

FREE

# Healthy *by* Nature

Sharing a commitment to healthy communities

ISSUE #9 SPRING 2020



SPECIAL  
OFFERS  
IN-STORE  
TODAY

Dr Libby Weaver on  
**YOUR STRESS  
HORMONES**

**HORMONE  
LOVING  
SNACKS**

**EASY HOME  
WORKOUTS**

**WIN ManukaRx  
ESSENTIAL SKIN OILS**

**THE ULTIMATE  
SELF CARE CHALLENGE**

# The Good Vitamin Co.

is now available at Community Health Stores

A WIDE RANGE  
OF KIDS  
AND ADULTS  
PRODUCTS NOW  
AVAILABLE

At The Good Vitamin Co. we have researched and developed our unique soft chew vitamin range that we believe will benefit kids and adults health.

Our mission is simple: To enhance your families health and wellness by changing the way you take traditional vitamins. We make soft-chew vitamins that are convenient for on the go, great tasting, and most importantly fun!

While it's always best to try to fulfil all your nutritional needs through eating a wide and varied diet, for many people supplementation is necessary to fill the gaps, particularly if you have allergies and food sensitivities.

The Good Vitamin Co. soft chew formulation is:

- ✓ Pectin fruit base
- ✓ Gelatin free
- ✓ Vegan friendly
- ✓ Gluten free certified
- ✓ Dairy, egg, nuts, soy free
- ✓ Halal certified
- ✓ Natural flavours and colours
- ✓ Non-sugar coated



## Tried apple cider vinegar but couldn't get past the taste?

The Good Vitamin Co. Good Apple Cider Vinegar Soft Chews contains all the benefits of traditional apple cider vinegar, without the unpleasant taste.

Good Apple Cider Vinegar benefits:

- ✓ Support for detoxification
- ✓ Support for weight management
- ✓ Appetite management
- ✓ Skin health
- ✓ Digestion
- ✓ Contains Fig and Grape seed for antioxidant protection
- ✓ Enriched with B vitamins for skin benefits
- ✓ Easy to take
- ✓ With "The Mother"

Always read the label and use as directed. Vitamins are supplementary to a balanced diet. The Good Vitamin Co, Auckland





## Contents

# In this issue

It's great to be back! We've had so much fun writing this issue and bringing stories to you that might not have been thought of over the last few months.

We've all been on an emotional rollercoaster this year. It's highlighted all the things that mean the most to us and the importance of health and well-being for yourself and your loved ones.

We talked to three fabulous experts who give us their take on self care and what you can do in your life to set new routines and habits to help achieve more balance.

We're also all about your hormone health this issue. Dr Libby Weaver gives us the inside scoop on your stress hormones and symptoms to look out for.

Nicole Freebairn, Community Health Stores Nutritionist and Founder of Natural Nourish Co talks hormones and the best way to nourish them with nutrients. She also shares her yummy recipe for Raspberry Coconut Balls for you to make at home.

Thanks so much to all our lovely customers for your ongoing support. It really means a lot to us. We wouldn't be here without you.

**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.

## 7. Dr Libby: Stress hormones

Could your body be trying to tell you that stress is taking its toll?

8.



## The ultimate self care challenge

Easy ways you can introduce self care into your routine.

## 11. Snacks your hormones will love

Recipe: Raspberry Coconut Balls.

13.



## The best at home workouts

We review online workouts you can try in the comfort of your own home.

## 15. Meet your local health expert

Julie from Health Essentials in Sylvia Park.



ONLY  
\$37.90\*

**SUPPORTS TENSE AND  
TIGHT MUSCLES**

**EASILY ABSORBED  
MAGNESIUM**



ONLY  
\$37.90\*

**SUPPORTS MUSCLE  
RELAXATION**

**ETHICAL NUTRIENTS**

Always read the label. Follow the directions for use. If symptoms persist consult your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Metagenics (NZ) Ltd. Auckland. ETH9905 - 07/20. NA 12080.

\*Terms and conditions apply. Check in store for details.

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

Thank you to: Bronwyn Lowe, Catherine Murray, Claire Mossong, Danelle Bourgeois, Dr Libby Weaver, Elly Strang, Georgia Baker, Julie Ross, Monique Hemmingson, Nicole Freebairn, Rachel Grunwell, The Community Health Stores Group, Tracy Benton, Unsplash, Webstar Print.

TAPS: PP6396

## Solgar® Quercetin Complex with Ester-C® Plus

**Solgar® Quercetin Complex with Ester-C® Plus is exclusively formulated by Solgar and combines the important bioflavonoid Quercetin with Ester-C® and Bromelain.**

Quercetin is a non-citrus bioflavonoid that works in synergy with vitamin C. Bioflavonoids are naturally present in fruit, vegetables and herbs, and are a class of powerful phytochemicals. They help maximise the benefits of vitamin C as they prevent the breakdown of this immune supporting vitamin in the body.

- Unique complex that supports immunity
- Includes seasonally supportive Quercetin and Bromelain
- Utilises patented stomach friendly form of vitamin C, Ester-C®
- Strong protection against oxidative stress
- Vegan, Vegetarian, Kosher.

Made using only naturally sourced ingredients and innovating since 1947, Solgar® is your perfect supplement to good health – 98% of Solgar® consumers recommend the brand.\*

ONLY  
\$35.90\*\*



Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ Ltd, Auckland. TAPS PP6179

\*Global Praxis online shopper survey 2017, which included 3,882 VMS consumers.

\*\*Solgar® Quercetin Complex with Ester-C® Plus Vegetable Capsules 50 caps only \$35.90. While stocks last. Terms and conditions apply.

## Solgar® Prenatal Nutrients

**Solgar® Prenatal Nutrients unique proprietary formula provides 100% of the daily value of most of the essential vitamins and minerals for pregnant and lactating women.**

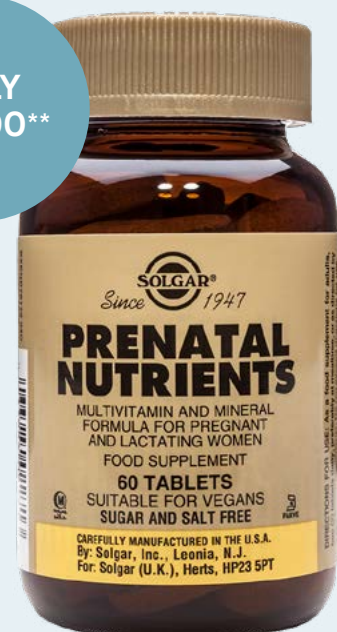
Nutritional requirements dramatically increase during pregnancy and when a woman is breast-feeding. Good nutrition and lifestyle habits promote normal weight gain in the growing foetus and positively influence the progress and outcome of the pregnancy.

However, many nutritionists acknowledge it may be difficult for a woman to obtain the required extra amounts of essential vitamins and minerals. As such, a prenatal supplement is often recommended to ensure that both mother and baby get all the nutrients needed for optimal health such as, folic acid, calcium and iron.

- Especially formulated for the needs of pregnant and lactating women
- Rich in 20 pregnancy supportive nutrients
- Provides folic acid, plus calcium, iron and B vitamins
- Includes potent antioxidant vitamins C and E to protect against oxidative stress
- Vegan, Vegetarian, Kosher, Halal.

Made using naturally sourced ingredients and innovating since 1947, Solgar® is your perfect supplement to good health – 98% of Solgar® consumers recommend the brand.\*

ONLY  
\$24.90\*\*



Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ Ltd, Auckland. TAPS PP5859

\*Global Praxis online shopper survey 2017, which included 3,882 VMS consumers.

\*\*Solgar® Prenatal Nutrients 60 tablets only \$24.90. While stocks last. Terms and conditions apply.

## 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](http://www.healthessence.co.nz)

#### Lemon Tree Organics

107 Queen St  
Auckland  
Tel 09 303 3107  
[www.lemontreeorganics.co.nz](http://www.lemontreeorganics.co.nz)

#### Lemon Tree Organics

Westfield St Lukes  
Auckland  
Tel 09 846 4477  
[www.lemontreeorganics.co.nz](http://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](http://www.tonichealth.co.nz)

#### Tonic Health Chartwell

Shop 125  
Chartwell Shopping Centre  
Hamilton  
Tel 07 854 8342  
[www.tonichealth.co.nz](http://www.tonichealth.co.nz)

#### Tonic Health The Base

The Base  
Formation Drive  
Te Rapa  
Hamilton  
Tel 07 847 0340  
[www.tonichealth.co.nz](http://www.tonichealth.co.nz)

#### The Herbal Dispensary

6 Wallis Street  
Raglan  
Tel 07 825 7444  
[www.theherbaldispensaryraglan.co.nz](http://www.theherbaldispensaryraglan.co.nz)

### BAY OF PLENTY

#### Bethlehem Health Shop

229c State Highway 2  
Bethlehem  
Tauranga  
Tel 07 576 9442  
[www.bethlehemhealth.co.nz](http://www.bethlehemhealth.co.nz)

#### Gate Pa Complete Health Shop

Shop 13  
1000 Cameron Road  
Tauranga  
Tel 07 579 6262  
[www.gatepacompletehealth.com](http://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](http://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](http://www.healthforlife.co.nz)

#### Health for Life Feilding

102 Fergusson Street  
Feilding  
Tel 06 323 8301  
[www.healthforlife.co.nz](http://www.healthforlife.co.nz)

#### Health for Life Coastlands

Shop 27  
Coastlands Shoppingtown  
Paraparaumu  
Tel 04 296 1227  
[www.healthforlife.co.nz](http://www.healthforlife.co.nz)

For more information visit  
[communityhealthstores.co.nz](http://communityhealthstores.co.nz)  
or follow us on



# NUTRA-LIFE®

# NEEDING JOINT SUPPORT? TAKE JOINT BIO-FLEX

NEW

2 FOR  
\$39.90  
SAVE \$19.90



# 10 x STRONGER\*

STARTS WORKING FROM 7 DAYS^

\*Compared to standard Boswellia.

^Individual experience may vary.

Always read the label. Use only as directed. If symptoms persist, talk to your health professional.

Supplementary to and not a replacement for a balanced diet.

People allergic to shellfish or seafood should not use this product.

Vitaco Health (NZ) Ltd., Auckland 11225\_NZ DA2044AS047

WIN!

MANUKA  
NEW ZEALAND  
Rx



## WIN A SET OF TWO LUXURIOUS MANUKARX ESSENTIAL SKIN OILS

We have one set of two ManukaRx essential skin oils to give away to a lucky reader. Simply go to [communityhealthstores.co.nz/manukarxgiveaway](http://communityhealthstores.co.nz/manukarxgiveaway), enter your details and be in to win.\*

\*Terms and conditions apply. Please see our website for more details.



# ORGANIC HEMP OIL RANGE

Natural body and haircare products designed to help maintain healthy, youthful and restored skin and hair.

A PLANT-BASED POWERHOUSE TO SOFTEN, HYDRATE AND ILLUMINATE



VEGETARIAN



\*Terms and Conditions apply. Promotion runs in CHS stores from the 1st September-30th November 2020. While stocks last.

**FREE GIFT**  
with purchase  
over \$59.00\*

\*FREE 50ml  
Deodorant Cream  
valued at \$19.90

## Make the Switch

100% NATURAL  
DEODORANT CREAMS

Designed to absorb  
moisture and prevent  
odour-causing bacteria  
while soothing the skin.



\*Terms and Conditions. Promotion only valid at participating CHS stores until 30 November 2020. While stocks last. Not in conjunction with any other offer.

# Stress and your hormones

If you've experienced some challenging symptoms over the past few months, you're not alone. Be it an increase in bloating and digestive discomfort, or more anxious feelings, disrupted sleep, skin challenges or cycle-related symptoms, these can all be linked to increased stress hormone production.

When there is significant change to our day-to-day lives outside of our control, it's natural to have experienced some stress or worry across this time—whether we consciously acknowledge those feelings or not.

The two key stress hormones that our bodies produce are adrenaline and cortisol. To the body, any kind of stress, whether it's because we're in immediate danger or feeling financial, relationship or work pressure or uncertainty, is interpreted as a direct threat to our life. Its protective mechanism is to fire off stress hormones, which are designed to get you out of danger.

Words by Dr Libby Weaver

## Adrenaline

Our acute stress hormone adrenaline is responsible for the fight-or-flight response. It has us on red alert and can drive anxious feelings, a racing heart, unstable energy levels and subsequent sugar cravings, disrupted sleep—difficulty falling asleep, waking more frequently or not sleeping as restoratively.

It also diverts blood flow away from your digestive system to your arms and legs—because if you're in danger you need a powerful blood supply to your periphery to help you fight or flee. So, when the production of adrenaline is relentless, this can contribute to poor digestion and may result in bloating, cramping, reflux and/or changes to bowels.

## Cortisol

Cortisol is our chronic stress hormone. Historically, the only long-term stress humans had were things like floods, famines and wars; all scenarios where food may have been scarce. Fortunately, many of us now have access to more than enough food, but our biochemistry hasn't changed. So, high cortisol still leads to the breakdown of muscle mass to slow your metabolic rate—which would be advantageous

if we were trying to survive a food shortage. It can also interfere with our sex hormone balance and sleep cycle.

So how can we support our body when we are faced with an ongoing stressful or worrying situation? We can't simply instruct our body not to produce so many stress hormones but one way we can influence this response is via how we breathe. Diaphragmatic breathing is a powerful way to activate the calm arm of our nervous system and decrease our stress hormone output. Try 20 long, slow breaths regularly across your day and before bed, as when done consistently, this can lead you to feel calmer and more resilient.

To learn more from Dr Libby, visit her website [www.drlibby.com](http://www.drlibby.com).

Want to find out more about supplements that can help support your stress hormones? Come into one of our stores today. Find your closest store at [communityhealthstores.co.nz](http://communityhealthstores.co.nz)



ANTIPODES®  
*Manuka Honey*  
for your  
**Brightest Skin Ever**

Manuka honey is deeply moisturising and anti-bacterial. Perfect for youthful, fresh and blemish-free skin.



# Finding your Self Care Routine

Words by Bronwyn Lowe,  
Monique Hemmingson  
and Rachel Grunwell



Self care plays an essential part in our lives, leading to more balance, better health, and a greater sense of calm. While our lives often seem too busy and demanding to take even a moment for ourselves, our three experts show that in just a few minutes a day you can find your own self care routine.

## What does your self care look like?

Self care sets you up for being healthier and happier, says **Rachel Grunwell**, wellness coach and speaker, and author of *Balance: Food, Health + Happiness*. Self care also looks different for everyone.

She suggests thinking of an activity which brings you joy and nourishes your soul. Commit to doing it at a set time each day of the week. Then unapologetically showing up to this commitment.

“Keep up the ritual and don’t worry about being good at it! It will start as a challenge, but if you commit to a new behaviour for long enough, it becomes a ‘lifestyle’, something you do without thinking which underpins your health.”

## Self care projects

Starting a fitness journey is a popular way to initiate a self care routine, says Rachel.

“A walk improves your health and is epic for calming your body and mind. It’s also the smartest way to start the journey of learning how to run, if you wish. The movement will help you feel good, and assist your brain to operate sharper.”

Another project is to actively work on self compassion, which leads to a higher likelihood of committing to healthy behaviours like exercise and nutrition.

“Start this journey by writing three things in a journal daily that you love about yourself,” suggests Rachel. “My wellness clients often find this really difficult, but I remind them they should always talk to themselves like they would talk to their best friend.”



Mindfulness is a self care tool which helps you live a calmer, happier, and less stressful life. Begin by reading a book or article on the topic, attend a course, or enlist the guidance of a coach like Rachel, who can clarify how to use mindfulness in a real and relatable way.

## Finding calm

Many of us live an exhaustingly full lives, putting a strain and pressure on our social, mental, and physical health, says **Monique Hemmingson**, author of *Wild Kinship* and wellness advocate.

"Finding ways to be still and mindful amongst the noise and chaos means we can be more sustainable in the long term and happier in our journey."

Integrating self care into our daily routine means we become rested and recharged with a feeling of joy and lightness, ready to take on our full lives.

## Keeping it real

It's important to be realistic with yourself and what suits your lifestyle, says Monique. Choosing a self care task or routine which is not achievable will only put more pressure on you.

Think about what is going on around you when you have that warm, contented, feeling of joy, and then make a list.

"Chances are it won't be something huge. It could be a slow morning with a hot cuppa, snuggles with your loved one, a particular playlist or podcast, settling in with a good book, being with nature, or burning a candle."

Choosing one or more of these activities to do each day helps us to be present in what brings joy and acts as a wonderful and achievable form of self care.

## Learning your own rhythm

Slowing life down is one way to introduce self care, says **Bronwyn Lowe**, medical herbalist and Community Health Store owner, as is honouring your own circadian rhythm.

"If you're a morning person, get up 20-30 minutes earlier to have some time for yourself, a longer shower, an early cup of tea, or a short walk outside. If you're more of a night owl, schedule some time at the end of the day to unwind, away from distractions, have a bath, put on your favourite music or read a book."

Starting the day in the right way can help to increase energy levels during the day, and aid sleep patterns at night. Bronwyn suggests that as you wake, let the daylight in by turning the lights on or opening the curtains.

"Eat breakfast in a relaxed and mindful manner - don't rely on a grab-and-go snack. Try to include complex carbohydrates and a portion of protein. If you really can't face food early in the day, have a healthy meal at morning tea. In the evening, eat your dinner early, at least two hours before bed, to allow time for your body to digest the meal."

Also aim to be relaxed and in bed by 10pm, as many studies show the sleep before midnight is the most beneficial for rest, repair, and healthy immune function.

## Accept the challenge

To create healthy habits, choose one task and consolidate your goals down into achievable amounts, recommends Bronwyn.

"Pick one new self care goal and stick to it for two weeks before introducing the next one. To create accountability, share your goals with family or friends, or have them join you in setting and managing your goals."

Whatever you're doing, take the time to be present and mindful in the space you're in at any given moment, says Bronwyn.

Visit your local CHS store and ask your healthcare professionals for their advice on how to introduce self care into your daily routine.

NEW



LIVING NATURE®  
Uniquely New Zealand

## GLAMOROUS NATURAL LIPSTICK

FREE WHEN YOU  
SPEND \$39 OR MORE  
ON LIVING NATURE\*

Enriched with active natural  
ingredients for healthy lips.










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

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:
<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.			

## DETOX YOUR GUT FOR SPRING 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 improved circulation.

100%  
NATURAL  
INGREDIENTS



### TRY POO BREW TODAY!

Available at The Health Shop, Shop 36, Centre City, New Plymouth  
Call 06 759 4342 or visit [www.thehealthshop.nz](http://www.thehealthshop.nz)

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



# Snack smarter for your hormones



Words by Nicole Freebairn

Hormones can be a little tricky sometimes. These days we almost expect them to cause us trouble. Fortunately, it doesn't have to be this way! Our hormones do incredible things for our body, and when they're in balance, we should feel absolutely amazing.

One of the simplest ways to look after our hormones is to nourish them with good nutrients. The food we eat can have a big impact on how our hormones are produced and regulated. For example, all hormones in the body are derived from either protein or fat - so it makes sense that we should eat enough good quality protein and fat containing foods.

Hormones also love fibre (think plant-based foods). Fibre helps feed our good gut bacteria and keep us regular. This is more important than you may think when it comes to hormone health. Many of our used hormones, for example estrogen, as well as substances which may interfere with hormonal function are eliminated through the gut. When feeding your hormones, think protein, fats and fibre. You may find it simple enough to fill this criteria for breakfast, lunch and dinner, but an area that we often struggle with are the snacks. Luckily, there are many options that will satisfy both your hormones and your taste buds, like these yummy Raspberry Coconut balls.

Nicole is a Holistic Nutritionist (BSc) specialising in women's health and hormones. She runs a clinic in Hamilton and sees clients both in person and virtually. Get in touch with Nicole either by email [hello@naturalnourishco.co.nz](mailto:hello@naturalnourishco.co.nz) or on Facebook or Instagram @naturalnourishco.



## Don't have time?

Try these quick snacks:

- Apple slices + peanut butter
- Vegetable sticks + hummus
- Greek yoghurt + berries + crushed almonds
- Hard boiled eggs
- Rice cakes + avocado

## Raspberry Coconut Balls

Serves: 12

### Ingredients

- 20 pitted dates
- 1 cup desiccated coconut
- ½ cup raw cashew nuts
- ½ cup almonds
- 2 tsp freeze-dried raspberry powder
- 1 tbsp coconut oil
- 100g dark chocolate (optional)

### Method:

Soak dates in boiling water for 10 minutes to soften and then drain. Combine all ingredients in a high-powered food processor and blitz until smooth.

Let the mixture cool in the fridge for about 10-20 minutes. Use a tablespoon to scoop out the mixture and roll into balls.

Drizzle with melted chocolate if desired. Store in the fridge in an airtight container for up to 10 days.

## Felix The Feel Good Supplement!

### Felix Saffron 30sc

Felix® is a feel-good supplement with a highly specialised affron® (saffron) extract.

- Support balanced mood
- Provide support to stress eaters
- Support for worry, cognition and vitality

### Felix Advanced 60sc

Saffron extract may help to maintain a positive, healthy mood and support mood balance!

- Modern science has now confirmed saffron's ability to support positive mood and healthy appetite
- Maintain a positive, healthy mood
- Support balanced mood
- Provide support to stress eaters
- Contains BCM-95 curcumin extract - additional mood supporting properties





15% OFF  
THESE FEATURED  
PRODUCTS\*

## Start Spring fully charged with natural supplements



**BIOTRACE**  
Cogni Complex

**BIOTRACE**  
Bio Adapt



**BIOTRACE**  
Fish Oil  
Omega-3 Plus

**It's common to find ourselves sapped of energy, irritable, finding it difficult to concentrate and generally feeling a bit under the weather right after winter but it's now spring! Make sure you take advantage of the warmer and longer days by being fully recharged both physically and mentally.**

Spring means more sunlight, better weather, and more opportunity to work out which means overall, our bodies are going to be a lot healthier. Be sure to be sun smart and slop on the sunscreen, keep hydrated and replenish your electrolytes with BioTrace Elite Electrolytes. You can add into your water for a little electrolyte boost, it's economical, contains no sugar and is ideal for active people on the move. Keep one in your workout bag and add it to your workout drinks.

A balanced diet is also important for replenishing your energy so make sure to include fresh fruit, green leafy vegetables, whole grains, lean meats and dairy products.

For an added boost, take natural supplements from food sources that are easy for the body to absorb and utilise.

### The BioTrace Difference

**Our supplements are natural and from whole food sources. Where possible we avoid synthetic ingredients that are made artificially. It's unclear how well synthetic supplements are absorbed, but research shows the human body will use nutrients best when it is in a whole food form.**

Super charge your energy levels with adaptogenic herbs. Adaptogens have been used for centuries to help support the body with

stress by balancing hormone levels, enhancing immune systems, and boosting energy levels. BioTrace Adapt is a potent herbal blend containing four adaptogenic herbs including ashwagandha for the brain and nervous system, Siberian ginseng for stress and immunity, Astragalus root for brain health and immunity, and Schisandra berry to support the heart, liver, kidney and brain.

For a double whammy, combine that with the BioTrace Cogni Complex, a powerful blend of herbs for brain health that includes Bacopa to support mental clarity and energy levels, Ginkgo to support brain function, and other herbs such as Rosemary with powerful antioxidant properties. Antioxidants can help with supporting not only brain health but also mental clarity and alertness to make sure you're spring ready.

Fish oil is vital to supporting our brain health and mood, since healthy brain and nerve cells depend on omega-3 fatty acids. Many of us don't consume the recommended amount of seafood in our diet that is essential to our health due to various reasons such as not liking the fishy taste. BioTrace Fish Oil Omega-3 Plus has a fresh lemon taste with a low fish odour and is one of the best sources of uncontaminated fish oils. It's won the iTQi superior taste award and is a clean and rich source of omega-3 due to being CO<sub>2</sub> filtered and sourced sustainably from Icelandic herring rather than deep sea fish contaminated with heavy metals.

**Talk to your local Community Health Store about how these products can help you get a spring in your step.**

\*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.



# Let's get physical (from home)

Words by Elly Strang

Home workouts are by no means a new invention, but they've reached a whole new level of popularity this year thanks to the COVID-19 pandemic. While many gyms and fitness studios around the world have been forced to close as a health and safety measure, online workouts have stepped up to fill the fitness gap left in people's lives.

Whether it's a virtual yoga class or an app-based personal trainer, the digital world is all about convenience and having access to a range of workout choices. With life still being unpredictable here in New Zealand, the opportunity to get your sweat on affordably, without leaving the four walls of your home is incredibly appealing. With that being said, here's some of our favourite online platforms to work out from home with.

## Yoga with Adriene

**YouTube (free) and App (free with in-app purchases)**

Adriene became a fan favourite during lockdown and is now an online yoga phenomenon. The 35 year old yogi has eight million YouTube followers, and for good reason: she's relaxed, unpretentious and instructs her viewers to be at ease and get comfy at home during each video. Her dog Benji is also an icon in his own right due to often popping into her videos. There's a huge selection of free content to suit every mood, from yoga for stress relief to yoga for weight loss, right through to practices that are under 10 minutes if you are short on time.

**Perfect for:** Busy Mums wanting to sneak in a yoga session during the day to first-time yogis.

**Equipment needed:** A mat.

## Nike Training Club

**App (free)**

Nike has a fitness app, what may surprise some people is that it is full of great classes for all experience levels and is totally free. The app allows you to browse by the muscle group you want to target or by the type of workout, and there's also workouts for specific purposes, like boosting your mood or working out with the whole family. One fun feature is a rewards system that collects data as you train and awards you trophies like 'Early bird' and 'Beast mode', while also congratulating you on milestones as you track your workouts.

**Perfect for:** Those who are just getting started and want to track their fitness.

**Equipment needed:** None, basic and full equipment.

## Madfit

**YouTube (free)**

If you're struggling with the motivation to work out because you find it too boring or hard, then Madfit is the girl for you. She's a fitness influencer who's risen to fame during quarantine for her fun workout videos that combine dance moves with workouts that are set to popular songs. Maddie's energy is infectious, the routines are short and easy to follow and better yet, they don't require any equipment. They're also set to music like Lady Gaga and Ariana Grande's Rain On Me, which makes her routines fun to do home alone or with the whole family.

**Perfect for:** People who need to trick themselves into doing exercise.

**Equipment needed:** Optional – a mat.

## Keep It Cleaner

**App (\$22 a month) and Instagram (free workout videos available)**

Keep It Cleaner is a one-stop shop for all things wellness related founded by two Australian models, Laura Henshaw and Steph Claire Smith. It's safe to say the App has everything covered: it comprises boxing, HIIT, running, strength, pilates and yoga workouts, as well as a meal planner, mindfulness exercises and other wellness advice. It even has a period tracker. If you're wanting to invest in your health and record your meals and workouts in one place, then this platform will be a perfect match.

**Perfect for:** Those who are passionate about fitness and want a holistic view of their health.

**Equipment needed:** None, basic and full equipment.



# Natural Sleep Support

**\$5  
OFF\***



**Kiwiherb Sound Asleep** is a fast-acting herbal formula to support falling asleep and staying asleep, and support the nervous system for a better night's sleep.

**Kiwiherb.co.nz**

\*\$5 off RRP Kiwiherb Sound Asleep 100ml & 200ml. Offer available Sept 1 - Nov 30, 2020. Not available in conjunction with any other offer.

Always read the label and use as directed. If symptoms persist, talk to your health professional. Phytomed Auckland.

# Powerful immune support

Choose from Elderberry, Echinacea or Olive Leaf to keep your immune system in tip top shape. These immune boosting superstars are fortified with Vitamin C and Zinc to help keep the family healthy all year round.

SUITABLE  
FOR ALL  
AGES FROM  
1 YEAR



## HARKER HERBALS

Echinacea with Vitamin C+ Zinc

Echinacea has long been used to strengthen immune defences. Scientific research identifies alkylamides in Echinacea root as supporting production of white blood cells, the body's natural defenders.

## HARKER HERBALS

Elderberry with Vitamin C+ Zinc

Elderberry is a go-to ingredient for all round good health due to its high levels of anthocyanins. Science shows anthocyanins are very useful to support strong immune defences and a great antioxidant.

## HARKER HERBALS

Olive Leaf with Vitamin C+ Zinc

Olive leaf is naturally rich in oleuropeins, flavonoids and polyphenols, scientifically researched to support immune defences, cardiovascular health and healthy blood sugar levels. Mediterranean people know what's good for them!

## HARKER HERBALS

High Strength Vitamin C

Just want a great tasting Vitamin C? There's a hefty 650mg of Vitamin C in each adult dose – a super source of antioxidants to fight free radicals and support immunity.

These formulations include a highly bioavailable zinc to support recovery from illness and 550mg of Vitamin C per adult dose (sourced from organic Sea Buckthorn berries).

Take any of these combinations to help stay well or support recovery when illness strikes.

SAMPLE  
THESE IN  
STORE

Always read the label and use only as directed. If symptoms persist see your healthcare professional. Harker Herbals, Waipu

# 20% OFF INTRODUCTORY OFFER\*

  
lifestream®

NEW



## YOUR 365-DAY IMMUNE PROTECTION

### DOUBLE ACTION IMMUNE EFFECT

A super **prebiotic and everyday immunity** protection formula for your everyday immune defence.

Gut Immune support 

Respiratory support 

Immune Defence support 



WINNER  
**NUTRA**  
INGREDIENTS USA  
AWARDS 2020

WITH NEW ZEALAND SOURCED,  
PREBIOTIC OF THE YEAR LIVAX®

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

  [lifestreamwholefoods](https://lifestreamwholefoods.com)



100% New Zealand Owned



## Store profile

# Meet the team from Health Essence

This issue we meet Julie from Health Essence in Sylvia Park, Auckland.

### How long has Health Essence been open?

I have owned Health Essence in Sylvia Park, Auckland since July 2017. I had worked for a natural therapies college for 12 years prior to buying this shop. I wanted to be doing something that would help people find their way to (or back to) wellness.

### What is your background with health and wellness? What do you specialise in or have a passion for?

I am a qualified Homeopath and have completed short courses in Aromatherapy and Flower Essences to name a few. I've always been interested in using natural medicines and therapies where possible and now I enjoy sharing that knowledge with our customers to assist them with their well-being.

### What challenges have you had to face as a business through COVID-19 and lockdown?

It was a tough and emotional time that's for sure, but oddly it has been very strengthening and exciting too. It was great to provide supplies to our customers during Level 3 for orders placed by phone and email. Given trading was difficult, we are excited to be developing an online store now too.

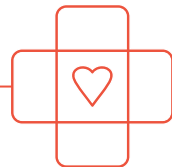
### Why are your stores so important to customers now more than ever?

Our health and emotional well-being is more important than ever now. It's important that customers can come to a retail health store and be served by someone who is passionate about helping others. We are all individuals and at Health Essence our team

of professionals try to find out what our customers special needs are and to find the right product for them. Customers have often thanked us for making time to talk with them and understand their situation.

### What has this disruption taught you?

People are more interested in their health now. It's been great to talk with customers about what they can do for their well-being. Whether it be physical health or emotional well-being or strengthening your resistance, we can help. This is what we are here for and love to do.



*Every Body*  
Needs Omega-3s

- Superior Quality
- Triglyceride Form
- Sustainably Sourced
- Third-Party Tested
- Friend of the Sea Certified



**Omega-120ct**  
**15% OFF**

Always read the label and use as directed. If symptoms persist, see your health care professional - NaturalMedis, Napier

it's a  
gut feeling...



**Good Health Gut Guard** protects the gastrointestinal lining, helping digestive function. Containing two scientifically researched ingredients, **GUTGUARD®** to support digestive health and **EpiCor®** to support gut immunity. Rich in antioxidants and prebiotics that protect and nourish good bacteria.



### PROTECTS

Protects the gut, gastrointestinal tract, intestines and stomach



### SOOTHES

Soothes the intestinal lining and membranes of the gut



### SUPPORTS

Continued use supports gut immunity and restores a balanced gut microbiome and nutrition uptake

**SOOTHES, SUPPORTS AND PROTECTS THE GASTRIC AND INTESTINAL LINING.**