see if BePure EstroClear™ is right for you? Speak to a health consultant at your local Community Health Store.

LEARN MORE AT  
**BePURE.CO.NZ**

\*BePure EstroClear™ may cause weight loss.

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

BePure, Auckland.





# Making better choices with your beauty routine

We're all trying to live a life where we care for ourselves, others, and the world around us. Jacqui Parangi, beauty therapist and independent consultant, talks to us about ethical and sustainable beauty, and how we can look after the environment and ourselves by choosing products wisely.

WORDS Jacqui Parangi

## Sustainable? Ethical? What do these words really mean?

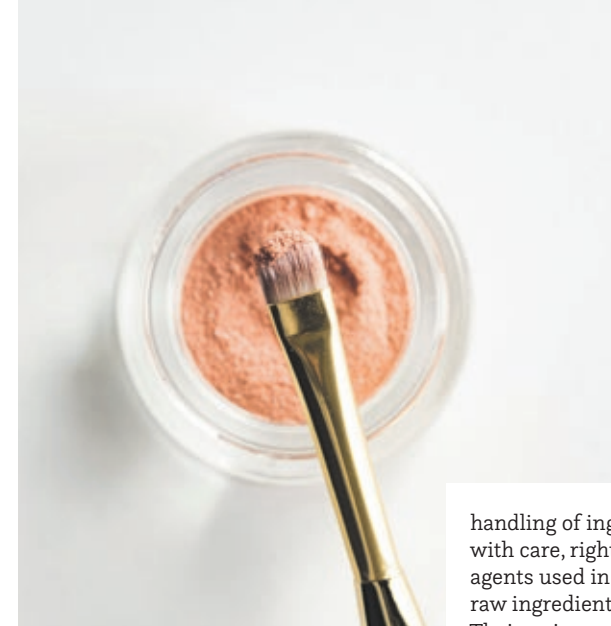
A beauty product is considered sustainable if its end-to-end process, from sourcing and manufacturing to packaging and selling, leaves little to no impact on the environment. Ethical ingredient sourcing considers beyond the ingredients themselves, to who was involved in obtaining them, and if they were treated fairly. Key elements of an ethical and sustainable beauty regime include using organic and natural products. These utilise ethically sourced raw ingredients which are cruelty-free and incorporate recyclable or renewable packaging.

To be ethically conscious, research on a company's sustainable and ethical business practices is essential. The product company itself should adopt excellent waste and resource management policies such as water and energy management, carbon offsets and be focused on minimising any manufacturing by-products.

We can also consider how we use products, for example swapping disposables such as cotton pads, wipes, and razors for reusable options, and sourcing makeup brushes, hairbrushes and applicators from sustainable or recyclable materials such as bamboo.

## Better for you and the planet

Eco-friendly products have a kinder impact on the environment around us. Waste reduction (especially toxic waste) has become a topic of high interest in recent years. Petrochemicals found commonly in mass-produced synthetic based products can be highly toxic to humans, and also to the environment. On the contrary, eco-friendly products can have a positive effect on the long-term health for both us and the environment. Natural, sustainable products rely on the healing properties of ingredients found naturally in our environment. These ingredients are made up of smaller particles that encourage better absorption and uptake whilst reducing toxic buildup, contributing to a healthier skin overall.



## The whole package

Eco-friendly packaging focuses on whether the product packaging is biodegradable, made from recycled materials, or is recyclable, without disturbing the stability of the product itself. This is necessary to cut down on harmful chemicals in our environment and reduce the amount of discarded plastic. This has a negative environmental impact, affecting both plants and animals. CHS stores put all products in paper bags and make a conscious effort to recycle paper and empty containers. They focus on stocking product ranges such as No.8 and Underbalm, which are all about reducing plastic and Living Nature skincare which is fully recyclable.

One of the most popular 'ethical' brands is Living Nature. Not only do they source the highest quality raw ingredients, but they are certified by BDIH, a globally recognised body who set some of the most rigorous standards worldwide for naturalness and environmental sustainability. Strict criteria and annual audits ensure Living Nature adheres to sustainable ingredient sourcing practices and only safe natural ingredients are included in all formulations. Production and

handling of ingredients is completed with care, right down to the cleaning agents used in production and how raw ingredients and products are stored. Their unique gravity fed D-shaped bottles contains 15% calcium carbonate (chalk) that when combined with polypropylene reduces energy and plastic used in manufacture. The card used for their cartons is sourced from renewable forests and contains no toxins or elemental chlorine bleach.

## Supporting the local community

Supporting local products and stores can help to reduce environmental impact, lower the carbon footprint, provide unique products, as well as generating a healthy local economy and community. Local products and stores are more likely to focus on the interests of the community, with income being used to help generate local community development, and donations to local charities contributing to overall community well-being. Local stores tend to offer more personalised customer service, which develops good long-term relationships, and also has a positive impact on the local job market, benefiting not only individuals, but the community as a whole.

Don't miss Jacqui in-store every second Thursday for our Living Nature Luxury Facial series at Tonic Health Chartwell store. To book or for more information call 07 854 8342.



## The first step

To start on a more ethical and sustainable beauty regime, try:

- 1 Slowly swapping products as you finish them for more ethical alternatives.
- 2 Researching to become more knowledgeable about ingredients and their sources.
- 3 Reading online reviews, not just the brand's own feedback.
- 4 Asking for samples prior to purchasing.
- 5 Checking out the Environmental Working Group (EWG) Skin Deep Database which reviews the safety of products and ingredients.
- 6 Finding out if the range you're considering is held accountable for its practices by a certified external body such as COSMOS and BDIH.

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19/208 - 02/20 TAPS NA 11498



# Healing colours of nature

We seem to have somehow forgotten the wild blackberries and blackcurrants we picked in the garden as children. Yet as we move towards more natural, plant-based diets, there is a renewed appreciation of the role berry fruits can play in our daily diet.

WORDS Ross Meldrum

With the help of science, there are compelling reasons for us to look again at the many health benefits of these old favourites – and to consider them an exciting ‘new’ addition to our diet.

## What are Aronia berries?

Long known by Native Americans for their healing qualities, dark black Aronia berries are indigenous to the northeastern states of the USA. Grown on a shrub-like bush, the berries were traditionally used as support for ills and chills, and were valued for their nutritional and antiseptic properties.

This small black berry has now been rediscovered by modern science, and it holds some very big surprises. The Aronia berry is an extraordinary source of antioxidant polyphenols. In particular, it is one of the plant kingdom's richest sources of anthocyanins.

## Anthocyanins

Anthocyanins are natural plant pigments, responsible for the blue, purple, and red colour of many fruits and vegetables (the word anthocyanin comes from Greek - anthos meaning flower and kuanos, dark blue). They are particularly prominent in dark, berry fruit.

Anthocyanins are recognised as powerful antioxidants, but new evidence has revealed they play a much wider role in human health for many metabolic processes. Higher anthocyanin intake is consistently related to improvement in a number of health biomarkers. Increasing our daily anthocyanin intake may be one of the most profound and yet easiest, ways to improve our health.

## Aronia health benefits

It is Aronias' unique mix of anthocyanins and other polyphenols which confers its strong antioxidant activity and potential therapeutic benefits.

The strong antioxidant properties of Aronia can support many health issues including cardiovascular health and the immune system.

Because of Aronia's support for healthy cholesterol and normal blood pressure, it is currently the focus of further research into these areas.

As modern science continues to test and validate many ancient health remedies, Aronia is emerging as a strong contributor in the search for more natural health maintenance.



Photography: Unsplash



## Aronia in New Zealand

The New Zealand Aronia story began 10 years ago. Alexandra dentist Ross Meldrum and horticulturalist Barry Mackie began a search for alternative crops, which could survive and thrive in Central Otago's hot summers and subzero winters.

Coming from a similar continental-type climate, Aronia appeared to be an interesting candidate. Although virtually unknown in New Zealand, the decision was made to source and propagate Aronia Melanocarpa.

It was as if the plant had found a new home! Not only did it thrive, but the high UV light of the region induced extraordinary polyphenol levels in Central Otago Aronia berries

– even by world standards. Testing by the New Zealand Institute for Plant and Food Research, confirmed New Zealand Aronia had amongst the highest antioxidant activity of any fruit measured to date.

The berries are harvested in late summer, freeze-dried to preserve maximum bioactivity, then granulated for ease of use. No additives or anticaking agents are added. It is presented as a 100% pure berry powder. Aronias' common name ‘chokeberry’ hints at its natural tartness due to the high tannin levels, and gives an edge to smoothie mixes, breakfast cereals and baking.

Interested in giving Aronia berries a try? Visit your local Community Health Store to find out more.



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



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## Weight loss for life

Anyone who has been on a diet will know that losing weight is hard but keeping it off is even harder. Getting good results from any diet takes vigilant effort and serious attention.

**WORDS** Renee Norman and Jenna Smith, Real Health NZ

For most such vigilance is impossible to maintain for long periods. However, sustainable weight loss can definitely be achieved by building and maintaining healthy habits. Here are Real Health NZ's tips to keeping the weight off long term.

### Don't diet

All diets work for a short amount of time and then they all fail because they are all so difficult to sustain. Results might be achieved initially, but at some point

the diet stops and the majority of the time the weight is regained. Research suggests that in fact 95% of dieters gain back the weight they lose plus more. When considering the latest diet trend, the real question to ask yourself is "Can I do this for the rest of my life?"

### Focus on the big picture

Wellness is so much bigger than "What should I be eating/doing to lose weight?" The reason to eat right and move your body should not be to lose weight. The main reason should be to feel great (inside and out) and have energy! When we focus on wellness and consistent healthy habits, weight loss comes as the by-product. Try to think about your weight loss journey holistically. Noticing how you feel and all the positive changes that exercise and real food brings to your life.

### Don't cut food groups

This is a common weight loss tactic and something that we find so frustrating. Cutting out macronutrients such as carbohydrates or fats is not the way to go. Our bodies need macronutrients to function optimally. Carbohydrates are our body's main source of energy and of course we need energy to function at our best! Fats are important for brain function, to help you feel satisfied and so

“  
*Take it one day at a time... be kind to yourself and the results will come.*  
”

much more. It's the quality of the food groups that are important not cutting them out completely. Choose complex carbohydrates such as fruits, veggies, whole-grains (brown rice, oats, quinoa) nuts and seeds and quality fats from sources such as avocado, flaxseeds, chia seeds, olive oil and oily fish.

### Exercise consistently

Exercise is critical for weight loss, management and overall well-being. Starting an exercise routine is easy. Sticking to it is the difficult part. So many people are up and down when it comes to exercise. When it comes to achieving weight loss, consistency with exercise is the absolute key! It's so much more beneficial to move for 20 minutes every day rather than hit the gym for a 1-hour sweat session then do nothing for the rest of the week. Consistent, steady exercise is what gets results – long term.

### Be patient

One of the most common mistakes is to expect visible results in a very short amount of time. In our opinion for long-term and sustainable weight loss, it is necessary to accept that long-lasting results will not come overnight.

**For more tips or to sign up to their online health and fitness solutions visit [www.realhealthnz.co.nz](http://www.realhealthnz.co.nz)**



## ESSENTIAL PROTECTION



With all those nasty airborne bugs flying around right now, it's important to strengthen your defenses, build your immunity and ensure that all work and living spaces are kept 100% hygienic and clean, at all times. Here's a recipe for a powerful disinfectant spray from the health experts at Absolute Essential - it's proven effective, and perfect for both public and private use (wipe down counter and desk tops, eftpos machines, door handles, bathroom surfaces etc).

**To make your natural disinfectant spray:** Take a 250ml recycled spray bottle • add 240ml purified water • add 5ml of a natural liquid soap • add the following essential oils: 10 drops of **Thyme Thymol (Organic)**, 40 drops of **Lemon (Organic)**, 50 drops of **Eucalyptus Lemon (Organic)** - OR instead of the oils, simply add 5mls of **Immune Plus (Organic)** Pure Blend.

**To fortify the air you breathe:** 10 drops of **Immune Plus (Organic)** Pure Blend or the 3x essential oils above into your diffuser, refresh hourly.

**To sanitise your hands:** Add a couple of drops of **Immune Plus (Organic)** Pure Blend or **Child Care: Immune Plus (Organic)** Pure Blend (for kids) to hands after washing and rub it in. Due to the volatile nature of the pure plant extracts, it will absorb instantly and leave clean, protected hands.

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

[www.absoluteessential.com](http://www.absoluteessential.com) Absolute Essential Ltd, Auckland





## Enhance detoxification naturally with clean supplements and healthy habits



BIOTRACE  
Bio Allicin

BIOTRACE  
Bio Iodine Plus



BIOTRACE  
Bio MCP

BIOTRACE  
Glutathione

Detoxification is one of the most vital processes the body undertakes. It filters out all the toxins that are introduced into the body, through the food that we consume and the environment we live in. The body detoxifies in order to manage weight, provide energy, support the organs, maintain the immune system, and support cognitive abilities while also improving skin and hair condition.

Although the body's detoxification process is automatic and out of our control, we can support it by taking clean supplements that aid the process. Antioxidants are key to helping our body detoxify whilst protecting our body from damage caused by free radicals. Plant-based antioxidant supplements derived from food sources are some of the best sources of antioxidants.

Garlic is a common cooking ingredient and has been used for thousands of years in treating various ailments due to its high antioxidant content. BioTrace Bio Allicin contains high dose garlic bulb extracts and is a potent antioxidant which supports the immune system, cardiovascular health and detoxification.

Glutathione is known as the master antioxidant and plays an important role in the body by protecting our cells from metabolic stress and toxins. As we age, glutathione levels naturally decline, even though it is vital for detoxification in the liver. BioTrace Glutathione is a food source supplement that provides comprehensive antioxidant support with broccoli sprouts for maximum bioavailability.

Minerals also help with detoxification and iodine which remove toxins from the body.

BioTrace Iodine Plus contains kelp which is naturally high in elemental iodine and doubles as a powerful antioxidant. Parsley is then added into the formula for its antioxidant properties to create a powerful herbal formula. This helps protect our body from oxidative stress.

Modified citrus pectin helps detoxify the body without causing any adverse side-effects or disturbing essential minerals. BioTrace MCP is derived from the white inner peel of citrus fruit and supports the kidneys in detoxifying our body.

Apart from supplements, we can also practice healthy habits to help our body detoxify:

1. **Limit alcohol intake** – Our livers break down most of the alcohol we consume and convert it into a harmless substance called acetate which we then eliminate.
2. **Drink water regularly** – Water regulates our temperature, supports digestion, lubricates our joints and removes toxins from our body.
3. **Get plenty of sleep** – Sleeping helps our brain recharge and reorganise while our body removes toxins that accumulate during the day.
4. **Eat less sugar and processed foods** – Junk food increases our risk of obesity and diabetes which hinders our organs' ability to detoxify.
5. **Exercise** – Being active helps reduce inflammation which enables our body's detoxification process to function normally.

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

\*Terms and conditions apply. While stocks last. Always read the label and use as directed. If symptoms persist see your healthcare professional. BioTrace Ltd, Auckland.

### Recipe



## Coconut water kefir Recipe: Little Bird Organics

Having a healthy gut's probably the single most important thing to focus on in your pursuit of creating or maintaining a vibrant and healthy body.

We all know probiotics are something we need more of, but few people know how simple it is to create your own!

#### Ingredients

- 4 cups coconut water
- 3 tbsp water kefir grains or a water kefir starter (Easy Kefir or Body Ecology are good)

#### Tips

As an alternative, you can purchase ready to use coconut water kefir and add a few tablespoons to your coconut water as a kefir starter. Repeat the same process as above, replacing kefir grains or kefir starter with coconut water kefir.

#### Method:

Take a jar or bottle with a pressure release lid (like a flip-top lid with a rubber seal). Place the coconut water and kefir grains or starter in the jar.

Allow to ferment at room temperature (or in a warm spot if you live in cold weather) for 18–36 hours. The fermentation will depend a lot on how warm the room temperature is. It's good to try every 12 hours to check how fizzy and fermented it is.

Strain off the kefir grains (if using) once kefir is fizzy.

#### Storage:

They will store in the refrigerator for up to 3 weeks. You will need to keep feeding them. Check the instructions given to you by your water kefir grain supplier.

Use your coconut water kefir to create your own kefir drinks, coconut yoghurt or bread.

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# Powerful immune support

Prepare your immune system to battle winter's bugs! This essential immunity trio from Harker Herbals is designed to boost immunity and sharpen immune defences.



## HARKER HERBALS Vira Guard

Loaded with black elderberries, this super syrup contains anthocyanins; powerful antioxidants that work with the immune system to enhance the body's response and keep it functioning at its best. Combined with other immune boosting superstars of Echinacea, Olive leaf and Andrographis, Vira Guard is suitable for everyday use and essential to have on hand if winter bugs do strike.



## HARKER HERBALS Immune Boost

A great everyday support for those prone to repeat illness, low energy and feeling rundown. This is a carefully blended combination of 5 powerful immune boosting ingredients; Siberian Ginseng, Echinacea, Astragalus, Withania and Reishi mushrooms. This is a year round syrup also suitable when under long term stress to help keep immunity strong.



## HARKER HERBALS Vitamin C

This delicious high strength syrup sources Vitamin C from organic Sea Buckthorn berries – a whopping 650mg per dose for adults. A 100% natural plant-based syrup, this Vitamin C is easily absorbed and complements all your immune building efforts.

\*When you buy either 250ml Vira Guard or Immune Boost. While stocks last. Always read the label and use only as directed. If symptoms persist see your healthcare professional. Harker Herbals, Waipu.

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FREE HIGH  
STRENGTH  
VITAMIN C  
100ML\*

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# Helping our communities



## Making a wheel difference

Bethlehem Health Shop are proud to be a collection point for Bread Tags for Wheelchairs, which was founded by Mary Honeybun in 2006 in Capetown. Through recycling of bread tags, they are able to fund and provide two to three wheelchairs to adults and children around South Africa every month! Having a wheelchair brings independence and mobility to the recipient and makes a big difference to their families too. It takes around 200 kg of tags to bring in enough money to buy one wheelchair... **so save your bread tags and drop them into Bethlehem Health Shop in Tauranga or for more drop off points, go to: [facebook.com/nzbreadtags/](https://facebook.com/nzbreadtags/) or [breadtagsforwheelchairs.co.za](https://breadtagsforwheelchairs.co.za)**



Nadia with the Health for Life team (Chris, Julie and Leng).

## A surprise guest

Health for Life on The Square also had a surprise visitor this month. One of our favourite celebrity cooks and nutritionists Nadia Lim came into the store to pick up her favourite health products.

## Busy times in Feilding

Health For Life Feilding have been active in their local community in the last few months. As well as donating raffle prizes for the British and European Car Show where all proceeds went to St Johns Ambulance. They've also helped to fund the Feilding Golf Club Member Register publication and the Districts Brass Band concert.



## Upcoming Events

**Don't miss our upcoming in-store events, a chance to meet the experts and learn more about your health and well-being with a group of like-minded people.**

### Introduction to Homeopathy for Children

Saturday 2nd May - 3:15pm to 5:30pm  
Bethlehem Health Shop, Tauranga  
Cost: \$25 (limited to 8 people per class)

### Brett Elliott, founder of the Ultimate Herbal Detox - Cleansed & Cured

Health for Life Coastlands, Paraparaumu  
Mon 29 April - 11:00am

Health for Life on The Square, Palmerston North  
Fri 1 May - 6:00pm

Health for Life, Feilding  
Mon 4 April - 6:00pm

### The Gut Brain Connection with Laura from BePure

Tonic Health Chartwell  
Wed 11 March - 6:30pm - 8:30pm  
Cost: \$20, redeemable off product

### Living Nature Luxury Facials with Jacqui Parangi

Tonic Health Chartwell  
Thursday - 6:00pm, 7:00pm and 8:00pm  
Price: \$50  
Booking required

**For more events go to [communityhealthstores.co.nz/events](https://communityhealthstores.co.nz/events)**



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\* If symptoms persist or you have  
symptoms with normal iron levels,  
please see your Doctor

### Store profile



## Meet the team at Tonic Health

We talk to Derek Hill, business owner of three Tonic Health stores,  
which make up the Hamilton contingent of Community Health Stores.  
We find out all about his passion for health and well-being.

#### How long have you been in business and leading Tonic Health?

I started in the Natural Health business in 1999. Things have definitely changed since then with a huge increase in awareness of natural health supplements, healthy eating and lifestyle. Our goal has always been to help people live healthy lives, which I think has helped us retain our loyal customer base over the past two decades. Today we are constantly hearing about new products, diets and different natural health ideas, which means providing quality education and advice is more important than ever.

#### How did you get started in the health and wellness industry?

My Mum helped to get me established in the Downtown Plaza store (now Centre Place). Mum is a fountain of knowledge for all natural health matters. She is retired now but is still advising me on the latest health products. When we started, natural health was seen as very 'alternative' and now its more the norm. In 2017 it was reported that 72% of adults prefer to give their children a natural health product.

#### What makes Tonic Health stores unique?

Our staff. They have the same passion as we do to improve the health of others, with many years of knowledge and credentials. I think it's helpful for customers to know that they will receive a high level of service and expertise when they visit our stores. If there are any follow up questions or advice needed we are just a phone call away.

#### As one of the founders of Community Health Stores, why was it important to set up the Community Health Stores group?

It has been wonderful to be part of the Community Health Stores journey so far. The stores are all independent and locally owned and operated. We work together in order to get our message out through marketing channels like this magazine. This includes the importance of using high-quality health supplements, eating well and living a healthy lifestyle. For us it's not about selling as many products as cheaply as possible. That's our difference and why the customer will benefit long-term by seeking us out.

### Come see us in-store for:

- Naturopath appointments
- Nutritionist appointments
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- Eco Tan spray tans
- Mineral testing
- Beauty therapists introduction to natural skincare.

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

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