

FREE

# Healthy *by* Nature



Sharing a commitment to healthy communities

ISSUE #12 WINTER 2021

Free  
**15 minute**  
natural health  
evaluation.

See inside for details.

## MIND OVER MATTER

with Laura Warren

BANISH  
LOW MOODS  
NATURALLY

Maintaining a healthy  
**METABOLISM**  
WITH BEN WARREN

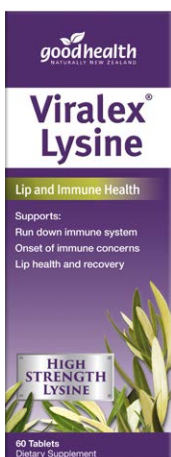
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IMMUNITY TRIO**  
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Comforting  
**SPICY HOT  
CACAO DRINK**





## Living healthier with lysine from Good Health



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**GOOD HEALTH**  
**Viralex® Lysine Ointment**

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See in store for details. Always read the label and use as directed. If symptoms persist see your healthcare professional.  
Good Health, Auckland.

### Why is lysine so important?

**Lysine** is an amino acid, a building block of protein that is necessary for many functions in your body.

Unlike other proteins, your body cannot make lysine, therefore it must be included in your diet, or supplemented.

Your body requires lysine for everyday health. It is a crucial component that plays a vital role in helping body tissue replicate, to support the recovery and healing process.

### Did you know? Other benefits of lysine include:

Not only does lysine help your body absorb certain minerals like calcium, iron and zinc and support collagen production, it's also important in the manufacture of necessary enzymes, antibodies and hormones that support your immune system.

### Healthy lysine levels provide support for:

Healthy immune function, mental clarity and focus, energy and vitality, balanced mood, clear eyes, healthy hair and healthy iron levels. This shows that lysine is a very important nutrient for general wellbeing. Although it is involved in many different processes in the body, lysine plays its biggest role in supporting a healthy immune system.

### Treating immune related lip health concerns:

Lysine supports lip health outbreaks, related to a run down immune system.

It is recommended to take 1,000 to 3,000 milligrams (mg) of lysine supplements a day, to support lip health.

**Good Health Viralex® Lysine** is a combination, high dose formula, providing the immune benefits of both lysine and olive leaf extract in tablet form. While lysine supports your immune system, olive leaf provides an antioxidant benefit, to naturally support immune health and support recovery.

### What can Viralex® Lysine tablets do for you:

- 1500mg lysine per tablet;
- Supports lip health and healing;
- Supports immune health by displacing arginine in the system.

### For an even more effective approach, use with:

**Good Health Viralex® Lysine Ointment** - a nourishing treatment for lip health, using a formulation of potent herbs, combined with lysine and zinc, to naturally protect and soothe dry, cracked lips.

#### Viralex® Lysine Ointment

- Provides moisture and comfort for lips;
- Supports the health and repair of the lips during an outbreak;
- Naturally protects and soothe the lips during the recovery process.

**Viralex® Lysine Tablets and Viralex® Lysine Ointment** can be used together long term, for everyday support and maintenance when extra nourishment is needed. Live healthier with lysine.

# In *this issue*

As we settle into winter it's important to stay on top of your health, in all areas. In this issue we talk to Dr. Kathleen about embracing the season and how to banish low moods naturally throughout the winter. If you are interested in finding out more about what supplements support your mental health, most of our stores offer a free 15 minute natural health consultation, so come in and see us.

Immersing yourself in the coldest of cold is growing popular throughout New Zealand with the Wim Hof method becoming a 'hot' topic when it comes to overall wellbeing. We speak to Laura Warren, a Wim Hof advocate and specialist about the benefits of the practice, as well as hearing from one of her clients about where they see the practice benefiting their daily lives.

## 5. Combating joint stiffness in winter

Don't let a stiff body hold you back.

## 6. Mitchells Nutrition Bone Broth Protein Powder

Three things you didn't know about their bone broth protein powder.

## 7. Embrace the change of season with Dr. Kathleen

Learn how to support the winter blues.

## 8. Mind over matter

Laura Warren explains the Wim Hof Method.

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New to the Community Health Store's group are the owners of Plum Organics. We talk to Andy and Tiffany about what drives them and their new Herbal Dispensary, where they will be hosting a range of healers in their consulting rooms.

We believe that making better choices when it comes to your diet is so important, we'll keep bringing you articles in each issue to support this. Go to page 13 to find our sweet and spicy winter warming, hot cacao drink from the team at Little Bird Organics.

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

**The Community Health Stores team**

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

or follow us on  

10.



## 10. Maintaining a healthy metabolism

Tips from Dr. Ben Warren.

## 13. A winter warmer from Little Bird Organics

Spicy hot cacao drink.

## 14. Meet your local health expert

Andy and Tiffany from Plum Organics.

## 16. Our store locations

Find your closest Community Health Store.

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

Thank you to: Casey Vassallo, Dr Kathleen Schubert, Laura Warren, Dr Ben Warren, Alena Winter, Jacqui Parangi, Georgia Baker, Little Bird Unbakery, The Community Health Stores Group, Tracy Benton, Unsplash, Webstar Print.

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



Tired and stressed? Rundown? Immune Boost adds powerful plants to your daily diet to help build up healthy immune function and recalibrate your body systems.

### Potent adaptogenic herbs

Highly concentrated adaptogenic herbs are the stars of this tonic to support a stressed immune system and particularly useful for those struggling to recover from illness. Adaptogens are nourishing and normalizing – raising what's low and lowering what's high (e.g. energy and stress).

### High strength natural ingredients

Immune Boost combines scientifically-researched Echinacea, Ashwagandha and Astragalus with ingredients more commonly used in traditional Chinese practice; Siberian Ginseng and Reishi mushrooms have been prescribed by Chinese practitioners for around 2,000 years.

### Easy to take and easy to absorb

Immune Boost is delicious straight from the spoon or add your daily dose to your morning smoothie. It's suitable for those over 12 years and safe to take while pregnant or breastfeeding.

\*Always read the label and take as directed. If symptoms persist see your healthcare professional. Harkers Herbs, Waipu



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# IMMUNE SUPPORT THAT NEVER SLEEPS

## Combating joint stiffness this winter

Words by Alena Winter, Raglan Herbal Dispensary

**Stiff joints can often become more of a problem in the winter months. This can occur for a variety of reasons such as changes in temperature, air pressure, or a reduction in exercise routines due to darker, stormier days. No matter the cause, why suffer through winter with mobility issues? The below strategies can be used to support joint comfort and stiffness both in the winter months, and year-round.**

### Exercise

Movement is key for overall health and wellbeing, especially that of the joints! It increases strength of surrounding tissues and helps to improve range of motion and flexibility. Exercise also helps to improve poor circulation, which can both be caused by, and exacerbate, stiff joints. Don't let the dark days put you off; try going for a brisk walk on your lunch break and take a few minutes to move about for every hour spent stationary at your desk. Stretching is also very beneficial, every morning and evening simply move the body for a minute in ways that feel good to your muscles and joints and consider doing some Pilates or Yoga classes.

### Warmth

To combat the cold, warm your body up from the inside out. Drink warm rather than cold water during the day and plenty of herbal teas. Make the most of winter fruits by stewing them, and gently warming before eating. Lunch and dinner calls for soups, stews, and curries. Use warming herbs and spices in cooking, such as cayenne, chilli, black pepper,

turmeric, ginger, and cinnamon. Even try adding a pinch of powdered ginger to the (warm) water in your drink bottle!

### Joint loving supplements

For extra support, consider adding one of the following supplements into your routine.

**Collagen** helps to support cartilage health, the rubbery tissue that protects the ends of bones. Even better is Collagen Type 2, which makes up the majority of collagen found in joints. Neocell's Move Matrix contains this Type 2, along with other joint-nourishing ingredients such as glucosamine, chondroitin, MSM, hyaluronic acid, as well as a range of warming herbs for an all-round approach to joint health.

**Fish Oil & Omega-3s** have been shown in studies to support joint comfort and mobility. It is important however, to ensure that the dose you are taking is high enough to experience benefit, and that the fish oil is not rancid. Nordic Naturals Ultimate Omega provides a high-quality, sustainable source of concentrated fish oil. Two capsules twice daily provide a therapeutic dose of Omega-3s for optimum joint health.

**Herbal therapies** may also play a role in supporting joint comfort. Herbs such as Devil's Claw, Turmeric, Boswellia & Willow are all great options, speak to your local Naturopath or Medical Herbalist for personalised recommendations.



Ester-C® is a registered trademark of The Ester C Company.

## NEED EVERYDAY IMMUNE SUPPORT?



Always read the label. Use only as directed. If symptoms persist, talk to your healthcare professional. Supplementary to and not a replacement for a balanced diet. Vitaco Health (NZ) Ltd., Auckland. 11714\_NZ DA2113RR094

## Nutrition



# 3 things you didn't know about bone broth protein powder

### 1. Dairy free, Gluten free, keto and paleo

It ticks all the boxes of what a 2021 protein powder ought to be.

As so many people suffer from sore tummy issues, they're scouring the market to find the best dairy free, gluten free protein powder solution.

So we have come to the rescue and designed a non-gritty bone broth protein powder that tastes delicious. Precision here is key. It's ideal for those transitioning into a Keto and Paleo diet as it aids in reducing the low one might get while changing their diet.

### 2. Contains 25g of collagen in each serve

You can't get collagen out of whey or pea protein powders, but you do get it from bones! Our protein powder contains 25g of natural collagen. Two birds with one stone.

Collagen is the natural glue that holds us together, and we've all got some. As we get older though, we start to lose it. Taking a collagen supplement aids in skin repair and hair growth.

While you're replenishing your muscles why not take care of your skin and hair too.

### 3. NZ's first bone broth protein powder

That's right. We are the first to bring a grass-fed bone broth protein powder right here to the New Zealand market. We've been working with local suppliers and manufacturers to develop a superior product made from our world-class grass-fed New Zealand beef bones. A gift from us to the rest of the world.

The recipe used is an ancient one, passed down for generations through the Mitchell family. Now former pro-snowboarder, Rob Mitchell, has repackaged the old school supplement to appeal to the modern world.

# Mitchell's

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Embrace the change  
of the seasons:

# Banish low moods naturally!

Words by Dr. Kathleen Schubert

**Winter is upon us. Feel sad, have low energy, no motivation and are considering hibernating during colder months? Increased appetite, brain fog, sleeping longer? Feeling better during sunnier times? You might be experiencing Seasonal Affective Disorder (SAD).**

SAD is a form of depression associated with changes of season which trigger during winter months when daytime hours are shorter. According to the Mayo Clinic, the body's circadian rhythm is interrupted, contributing to depression and fatigue. The lack of sunlight and daytime hours means your body is exposed to less Vitamin D. This deficiency leads to trouble producing serotonin, the chemical responsible for feelings of happiness, satisfaction, and a stable mood.

## Uplifting holistic strategies:

Vitamin D, an immunity and happiness helper, promotes serotonin.

Equally important is Vitamin D's partner: sulforaphane (broccoli-sprout concentrate), which upregulates vitamin D receptors. Bioavailability is limited in foods; look for a quality supplement.

60% of your brain is fat, and half of that is Omega-3, so feed your brain Omega-3s by consuming fatty fish such as mackerel, salmon, and anchovies three times weekly. Alternatively, supplement 2000mg daily or as practitioner advised.

5-HTP (5-Hydroxytryptophan) can help improve mood and cognitive function by increasing serotonin production.\*

Activated B vitamins are important, particularly Vitamin B6 (P5P form) to

produce serotonin. Deficiencies may result from poor diet, stress, or an inflamed gut.

Gut health is key to better moods. The vagus nerve is the communication channel between the gut and brain. Send positive signals with diet. Consume fermented foods, plentiful organic veggies, and fruit, and use anti-inflammatory turmeric, ginger, and garlic as well as olive and avocado oils. Enjoy fennel, cinnamon, and cumin seeds. Soothe yourself with chamomile or ginger teas post meals.

Approximately 90% of our serotonin is produced in the gut, and our gut microbes are key players in production. Consider probiotics: Bifidobacterium longum, Lactobacillus acidophilus, Bifidobacterium longum and Lactobacillus casei. Add collagen powder or bone broth for a healthy gut lining, as with leaky gut, toxins escape our guts inflaming our brain.

Meditation, Yoga, and nature walks support mind/body wellness. Investigate light therapy: find a lamp emitting 10,000 lux, eat breakfast while exposed to it 30 minutes daily.

Here is hoping that these ideas help you experience the pleasures of the season.

Author: Kathleen Schubert, Naturopathic Functional Health Practitioner for Dr Kathleen & Team: [www.drkathleen.co.nz](http://www.drkathleen.co.nz)

\*Studies show 5-HTP and other substances, i.e., St. John's wort and SAMe, affect serotonin level. As such, do not take with pharmaceutical antidepressants.

If you are experiencing clinical depression or other mental health conditions, consult with your GP/other medical specialist.

# ORGANIC CALENDULA



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## Mind over matter

Laura Warren has a penchant for holistic health and nature. She is also the only woman in New Zealand that's a certified Wim Hof Method instructor, which utilises breathwork, mindset and exposure to achieve optimal health results.

Words by Casey Vassallo

**Born and bred on a farm in New Plymouth, Taranaki it would come as no surprise that Laura Warren learnt to admire the natural environment from a young age.**

"I was blessed to grow up in a family that had a close connection to living from the land and sea, which fostered a great love and respect for the simple things in life," Laura says.

Not one to do things by halves, Laura went on to travel many a path. She studied a Bachelor of Physical Education at Otago University; took a job as Green Prescription Coordinator at Sport Bay of Plenty; became a mum; trained in cranial massage therapy; undertook a diploma of Nutritional Science, and through her former business Revitalise Me, ran group fitness and wellbeing training for groups of 20, which

finished with a climb to the summit of Mount Taranaki. In all, Laura has a long list of qualifications, certifications and training that all come back to nature. But what she is most arguably known for is being New Zealand's only woman who is a certified Wim Hof Method (WHM) instructor.

### Pushing the limits

"Wim Hof, aka The Iceman, is an extreme athlete who has set over 20 World Records for withstanding extreme temperatures," Laura says.

Extreme as in sitting in ice for almost two hours, running a half marathon barefoot above the Arctic circle, running a marathon in the Namib Desert without water, and climbing to Mount Everest's 'death zone' (high altitude, low oxygen) wearing only shorts.



WITH  
HEMP  
OIL



"I initially came across the WHM in a documentary. I went to Los Angeles to do the advanced course for my own learning, but Wim Hof surprised everyone by showing up at the course," she says.

"Seeing him in action and realising how inline I was with his mission of empowering people to foster self-awareness, to align with nature's rhythm, and the simplicity of health cemented my decision to fly back to the Northern Cascade Mountains to do the masters course."

Essentially, the WHM consists of three parts: breathing exercises, mindset and commitment, and gradual exposure to the cold.

The method ultimately suggests humans can voluntarily activate their autonomic nervous system, actively influence their immune response and consciously control their stress and pain responses.

### Results speak for themselves

Her own 'aha' moment has been the "euphoric" feeling achieved with the breathwork component of the method, alongside her improved health.

"I initially committed to taking an ice bath daily for six months to build my mental resilience and become comfortable within discomfort. It has had a positive effect on my ability to deal with stress on a day-to-day basis, but I also no longer get regular headaches. Turns out my cardiovascular system needed a bit of training too."

The way Laura sees it is most of us have lost our innate intuition and connection to the earth, thanks to the overly commoditised and medicalised lifestyles we lead today. Her business Live Wild aims to renew those lost connections for the mind, body and soul.

"There is a growing acknowledgement of the role emotional and mental health has on the physical condition of the body. Through breathwork and cold exposure, I've seen so many people be able to release trapped emotion – like anger, frustration, grief – and gain clarity on what's holding them back."

"I work with clients with all kinds of chronic illness – autoimmune diseases, hormonal imbalances, skin concerns, gut disorders – as well as athletes wanting to optimise their performance, and businesses who want to promote staff wellbeing."

“  
*In essence, the WHM is about cultivating self-awareness to connect to ourselves, to others and to nature*  
”

Laura says she combines the latest scientific functional health testing with lifestyle medicine and nutrition, which can address the root cause of the health ailments.

"The results I continue to see are why I am so passionate about this work; when a person commits to aligning with the rules of nature, the majority of symptoms can be reduced significantly, or a client can go into remission," she says.

### Breathe easy

Seeing just how breathwork can change people's lives, she also became an Extreme Performance Training (XPT) breathwork coach and an Advanced Oxygen Advantage instructor – both of which are breathwork techniques.

To share the fundamentals of the WHM, and offer her wealth of knowledge that goes far beyond just breathwork, Laura runs a range of workshops and immersive retreat experiences throughout New Zealand. They are made for those with health concerns as much as for the limit-pushing thrill-seekers.

When it all boils down, there is no quick fix to healing or optimal health. But it is simple.

"We must remember it is our daily habits that affect our health in the long term, not the things we do once in a while. Acknowledging and nourishing your physical, mental, emotional and spiritual being is when you experience full health and happiness."

To find out more follow Laura  
[livewild.co.nz](https://livewild.co.nz)  
[@livewild\\_laurawarren](https://www.instagram.com/livewild_laurawarren)

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# All about metabolism

Words by Dr. Ben Warren

**Most of the time, when we think of metabolism, we think of weight loss and the idea that a fast metabolism means we burn what we eat as quickly as we consume it.**

But your metabolism is really all the chemical processes in your body that keep you alive: converting food and drinks into energy; repairing cells; breathing; and keeping your organs functioning!

When it comes to weight loss there is no single 'magic bullet', but instead the accumulation of many small things, done consistently. Things like genetics, hormones, stress-levels, and chronic conditions are the main determinants of how we might gain or lose weight. And, of course, our metabolisms play their part.



**There are five key areas that affect, or are affected by, our metabolisms:**

## 1. Your macronutrient profile

When we eat, food is broken down into its macronutrient parts and released into our bloodstream for 'processing'. This is basically our metabolism at work. Carbohydrates break down to their simpler forms; glucose, fructose or lactose. Proteins break down into amino acids and fats become lipids or essential fatty acids.

What balance of proteins, carbohydrates and fats best suit you is personal and influenced by multiple factors, including genetics, our lifestyles and environments. An easy way to determine which mix of macronutrients suits you best, take note of how long you feel full after a meal heavy in either carbs, or fats, or proteins. The best diet for you is the one that keeps you feeling satisfied the longest.

## 2. Exercise

Exercise is important for healthy body systems. It activates the lymphatic system to help the body's detox pathways. It is critical for mood and can help increase insulin sensitivity. The type of exercise that works depends largely on you, your lifestyle, stress levels and other personal factors.

Intense exercise has its place but is most effective when you're getting good sleep, nutrition and managing your stress levels. High-intensity interval training can improve mitochondrial function and improve your metabolism, but it needs to be short, intense and relatively infrequent with lots of recovery time. Think twice per week for twenty minutes or less, not boot camp every morning for one hour.

When our bodies are in a stressed state, restorative exercise, such as Yin Yoga or slow walks are incredibly beneficial at reducing stress and in turn work to support our metabolism to lose excess weight.

For those who are menstruating, it is also important to exercise in alignment with your cycle. For example, gentle exercise during your period is supportive and high intensity is best during your follicular phase.







### 3. Sleep

During your sleeping hours, many hormonal changes take place. Our internal body clock, known as the circadian rhythm, is naturally regulated by light and dark, and by changes in body functions every 24 hours. This includes our body temperature, hormones, airways and kidneys.

This means levels of hormones such as the thyroid hormone thyroxine, and our sleep hormone, melatonin, are different by day than by night. Interrupted sleep can throw our hormone balance off whack and create health problems. For example, thyroxine regulates our metabolism. If it is affected during this nightly process it can lead to sugar cravings and weight gain during the day.

### 4. Hydration

It is really important to make sure that you are getting optimal amounts of water as it is essential for many of our bodily functions. Many of these are needed for healthy weight balance, such as:

- Maintaining the health and integrity of every cell in the body;
- Aiding in blood circulation;
- Carrying nutrients and oxygen to cells;
- Helping to eliminate the by-products of the body's metabolism;
- Aiding in digestion;
- Helping convert food to energy.

Because the body cannot store water, as we excrete through urine and sweat, we must constantly provide and supply our bodies with water to maintain its many functioning systems.

### 5. Nutrition

Every major metabolic pathway in our body depends on micronutrients, vitamins and minerals. The key to good nutrition, health and energy is ensuring you have enough of these.

Weight loss programmes tend to particularly focus on "calories in" verses "calories out", via portion control and macronutrient counting, all of which are generally unsustainable long term. These programmes often neglect the focus on the nutrients needed for metabolic health and long-term healthy body composition.

If we focus solely on weight loss, we can find ourselves in the 'fad diet' zone. Diets like this neglect the importance of building or maintaining lean muscle mass tissue, improving body fat percentages and increasing your nutritional status.

As humans, we have a profound biochemical need for nutrients, not necessarily calories, and despite common belief that we need to lose weight to get healthy, we actually need to get healthy to lose weight!

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Winter is here and it is the season people commonly become sick, but it does not have to be that way. There are many ways we can avoid being sick during the colder months and it all has to do with boosting our immune system.

We can boost our body's immune system by reducing our sugar intake, getting plenty of sleep, eating healthy, keeping active, staying hydrated, managing our stress levels and supplementing with the right vitamins and minerals.

An often overlooked vitamin for the immune system is vitamin D3, also known as the sunshine vitamin since it is produced by our skin when we are exposed to sunlight. It is vital for regulating calcium and phosphorous absorption in our body as well as supporting normal immune function. During the colder months, we get less sunlight and are indoors more so it is important to supplement with a natural form of vitamin D3.

BioTrace Phyto D3 Complex is a natural and vegan-sourced vitamin D3 derived from the germ of sprouted buckwheat, with vitamin K2 and magnesium glycinate for maximum absorption.

Minerals are vital for our body to function normally and zinc is essential for immune system function, it is needed for cell development and protects our tissue barriers. Zinc deficiency can significantly impair our immune system's ability to function normally. Supplementing with

food based forms of minerals means high bioavailability since our body doesn't have to work as hard to convert it into something it can use. BioTrace Organic Zinc is derived from 100% Certified Organic guava leaf extract. The zinc is recovered from guava leaves using a water extraction process meaning no chemicals are used and there are no toxic excipients.

Last but not least, we need to make sure we get plenty of vitamin C which is responsible for encouraging production of white blood cells to protect our body against infection. Vitamin C is a powerful antioxidant that protects our white blood cells and strengthens our skin. One of the best forms of vitamin C to take, is in liposomal form. Liposomal Vitamin C is coated with phospholipids, commonly known as liposomes, which means superior absorption due to the vitamin C being delivered straight into the blood stream without being broken down in the digestive system. BioTrace Liposomal Vitamin C delivers fast acting and high performance support for the immune system through bioavailable high dose vitamin C. It has a delicious zesty taste with no artificial sweetener that the whole family will love and flexible dosing means it is suitable for everyone.

Talk to your local Community Health Store about how BioTrace products can help support your immunity with clean and natural products or to find out more about the BioTrace range.

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

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



## Recipe

# Spicy hot cacao drink

Rich raw cacao mixed with delicious organic spices - what more do you need in life! This warming chocolatey goodness in a cup has got me through many a winter's day. If you feel like spicy chocolate goodness while the sun is shining, no problem, you can also serve it cold over ice.

**Make time:** 10 mins

**Makes:** 1 large mug

**Equipment needed:** blender

### Method:

There are two preparation methods, depending on whether you want to make a raw version or heat it on the stove.

### Raw option:

Place everything in a high-speed blender and blend on high for a few minutes until it reaches around 40 degrees (3 - 4 minutes).

### Cooked option:

Place the water, coconut sugar and spices in a pot and stir well. Slowly bring to a simmer, and once it is simmering allow the spices to infuse into the liquid for a few minutes.

Take off the heat, add the cacao powder and almond milk and whisk together. Place everything back on a low heat and bring up to around 60 degrees Celsius while whisking with vigour to get some froth in there.

Pour into a big mug and sprinkle this chocolate goodness with cinnamon and grated raw chocolate flakes for an extra chocolate blast.

### Ingredients:

**2 tbsp** cacao powder

**1 tbsp** coconut sugar

**1/8 tsp** nutmeg

**2 pinches** cayenne pepper

**1/2 tsp** cinnamon

**1/4 tsp** ginger powder

**1/8 tsp** chilli flakes

**2 pinches** vanilla bean powder

**2 pinches** black peppercorn

**1 pinch** sea salt

**1 cup** almond or other plant based milk

**3/4 cup** filtered water

**optional** — cinnamon to sprinkle and raw chocolate grated on top

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Store profile

## Getting to know Plum Organics

Words by Andy and Tiffany Knorr

**Q) You are new to the CHS group.  
What drew you to Plum Organics?**

**A)** After working in a corporate environment for 30+ years, Andy was keen for a new adventure. We noticed that Plum Organics was for sale and made enquires as we believe natural health is a growing industry (more than ever with the pandemic).

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

**A)** We don't have a background in health and wellness other than an active interest. Tiffany is currently studying Aromatherapy as she has been using essential oils since our son was born in 2011. I think most parents only want to use natural remedies for their children to treat any type of ailments. Andy brings corporate IT knowledge and is keen to continue to learn as much as possible around natural health to help support and improve our communities health and wellbeing.

**Q) What makes your store a unique shopping experience?**

**A)** We believe that we bring a caring, friendly and positive experience to our customers. We strive to help our customers with their health concerns and will go above and beyond to make sure they are doing well. Our core staff have been with the store for many years and care deeply about our customers and the health of our community

in general. We are fortunate to have a large store which allows us to offer a broad range of health products, from shakti mats (hugely popular) to organic fruit and veg, to supplements. Oh yes, and we just opened up a herbal dispensary to give our customers that option also.

**Q) Is there anything new available to customers (services, events, products, healers) at Plum Organics?**

**A)** We are looking to introduce information nights, starting in June, where our practitioners are talking about sleep, stress and nutrition. Watch this space! We have a clinic room available where people can book in to see a practitioner of their choosing.

**Q) What do you hope to bring to the community and customers at Plum Organics?**

**A)** We hope to bring knowledge to our customers at Plum Organics, we care deeply about our customers and their health. We are determined to do our absolute best in helping them on their health journey. We are also actively supporting local producers and manufacturers including organic fruit and veg, bone broths, breakfast cereals, cake mixes, hemp products, coffee beans and locally packaged spirulina & maca powder. This list is growing weekly we have been amazed at what you can find once you start looking local for suppliers of world class products.



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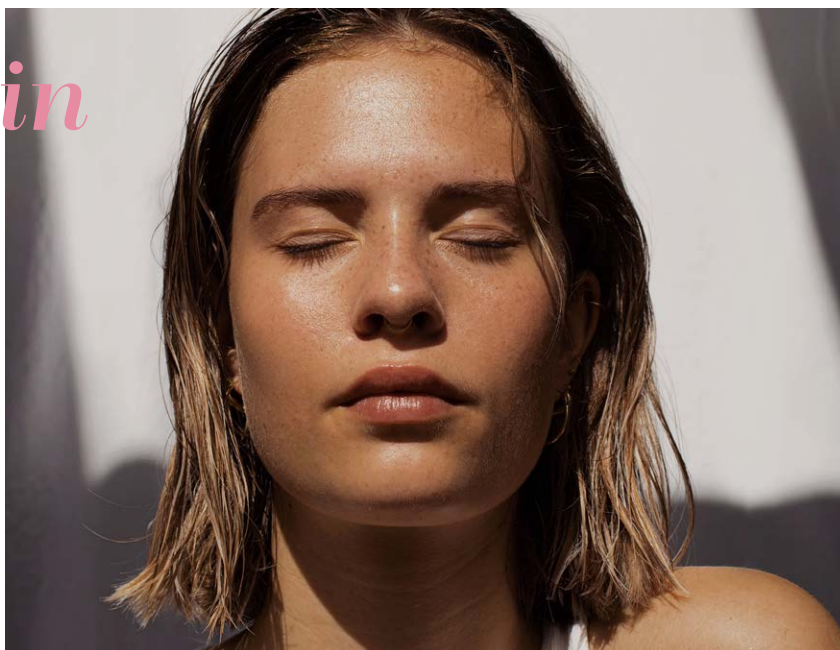


# Winter skin

## Restoring the glow from within

Words by Jacqui Parangi

While a glow is synonymous with summer skin, it can also be achieved in winter with a little extra TLC. Utilising a healthy skin care regime and looking after our health from within can go a long way to achieving that winter glow. Here are my five tips for surviving winter skin:



**1.** Eat a diet rich in essential fats to ensure optimum skin nourishment is achieved from the inside out. Think oily fish, avocado's, olive oil, nuts and seeds as they are rich in Omega-3 and 6. To really boost hydration, why not consider taking a drink for your skin with hemp seed oil supplements? Rich in Omega-3, 6 and 9 they are perfect to calm sensitised skin or seasonal flare-ups.

**2.** Exfoliate. There is no use putting on a thick moisturiser or balm for dry skin without removing the dead skin cells that sit on top of the skin first. Just ensure you do not overdo this or it could lead to sensitisation. A gentle exfoliant used two to three times per week such as Living Nature's Skin Revive Exfoliant with jojoba beads, for even the most delicate skin can do wonders. Just use a finger to gently massage for a few minutes before removing with a warm, damp cloth.

This should be done in the evening to avoid any weather irritants directly afterwards.

**3.** Follow up your exfoliant with a lovely nourishing mask. With all that dead skin removed your mask can really penetrate to help replenish and invigorate a dull, tired skin. Swap out a drawing clay mask for a gel or cream mask such as Living Nature's Hydrating Gel Mask, or Ultra Nourishing Mask to hydrate and revitalise your skin. And if you still suffer from those pesky spots, only apply a clay mask on those particular areas and a cream/gel mask elsewhere.

**4.** Nurture your winter skin with the addition of a serum/oil into your daily regime. Living Nature's Ultimate Day Oil is amazing added to, or under your moisturiser during the day and its lavender oil smells divine. For night time (when your skin is doing most of its repair) how about trying Living Nature's Advanced Renewal Night Serum with vital ingredients such as hyaluronic acid, rosehip oil,

organic aloe vera and coconut oil along with manuka honey? Magic in a bottle, this serum has been shown to reduce the appearance of fine lines and wrinkles whilst increasing luminosity and restoring radiance and tone.

**5.** Last but not least don't forget your water. While easier to consume large amounts throughout the hot summer months, it's just as important through winter to get that H2O internally. And if you just can't stomach the thought of normal water why not incorporate herbal teas into your daily regime? Morlife herbal teas come in a range of flavours in a convenient teabag and Artemis teas also produce great therapeutic effects, whilst increasing your daily water intake.

I highly recommend Morlife Dandy Detox for any skin complaints and it has a delicious apple and cinnamon flavour. It's great for eczema or psoriasis sufferers and drawing out any impurities such as breakouts.

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