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# Healthy *by* Nature

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ISSUE #11 AUTUMN 2021

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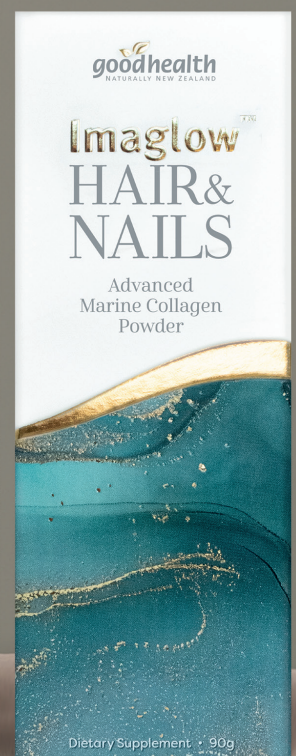
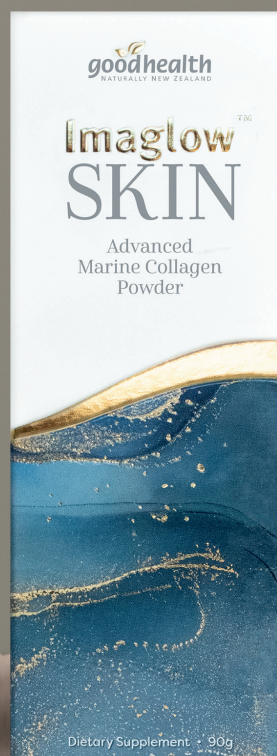
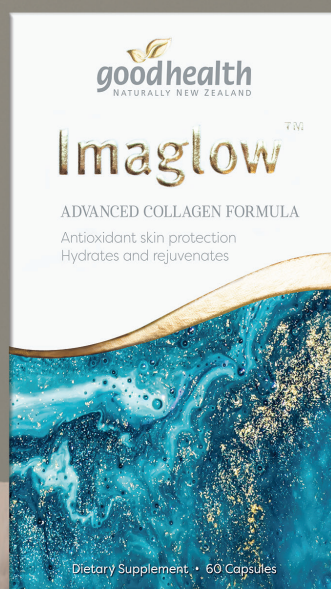
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If symptoms persist see your healthcare professional. Good Health, Auckland.  
TAPS PP7137



# In *this issue*

2021 has been off to a whirlwind start and things are looking bright! As always, it has been a pleasure writing this issue and bringing you stories to set you up as the cooler months begin to kick in.

This issue we talk to the founders of The Herb Farm to find how they look after themselves alongside the busy day to day of running a business, and what key piece of advice they would give their younger self.

We're also all about healthy sleep habits as we set new intentions and routines for the year. Dr Libby Weaver gives us the inside scoop on a good night's rest that will leave you feeling refreshed and focused.

Nicole Freebairn, CHS Nutritionist and Founder of Natural Nourish Co talks immunity boosting foods to prepare our immune system for the cooler months, as well as Dr Cliff Harvey sharing his knowledge on the health benefits of medicinal mushrooms.

Thank you so much to all our lovely customers for your ongoing support. We appreciate you and we wouldn't be here without you.

**The Community Health Stores team**

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## 5. Our store locations

Find your closest Community Health Store.

## 6. Supporting your muscular system through nutrition.

7.



## Food to support a healthy immune system

Four ways to support & nourish your immune system.

## 8. Nature knows best with The Herb Farm

Their health & wellness rituals and business with family.

10.



## Healthy Sleep Habits with Dr Libby Weaver

## 13. Mushroom supplements, what you need to know

And five things you didn't know about mushroom supplements.

## 14. Little Bird Unbakery – Autumn Spiced Loaf

## 15. Meet your local health expert

Kara from Gate Pa Health.



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

Thank you to: Dr Cliff Harvey, Catherine Murray, Rachel Dobbs, Nik Maxwell, Dr Libby Weaver, Georgia Baker, Sarah Cowan, Nicole Freebairn, Little Bird Unbakery, The Community Health Stores Group, Tracy Benton, Unsplash, Webstar Print.

TAPS: PP7283

# Solgar's Gentle approach to *Iron*

Low energy and feeling below par can be a sign of an iron deficiency. Unfortunately, not all iron supplements are created equal. Some common forms are more likely to result in gut discomfort, so many people stop taking them.

Associated with 'blood building' and energy, a blood test can still surprise some people if they return a low iron status, while others may be more attuned to their iron levels. Body signals such as fatigue, poor focus, low immunity, poor exercise recovery, shortness of breath, pale skin and in some cases strange non-food cravings (eg. ice, dirt or chalk) are indicators there is a need for extra iron support.



Insufficient Iron can result in iron deficiency anaemia. Women from their early teens to about mid-forties are more prone to having low iron due to their physiological make up and lower red meat intake. During pregnancy, women are more vulnerable to low iron levels with their need to increase their blood volume while supplying iron to the growing baby. However, the reasons that iron supplementation is needed may be varied;

from low dietary intake; vegetarian, vegan or restricted diets; to increased physical demand; athletes, growing children, people recuperating from illness or blood loss; to poor absorption such as coeliac or gastric bypass.

It is recommended to take iron supplements daily for a month or two to help regain healthy levels for those with low iron levels. That is why Solgar choose to use a patented, advanced form of iron (related to how the molecule is uniquely structured) which is non-constipating and amiable on the digestive system. The two glycinate amino acids attached to the iron molecule (as opposed to just one found in many common chelated minerals), help the absorption of iron gently through the intestinal tract. Researchers have shown an iron bisglycinate has up to 90% bioavailability which is 2-4 times better compared to the regular form of iron; (iron sulphate), therefore a more effective approach to iron supplementation.

*Do not take if iron you have hemochromatosis or if you have iron overload. Take at least 2 hours away from medications.*

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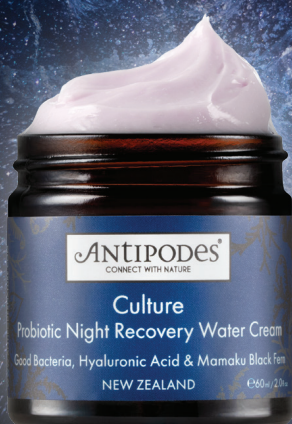
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# Supporting your muscular system through nutrition

Make sure the whole family is covered so they can revitalise, optimise and thrive.

Being strong isn't just about lifting weights or a great frame of mind, fueling your body with good nutrition also makes a major difference.

The muscular system is responsible for movement, both external and internal movement (the movement of food through the gut, circulation, and removal of waste).

## How do you support your muscular system through good nutrition?

Increase your protein intake - Protein is the main component of muscles and is the king of nutrients for supporting your muscular system.

Whilst 'food comes first' many people do not get sufficient protein from their diet alone, that is why supplementing with a high-quality protein like Nuzest Clean Lean Protein can give you the extra



support you need for vitality, repair, recovery and muscle growth.

There are also some essential vitamins and minerals that play a significant role in muscular synthesis, contraction, energy release and/or function.

- Vitamin B1, critical to the body's ability to release energy from carbohydrate and to utilize protein for muscle building;
- Vitamin D, may help to improve muscular strength;
- Magnesium and Calcium, which regulate muscle contractions. Calcium for contracting and Magnesium for relaxing;

- Potassium, an electrolyte essential for normal cell, nerve, and muscular function;
- Zinc, an essential mineral that aids in muscle protein synthesis – turning protein into muscles.

Though these are all naturally occurring in most foods, it can be difficult to reach your recommended daily intake through diet alone. It is often recommended to take a complex multi-nutrient like Nuzest Good Green Vitality or Kids Good Stuff. Nuzest products are packed full of high quality vitamins, minerals and other essential nutrients, that can help support not only your muscular system, but all body systems alike.



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# NUTRITION FOR LIFE



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## Health



# Food to support a healthy immune system

WORDS Nicole Freebairn Natural Nourish Co

Our bodies do an incredible job to keep us healthy, eliminate pathogens and ward off infections. What's responsible for this? A network of cells collectively known as the immune system. Approximately 70% of our immune system lies in the gut, so once again, the gut is often the first place to look when immune function is down.

Aside from eating a well-balanced diet and keeping your gut nice and happy, there are a few foods which are particularly important when it comes to supporting your immune system.

**PROTEIN** – the cells of our immune system are made from protein and amino acids. In addition to this, protein is essential to build and repair our cells and tissues.

Not consuming enough protein has the potential to impair our immune function and ability to heal. Protein rich foods include: fish, chicken, meat, tofu, beans, nuts and seeds.

**FRUITS AND VEGETABLES** – eating a variety of fruits and vegetables helps to provide us with vitamins, minerals and

antioxidants which are important for a healthy immune system. Vitamin C is perhaps one of the more well known antioxidant vitamins that helps to protect the body against free radicals and support a healthy immune response.

Beta-carotene, which is a precursor to vitamin A, is another powerful antioxidant that is found in yellow and orange vegetables. Beta-carotene can help to reduce inflammation and support healthy immune function.

In addition to this, fruits and vegetables contain prebiotics which feed our good gut bacteria and help to keep our gut microbiome happy.

**ZINC** – this antioxidant mineral plays an important role in many aspects of immunity. Not only is zinc required by many cells of our immune system, but it is also involved in the repair of our cells, tissues and DNA.

Zinc has both an anti-inflammatory and antioxidant action within the body, and zinc deficiency has been shown to cause immune dysfunction. Zinc rich foods include oysters, shellfish, meat, eggs, legumes, nuts and seeds.

If you are after any more guidance with supporting the immune system or other health goals, please don't hesitate to contact **Nicole** at [hello@naturalnourishco.co.nz](mailto:hello@naturalnourishco.co.nz) or reach out via social media, [@naturalnourishco](https://www.instagram.com/naturalnourishco).

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Lynn Kirkland and daughter Sarah Cowan live life with a commitment to nature and health. As founders of The Herb Farm, the 100% natural skincare and healthcare brand, the mother and daughter duo band together to run the business, strengthening a mutual goal of finding a healthy balance between work and family.

On reflection, Sarah says growing up with trips to the osteopath, auric magnetic health and naturopath, along with the doctor when needed, played a big part in igniting her passion and interest in natural wellbeing.

"I have always admired Mum's openness to trying alternative ways of looking after herself – and taking the time to make herself a priority."

Lynn says her approach to health and self-care has remained the same in the 30 years since gaining her herbal diploma.

"I believe in Botanical Simplicity; the answer lies in the garden. Herbs are the answer to our first aid needs and healthcare vitality, and the simpler the application, the better. They nourish your soul, heal your body, and calm the mind. If I was to give my younger self any advice it would be to grow and study herbs even sooner than I did."

## Enjoying a healthy balance

One of Sarah's great learnings in life is that of 'balance', an aspect of wellbeing she now has a deeper appreciation of.

"Too much of anything can be detrimental to your overall wellbeing. Holistic living and wellbeing are very important to me, but if you are too strict with yourself it becomes stressful, which in itself is not good. It's what you do most of the time that matters."

“

*"I believe in botanical simplicity; the answer lies in the garden. Herbs are the answer to our first aid needs and healthcare vitality, and the simpler the application, the better."*

”





If she had the chance to chat with her younger self, Sarah would focus on mindfulness.

"I found learning mindfulness to be hard at the time, but in the long-term it's had huge benefits, so my advice to my younger self would be to do it sooner."

### Your skin's health

Sarah has used The Herb Farm's skincare for over 20 years, and adds and changes products within the range to suit her skin's needs. She finds the new Restoring Ginkgo Eye Cream becoming a favourite, with it making a visible difference in skin health and signs of aging. A high quality (Waihi Bush) flax oil/blend for everyday skin, hair, and nail health is also essential, with the addition of the Vital all-in-one nutritional supplement which Sarah says has increased her energy and wellbeing in just a few months.

As the R&D Manager, Lynn's role is to create products which are healthy for both people and the world we live in.

"I love creating our new products, and ensuring they are 100% natural, effective, and beneficial to us, while making sure we are not harming the environment."

Naturally, her skincare products belong to The Herb Farm, with favourites being Soothe & Heal Cream for dry skin, itches, grazes, and bumps, and the Hydrating Overnight Face Mask for super-soft skin when you wake in the morning.

### Know your mindset

Being immersed in the natural industry for most of her life, Sarah finds it empowering to learn of ways to look after herself and her family.

"I love homeopathy and have been blown away with the results I have seen first-hand. It is very satisfying to be able to help my children myself, sometimes with the help of a homeopath. Having a natural 'tool kit' of remedies, practitioners, and therapies to draw on when needed is an empowering experience I would recommend."

“

*Balance is about focusing on those areas of life which are most important for you, and creating space to make them a priority in your life..*

”

Sarah also suggests that knowing what your own healthy mindset looks like is the key to understanding when to take some extra time for selfcare.

"A positive mindset is not always possible, and accepting that is important. But it's also important to have the strategies that work for you to get back to a positive place where life does flow better."

Sarah says for her it's eating better, doing more yoga, spending time with friends and family, resting, and having a cry or vent.

As a busy working Mum wanting to do her best in all areas of her life, Sarah says she knows that finding a perfect balance in life is a rarity.

"Rather, I have learnt to accept that balance shifts constantly. Some weeks I have to be at work more, and then other weeks my family needs me more. Accepting this mentally makes a big difference to how I feel, and removes some of the 'mum guilt'."

### Making time for you

Balance is about focusing on those areas of life which are most important for you, and creating space to make them a priority in your life. For Lynn, this means spending time with family, especially her grandchildren.

"Being grateful for the many blessings in my life also gives a feeling of peace and purpose."

In order to have energy to give others, Lynn believes you first need to have time for yourself.

"Find what you are passionate about and then you will want to look after your mind, body, and soul."

# Nature's Defence

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# Healthy sleep habits

WORDS Dr Libby Weaver, PhD

A peaceful night's sleep is something many take for granted, while others yearn for such a long forgotten experience. Sleep, and the rest and repair it offers the body is critical to our quality of life.

With restorative sleep, we have improved memory, cognition, digestion, physical and emotional resilience, sex hormone balance and better immune function.

Melatonin is your primary sleep hormone, it helps you fall asleep and stay asleep. Its production in your body is interfered with by light.

Relatively speaking, it wasn't too long ago that we rose with the sun and rested soon after sundown.

Obviously, that changed with the invention of electricity and has only become more challenging with the use of backlit devices too close to bedtime.

We cannot fight our biology and research has shown that adults require seven to nine hours of sleep a night for optimal health.

## Set the scene for sound sleep

- Help alleviate worry thoughts or capture ideas by keeping a pen and paper beside your bed.
- Incorporate restorative rituals such as meditation, gratitude journaling, or slow stretching movements.
- Avoid bright light exposure from backlit devices for a minimum 60 minutes before bed.
- Create an ambience conducive to sleep such as listening to relaxing music, drawing, or having a warm bath.



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- Be mindful of habits that may be hindering your sleep such as intense conversations, social media, or the news.
- Avoid caffeine after midday, as this can take up to eight hours to be cleared from the body.
- Consider the size of your evening meal and opt for something light, aiming to eat as early as possible.

“

*Use this ritual to remind yourself to think of three things you are grateful for, allowing your eyes to gently be exposed to the light of the new day while you do.*

”

### Considerations

If you're struggling to switch your mind off after the sun goes down, I encourage you to ask yourself the following questions:

- Are you unable to trust the unfolding of life at the moment?
- Who are you trying to please?
- What does your heart want you to know?
- What is your soul trying to wake you up to?



Beginning to accept what we cannot change (right now), and seeing the hidden lessons/opportunities for growth can be both emotionally and physically rewarding.

Assist your natural circadian rhythm by getting up the same time each morning and (sensibly) exposing your eyes to light. If you can, get up and go outside and embrace all that mother nature has to offer.

Use this ritual to remind yourself to think of three things you are grateful for, allowing your eyes to gently be exposed to the light of the new day while you do.

**Dr Libby Weaver (PhD)** is a nutritional biochemist, speaker and best-selling author of 13 books. Her new Wellness Cards (RRP\$34.95) are available exclusively from her website [www.drlibby.com](http://www.drlibby.com)



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## Digestive Health: Men versus Women. It is not the same from BioTrace



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When it comes to digestion, it is not the same story for both men and women. Women are more likely to experience digestive issues such as bloating, nausea, diarrhoea, and irritable bowel syndrome (IBS).

Apart from the obvious differences, there are anatomical and also hormonal differences, a woman's digestive tract has to navigate around the uterus and ovaries. There are also changes in hormonal levels during menstruation and pregnancy which can affect digestion, and the digestive system empties itself more slowly compared to men.

However, it is not all negatives. Women tend to have more sensitive taste buds and have stronger muscles in the oesophagus which prevents potential backflow of food and stomach acid.

Fortunately there are ways to maintain digestive health through a healthy lifestyle such as:

- Drinking plenty of water;
- Cutting down on greasy and sugary foods;
- Eating a nutritious diet with plenty of fibre;
- Regularly exercising;
- Reducing stress levels.

Natural food based supplements are also helpful with digestive issues. Sometimes digestive discomfort, bloating, gasiness, and food intolerances are due to inadequate enzymes or stomach acid, which decreases naturally as we age. BioTrace BioVital

Enzymes is a digestive enzyme formula designed to support the digestion of proteins, fats, dairy, soy, legumes, plant fibres, grains and sugars to help maintain optimal digestive health.

The BioTrace BioVital Enzymes and the BioTrace Gastro Soothe are a powerful combo to help support digestive health. BioTrace Gastro Soothe provides comprehensive gastrointestinal support with a synergistic blend of herbs and supportive digestive enzymes to calm the gastrointestinal system and support digestive comfort. BioTrace Gastro Soothe can be taken as a tea before meals, simply open the capsule into 200mL of hot water and drink 15 minutes before eating a meal.

Also, as we age the gallbladder can become a bit sluggish and support may be needed. The gallbladder is responsible for storing bile produced by the liver and releases the bile into the small intestines to help digest food. It is essential to eat nutritious foods such as citrus fruits, capsicums, dark leafy greens, and tomatoes to keep our gallbladder happy. Alongside a healthy diet, give your gallbladder a helping hand by supplementing with a natural supplement like BioTrace Gallbladder Complete. It is specifically formulated to support optimal function of the gallbladder and liver with a synergistic of globe artichoke, fennel, turmeric and dandelion root.

**Talk to your local Community Health Store about how BioTrace products can help support your digestion and find out more about the BioTrace range.**

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See in store for details

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





## Well-being

alongside chemotherapy or radiation therapy in Japan, and the scientific literature shows that PSK improves survival time and quality of life. Polysaccharides from Shiitake have also exhibited anti-tumour effects in vitro, and Lion's Mane mushroom has a growing body of evidence for reducing tumour size and spread.

## Gut health

Turkey Tail is commonly known as a tonic for gut health. Polysaccharides from Turkey Tail act as prebiotics, feeding 'good' gut bacteria and improving the gut biome.

## Immunity

Combination therapy of Reishi and Turkey Tail shows promise as a treatment for herpes viruses. Animal studies have also demonstrated that Lion's Mane can improve immunity, and is effective as a treatment against drug-resistant bacteria. Shiitake might also aid immunity by stimulating white blood cell activity.

## Summary

Traditionally used mushrooms like those mentioned above are highly nutritious foods that also have a wide range of overlapping health benefits. They can be used in cooking, as powders added to soups, stocks, smoothies or protein shakes, or as liquid extracts which can be easily added to any food or drink.

## About Cliff

Dr Cliff Harvey (PhD, DipFit, DipNat) is a registered clinical nutritionist, former world champion, world record-holding strength athlete, and researcher. He is the founder of the Holistic Performance Institute, a board member of the Clinical Nutrition Association, the Sports Nutrition Association, and a technical advisor to the Health Coaches Association of New Zealand & Australia. Cliff is also the author of many books including The Carbohydrate Appropriate Diet, the Ashton-Wylie Book Award finalist Time Rich, Cash Optional and The Credo: 8 Simple virtues for living with passion and purpose in the post-truth era.

[www.holisticperformance.institute](http://www.holisticperformance.institute)

[facebook.com/cliffharveyauthor](https://facebook.com/cliffharveyauthor)

# The health benefits of medicinal mushrooms

WORDS Cliff Harvey, PhD

Mushrooms have been used as food and medicine for thousands of years in practically every part of the world. Mushrooms were found in a pouch on the remains of 'Otzi the iceman', who lived over 5000 years ago, and medicinal mushroom use is found in western, Native American, Indian, and traditional Chinese medicine stretching back thousands of years.

This isn't surprising as they are rich in both nutrients and medicinal compounds. Even common varieties like white button and portobello mushrooms can reduce oxidative damage, aid nervous system and gut health and reduce inflammation. There are many other benefits suggested by traditional use and these are now being backed by modern scientific evidence.

## They can help with healthy weight maintenance

In a study in which meat was replaced with mushrooms, the participants lost weight because they ended up eating less. Many mushrooms also help to improve blood sugar and lipid levels.

## Metabolic health

Many mushrooms, especially Chaga, Lion's Mane and Reishi have both

animal and human research supporting their ability to help reduce oxidation and inflammation and improve blood sugar levels, reduce cholesterol and triglycerides (fat in the blood) and help restore tissue damaged by metabolic dysfunction. In one randomised, placebo-controlled human study, Reishi effectively reversed fatty liver disease.

## Supports brain health

Lion's Mane is becoming well known for its brain-boosting properties. It helps brain cells to grow and repair, reduces depression and anxiety and improves cognition and focus. Because of these effects, Lion's Mane is being considered as a potential treatment for Alzheimer's Disease and dementia. Reishi might also help to protect brain cells from damage.

## Liver protection

Lion's Mane might also support the liver, protecting against Salmonella and alcohol-induced liver damage.

## Reduce oxidation and inflammation

Most of the medicinal mushrooms are known to improve antioxidant capacity and reduce inflammation including Reishi, Chaga, Shiitake, and Lion's Mane.

## Anti-cancer properties

While the research is in its infancy (and more needs to be conducted), preliminary evidence suggests that Reishi might be cancer-protective, and it is likely to improve immunity, quality of life, and recovery rates in cancer. Chaga has also demonstrated anti-cancer effects in lab and animal studies.

Polysaccharide-K from Turkey Tail is used as a cancer treatment



# Little Bird Organics Autumn Spiced Loaf



RECIPE Little Bird Organics

This delicious loaf is our autumnal version of banana bread which uses three different natural sweeteners. They all have lovely caramel notes to them which are the perfect match for pumpkin. It's absolutely divine toasted and topped with a little coconut yogurt and a cup of tea.

We often don't think about using a range of sweeteners in our baking. Like different types of pumpkin, different sweeteners vary in their flavours and properties. In this dish, combining maple, coconut sugar and dates gives a beautiful depth of flavour.

I always use a range of natural minimally processed sweeteners at home so I'm not over doing it on any particular one.

If you have tried sourdough baking this recipe gives you the option of using some up. I love using my sourdough starter in my baking to add extra flavour and rise. Not to worry you can substitute with coconut yoghurt if you haven't caught the sourdough bug yet.

It's also gluten free, dairy free, egg free, vegan and refined cane sugar free.

## Method:

Steam 320grams of skinned chopped pumpkin in a steamer. I like to use a nice ripe supermarket squash for this recipe, or any pumpkin with a good flavour.

There can be a lot of variation in pumpkin flavour and texture – taste as you go! If your pumpkin is not sweet add in extra maple syrup or coconut sugar, if it is dry add a little extra milk.

Place all the wet ingredients in a food processor and blend until it is mostly smooth then add in the dry ingredients and pulse until it comes together. The mixture should be a reasonably thick texture, slightly thicker than a waffle mixture but not so thick is difficult to get out of the food processor – if it is too thick add a little extra milk.

Pour into the lined loaf tin and sprinkle with the walnuts and the extra chopped dates. Press them lightly into the top to prevent them from burning. Alternatively, you could fold them through the mixture.

Bake for 50 mins at 180 degrees Celsius. Check if it is cooked by placing a small knife or skewer inside. If it comes out clean it is cooked. If it does, not cook for another 10 - 15 minutes.

## INGREDIENTS:

### Wet,

**320g** of pumpkin steamed (supermarket squash work well)

**1/2 cup** coconut oil melted

**1/3 cup** of organic maple syrup

**1/2 cup** coconut sugar

**3/4 cup** of roughly chopped dates (we use the ceres delete noir dates)

**1/3 cup** GF brown rice sourdough starter or Coconut Yoghurt

**1/3 cup** almond or coconut milk

**3 tablespoons** flaxseed meal or freshly ground

### Dry,

**1 cup** almond meal

**3/4 cup** brown rice flour

**1 teaspoons** baking soda

**1-1/4 teaspoons** baking powder

**2 teaspoons** cinnamon

**2 teaspoons** ginger

**1/2 teaspoons** nutmeg

**1/2 teaspoons** salt

Optional – **1 teaspoons** vanilla extract

**1/2 cup** of roughly chopped walnuts

**1/3 cup** of roughly chopped dates

Dust with cinnamon (before serving)

## Makes 1 loaf

Preheat the oven to 180 degrees

Line a loaf tin with baking paper

Once cooked remove from the oven and place on a cooling rack for 20 minutes. Leave to cool.

When cooled, you can eat freshly sliced. We love it toasted to caramelise the natural sugars with a dollop of coconut yogurt, or vegan butter.



# Getting to know Gate Pa Health

WORDS Kara McDonald

**Q) How long has Gate Pa Complete Health been open?**

**A)** Gate Pa opened in 2015.

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

**A)** I have 30 year's experience in the area of health & wellbeing.

**Q) What challenges did you face with the COVID-19/ lockdown and how have you over come them?**

**A)** We recently built an online store for Gate Pa Health and also provide plenty of extra services in store to support our customers wellbeing. This area has suffered due to the COVID lockdown, but we hope to see things pick up from now on.

**Q) What makes your stores a unique shopping experience? What do you offer that people can't get elsewhere?**

**A)** At Gate Pa Health we have a strong focus on animal health and have extensive ranges of homeopathic supplements in our store.

**Q) Is there anything new available to customers (services, events, products) at Gate Pa Health Stores?**

**A)** Our qualified staff offer consults in store along with a clinic providing services for all health issues.

**Q) Does the Gate Pa Health support the local community, in what ways?**

**A)** Gate Pa Health does their bit to support the community where we can, we currently support Tauranga hospital staff & teachers at the local schools.



**Q) What is the best thing about your job? What gets you up in the morning?**

**A)** It's all about feeling well for us and having the energy throughout the day.

Happy, healthy families and pets!

Contact **Kara McDonald** at the Gate Pa Complete Health Shop for any health related enquiry's.  
Shop 13 1000,  
Cameron Rd, Gate Pa, Tauranga 3110,  
P: 07 579 6262  
M: 022 542 8372  
FB: gatepacompletehealth  
www.communityhealthstores.co.nz

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