

FREE

# Healthy *by* Nature



Sharing a commitment to healthy communities

ISSUE #13 SPRING 2021

SPECIAL  
OFFERS  
IN-STORE  
TODAY

HARNESSING THE  
POWER OF AOTEAROA  
**NATIVE PLANTS**

**GOLD FOR  
YOUR GUT**

A PROTEIN POWDER  
SMOOTHIE RECIPE

**FEELING TIRED?**  
ADDRESS  
**IRON DEFICIENCY**  
NATURALLY

**HOW  
GROUNDED  
ARE WE?**

with Dr Libby Weaver





## How our circadian rhythm affects sleep from Good Health



GOOD HEALTH  
Magnesium Sleep Support



GOOD HEALTH  
Magnesium Sleep Cream

### What is our circadian rhythm?

A circadian rhythm is the part of our body's natural internal clock that carries out everyday functions and processes. This includes the sleep-wake cycle, which keeps us ticking along nicely.

### How does daylight saving affect our sleep?

With daylight saving time, we lose an hour of sleep in the spring. This small change in sleep pattern, causes sleep disruption in most adults and children and can have an impact for days, sometimes weeks.

Gaining an hour of daylight can affect our circadian rhythm and potentially disrupt sleep patterns. If sleep is disrupted for a long period of time, it is worth resolving it promptly, as it can start to affect the body's daily routine. To minimise the effects of this, we can make gradual lifestyle adjustments and introduce specific sleep support supplements to help us transition more easily.

This is where **Good Health** products can help.

### Good Health Magnesium Sleep Support

- Helps soothe nerve tension and support overall relaxation for both mind and body.
- Supports healthy sleep patterns, restoring and maintaining a quality night's sleep.

**Magnesium Sleep Support** contains California Poppy to support fast acting relaxation, by helping to switch off a busy mind, while easing emotional stress and supporting a restful night's sleep. Passionflower calms the nervous system and eases stress, worry and tension. Ashwagandha works to aid a tired and wired nervous system, allowing the body to adapt to emotional and physical stress. It also nourishes the adrenal glands to cope with future stress.

**TIP:** Use in conjunction with Good Health Magnesium Sleep Cream, to support sleep from both the inside and the outside.

### Good Health Magnesium Sleep Cream

- Soothes the senses and supports a restful night-time sleep.
- Supports sleep by relaxing tight tense muscles.

**Magnesium Sleep Cream** uses an easily absorbable, pure magnesium oil that is naturally sourced and when applied directly to the skin, helps with muscle tension. Magnesium Sleep Cream also contains soothing plant extracts of Lavender and Chamomile in the form of essential oils, that provide a calming effect on the body, both physically and emotionally.

Together, **Magnesium Sleep Support** and **Magnesium Sleep Cream** are a worthwhile sleep support solution, supporting our body's transition during daylight saving time, helping to re-establish a healthy circadian rhythm, allowing us to make the most of the longer days and warmer weather.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Good Health, Auckland. TAPS PP7719



# In *this issue*

It's great to be back. We've been busy bringing you some fabulous stories that will help give you a boost of energy and kickstart you out of your winter hibernation.

It's hard to believe we are one year on from our last COVID lockdown and now dealing with another hopefully short-lived one. Our health and wellbeing is still just as important (if not more) as it was back then.

In this issue we talk to Dr. Libby Weaver about earthing. We learn how to be grounded amongst the chaos of our daily lives.

We're also all about 'harnessing the power of Aotearoa's native plants' and talk to Naturopath Helen Paul-Smith

about the wonderful ways you can incorporate these into our lifestyle.

Dr. Kathleen is back and talks about iron deficiency and how to naturally support our iron levels as we sail into the warmer and more social months. Along with a tasty chocolatey smoothie from our friends at Mitchells Nutrition – the perfect Spring time breakfast choice!

Thanks to all our lovely customers. We appreciate your support.

### The Community Health Stores team

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

## 4. Harnessing the power of Aotearoa native plants

Understanding the natural and therapeutic benefits of native plants.

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### Earthing - how grounded are we?

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Our newest Community Health Store member.

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

Thank you to: Helen Paul-Smith, Dr Kathleen Schubert, Dr. Libby Weaver, Georgia Baker, Mitchells Nutrition, Homestead Health, The Community Health Stores Group, Tracy Benton, Unsplash, Webstar Print.

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TAPS: PP7933



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# Harnessing the power of Aotearoa native plants

WORDS Helen Paul-Smith

Husband and wife duo, Scott Smith (Naturopath & Medical Herbalist) and Helen Paul-Smith (Ayurvedic Practitioner) developed a deep respect and passion for the native plants of Aotearoa after completing their Natural Medicine studies at Wellpark College in 2003. Throughout their careers, they always questioned - why is it that we use so many herbs from overseas but aren't utilising what is grown in our own *ngahere*?



Ten years ago their business OKU NZ was formed out of a belief that the native plants of Aotearoa are *taonga*. They are there for all of us to collectively share, benefit from and also have very important stories to tell us. "It fascinates me that we can walk into a health shop and there are a multitude of herbal supplements available, but my *Tipuna* were able to go outside to the nature around them for the same thing," says Helen who is of Ngāi Te Rangi and Tapuika descent.

"My *Tipuna* also had an extraordinary connection to nature which, due to our modern society, has become foreign to us."

"After working closely with the natives for over ten years you begin to form a relationship with the plants you *awhi*. The plants are able to communicate with us, it's just a matter of learning their language," Helen says.

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## Health

The doctrine of signatures was an ancient way of looking at plants that resemble various parts of the body as a way of identifying them to be used on ailments of those same body parts.

Examples include: *Kawakawa* - has heart shaped leaves with visible veins and knobbly stems that look like swollen looking joints. This plant is good for the heart, circulation and arthritic joints; *Kumarahou* - flower buds look like the alveoli in the lungs and contain a slippery soap like substance, (saponins) which make this plant have incredible expectorant properties. This makes it perfect to thin and loosen mucus and help it be expelled from the lungs.

To understand the therapeutic use of the natives is to observe their growing environment. For example: *Horopito* which has strong anti-fungal properties grows in cold climates that are often damp and are perfect breeding grounds for fungus. Often the most medicinal plants are the ones that come up after the land has been cleared to heal the soil such as *Mānuka* - highly anti-microbial and anti-bacterial, *Kānuka* - highly anti-inflammatory and *Kūmarahou* that

is fantastic for the lungs but also as a blood purifier. The plants that heal the *whenua* heal the people.

What is even more interesting is that as the native plants are becoming more recognised, more scientific research is being conducted in Aotearoa that is validating how these plants have been used traditionally for centuries.

In closing Helen says, "our relationship with nature needs to be respectful and one of *kaitiaki*. We practice *kaitiakitanga* by always trying to give back to the land more than we take by participating in restoration projects, harvesting sustainably and creating products that are packaged in compostable or recyclable packaging.

We see our *mahi* as a privilege. As our connection and knowledge of these incredible plants continues to grow we encourage more people to take the time to learn about the native plants of this *whenua*".

To learn more about how you can harness the power of Aotearoa native plants, visit OKU's website [www.oku.co.nz](http://www.oku.co.nz).

### Whakatauki:

*Ko ora te whenua,  
Ka ora te Tangata*

*When the land is  
well the people  
are well.*

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# How to soothe and repair young skin from Harker Herbals

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Skin Rescue



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## Dry itchy skin relief

Dry itchy skin is particularly prevalent in young children and babies. It can surface at any age. Just take a look at Dave's hands!

It's a signal the immune system is overreacting – the tricky part is working out what's triggering it and getting that immune response under control.

## Skin support, inside and out

Skin Rescue and Delicate Skin Repair are a great combination to target itchy, dry skin from the inside out. These support the immune reaction to both internal and external triggers. For the best response (like Dave), use together for several weeks.



Before and after treatment with Skin Rescue and Delicate Skin Repair

*"Using the simple combination of Harker Herbals Delicate Skin Repair cream and Skin Rescue I was able to finally heal the dry, itchy skin on my hands. Previously I had tried many other forms of treatment to no avail. However, over 6 weeks there was a steady improvement of the skin on my hands. The dry, flaky skin and redness started to disappear. Treating skin problems like this can feel like an uphill battle but with help from Harker Herbals the results have been dramatic."*

## Skin Rescue

A super combination of herbs specifically to support the overactive immune response. It also includes Grape Seed extract which is rich in antioxidants needed to make collagen. Collagen forms the building blocks of healthy skin and supports wound repair and skin renewal.

## Delicate Skin Repair

A steroid-free cream to calm itchy, dry skin and support skin renewal. It includes Gotu Kola extract and Rosehip oil which contain compounds scientifically researched to support skin healing and repair while Blue Chamomile oil soothes irritated skin.

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BePure InnerStrength™ is a nourishing blend of herbs and nutrients, scientifically shown to support burnout and fatigue and build your body back to balance in the face of chronic stress.



# Feeling unusually flat & tired?

## Possible symptoms:

Feeling of tired and lethargic  
A tendency to weight gain  
A tendency to constipation  
Puffy hands, feet and face  
Dry skin  
Thinning hair  
Cold hands and feet  
Thinning of outer third of eyebrows

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- Support for brain function and focus



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# Earthing— *how grounded are we?*



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“  
*Earthing very well may be an essential element in the quest to increase human longevity.*  
”

Could a solution to slowing the degenerative processes in our body be right beneath our feet? Studies explore Earthing (also known as grounding)—a practice which typically involves direct skin contact with the surface of the Earth, such as walking barefoot—and its potential anti-inflammatory effects throughout the body.

WORDS Dr Libby Weaver (PhD)

Inflammation is one of the ways our immune system responds to a substance it deems problematic. These substances can enter the body via the food and drinks we consume, the air we breathe, and even what we absorb through our skin. When your immune system perceives that a foreign substance has entered, it mounts a powerful attack on the unwelcome visitor. Part of that response is to create inflammation (the heat, swelling and redness), which occurs wherever the immune system is engaged in a battle—in the tissues of your face, in your blood vessels, and/or in your vital organs, for example. In other words, it isn't always visible. Inflammation is essential for keeping us alive, but when prolonged, damage can occur.

The Earth's surface holds energy, caused, in part, by particles called free electrons. Studies have hypothesised that connecting the body to the Earth's surface can enable these free electrons to spread into the body, having an antioxidant effect to slow down or even prevent inflammation and free radical damage.

A review of earthing research done by the Developmental and Cell Biology Department of the University of California at Irvine found that reconnecting the body to the Earth's surface, resulted in significant improvements in sleep disturbances and chronic pain. One of the studies reviewed involved randomly assigning

subjects with sleep or pain disorders to sleep on conductive carbon fibre mattress pads, half of which were connected to the Earth's surface, and half of which were not. The subjects who were connected to the Earth reported a significant improvement in quality of sleep, feeling rested upon waking, muscle stiffness and pain, and general well-being when compared to the control subjects. The review concluded that more research does need to be conducted, but that Earthing very well may be an essential element in the quest to increase human longevity.

We don't always need to know how and why things work—perhaps the way we feel when we consistently do something (as long as it's not harming us) is enough.

When we look at children and the way they move and interact with nature, whether it's jumping in dirty puddles, crunching on the autumn leaves, or rolling around on the freshly cut grass—is this their innate wiring, or perhaps a knowing of the powerful relationship we hold with Mother Earth?

When was the last time you felt the sand between your toes or the lush grass beneath your feet? How can you prioritise spending some more time in nature today?

I hope this brings further curiosity about, and an even deeper appreciation for the land we are part of every single day.

Nutritional biochemist, Dr Libby Weaver (PhD), is a thirteen-times bestselling author and speaker. Her practical and supportive online courses have helped over 10,000 women around the world find freedom from their health challenges.

Her brand NEW course, Detox by Dr Libby is packed full of up-to-date research on detoxification and how applying practical changes in your life can allow you to feel and look your very best. For more information, go to [www.drlibby.com/detox](http://www.drlibby.com/detox)



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# Organic essential oils for menopause support from Absolute Essential



A woman's reproductive hormones can have a powerful effect on her life. Through puberty, then pregnancy (if that is her experience) and finally, when she comes to the end of her fertile years.

## What is menopause?

This life stage is often talked about collectively as menopause, but it's more accurately defined in three phases: perimenopause; menopause and post-menopause.

## The signs and symptoms of the menopause transition

Most of the symptoms synonymous with menopause occur in perimenopause when progesterone has dropped, and estrogen is doing a fluctuating dance.

Indeed, estrogen is sometimes high and sometimes low in relation to progesterone. Testosterone levels also decline and are another contributing factor to the common signs, including:

- lighter and heavier period flow;
- temperature fluctuations;
- mood swings;
- energy dips.

## How can plant oils help?

There are many ways essential oils can offer support through the transition. They work directly with the endocrine system, the system that rules our hormones. Carrier oils are also beneficial.

Our oils are a wonderful tool to have on hand. They're phytohormones, which means they're nature-identical plant hormones extracted from flowers, stems, roots, bark and leaves of plants.

## Organic essential oils

Essential oils we recommend for all the stages of menopause:

**Clary Sage** *Salvia sclarea* : Euphoric, uplifting and a female hormone supporter;

**Geranium** *Pelargonium graveolens* : Supports balance for many female hormonal issues and is great for your skin;

**German Chamomile** *Chamomilla matricaria* : Contains azulene a highly sort after molecule to assist balancing female hormones;

**Tarragon French** *Artemisia dracunculus* : Though it's not talked about as much as the others French Tarragon has a very strong support for balance on female hormones.

## Organic carrier oils

Carrier oils we recommend for all the stages of menopause:

**Evening Primrose Oil (EPO)** *Oenothera biennis* : Nourishing to the skin and high in GLA, add 5-10 drops to your smoothie to help manage sugar cravings;

**Jobba Oil Golden** *Simmondsia chinensis* : This is a liquid wax and assists with keeping moisture inside the skin. Excellent to prevent dry skin conditions;

**Argan Oil Raw** *Argania spinosa* : Wonderful for hydrating the body and hair, as well as adding 10 drops onto your salad to balance mood swings.

## How to apply essential oils

Good essential oils are expensive, so you want to get the most out of them. Their potent characteristics can be absorbed into our bloodstream through the skin, lungs, and nose. From here they work directly with the brain and the receptors in our endocrine and nervous systems to bring the body into a state of homeostasis or balance.

You can inhale essential oils via a diffuser or by applying them to your palms, rubbing them together and cupping them under your nose. Or you can put them straight onto your body providing they're good quality.

Think about if you're using an oil or blend for yourself as an individual or for your environment.

For example, if you're using **Woman Support** (ex-Feminine Balance), we recommend using it directly on your body. Whereas something like Stress Less or Uplift (ex-Life Lift) is more for the environment you're in so it's perfect for the diffuser.

## Bath time

Using **Woman Support** as an example again, you could put it in the bath because it's for you. The best practice is to add 10 drops into a jar of milk (of any type) and a tablespoon of Epsom salt. Pour this mixture into your bath water and enjoy for no longer than fifteen minutes. After this time you might start to reabsorb released toxins.

Never use a blend in carrier oil for a bath because the essential oils won't absorb into the skin as they are happily combined with the carrier oil.

## Pulse points

A quick way to use essential oils during peri and post-menopause is in your bedtime preparation. The body works to re-balance itself at night so before you go to bed put some oil on all your pulse points. This is where your skin is thinnest so it will be absorbed very quickly. Try the neck, wrists, ankles, and the backs of the knees (avoid the groin as it might go to places where it's not supposed to).

## Small of the back

**Woman Support** is designed to balance the endocrine system so the easiest way to use it is to put five drops directly onto the small of your back before you go to bed. This is where the nerves come down the spine and feed into the uterus and ovaries so it's a very direct place. Don't dilute it, just use it in its pure form.

Do this for a month every night and it should help support your hormonal balance.



## ABSOLUTE ESSENTIAL Woman Support

Use only as directed.

## CONGRATULATIONS TO OUR WINNERS FROM ISSUE 12!

- Casey Frew (Way of Life Health Shop)
- Lisa Grant (Tonic Health The Base)
- Niketa Stevens (Tonic Health Centre Place)
- Whitney Hauwai (Health Essence)
- Caroline Kemp (Bethlehem Health Shop)

They have been contacted directly by Absolute Essential to receive their prize.

## Recipe

# Gold for your gut



WORDS Mitchell's Nutrition

Finding a protein powder that works for people suffering from symptoms of IBS like bloating, gas and irregular bowel movements is a major struggle!

Protein powders on the market are generally made from Whey (Dairy) or Pea (legume) based protein. These can be disruptive for those with a sensitive gut, making it difficult to add protein supplement into your daily life.

We've created a Bone Broth based protein powder that is dairy free, gluten free, paleo, keto and the perfect alternative to dairy or legume based powders.

Bone Broth Protein is a natural way to give your body all the support it needs to stay active. Every single gram of protein and collagen found in this powder is a natural outcome of the slow cooking process. We use the traditional cooking technique to extract the goodness from 100% grass fed New Zealand beef bone, before stirring in some cocoa, natural vanilla and monk fruit powder for natural sweetening. Nothing else.

By using bone broth we made sure this product is packed full of essential amino acids - also known as the 'building blocks' our body needs to survive and thrive. These amino acids support more than just muscle growth and repair, they also support gut health, joint and skin, energy levels and even your basic body functions.

## Mitchell's Bone Broth Smoothie

RECIPE Mitchell's Nutrition

### Ingredients:

**2 heaped tbsp** Mitchell's Bone Broth Protein Powder 30g (choc flavour)

**250ml** oat milk (or milk of choice)

**1 tsp** chia seeds

**1 tsp** nut butter of choice

**1 tsp** cacao nibs

### Method:

Blend all ingredients except cacao nibs until smooth. Pour into glass and top with cacao nibs.



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# Feeling tired?

Address iron deficiency naturally, and what to do when iron keeps plummeting.

WORDS Dr Kathleen Schubert

Photography by Unsplash

I'm so tired. My body hurts. I am not motivated. I want to sleep even after a full night's rest, and I feel worse when I exercise. These are common phrases heard when talking about iron deficiency. This may be a sign of low iron levels in your body, which can be a detriment to your wellness goals and quality of life. Learn how to conquer it and when to investigate further.

## What is iron deficiency?

Iron deficiency refers to having low levels of the mineral iron in your body. Iron is used to produce red blood cells which help restore and carry oxygen in the blood. Deficiency results in symptoms like feeling sluggish, sore muscles, breathlessness with minimal exertion, dizzy bouts, heart palpitations, lowered immunity, and pale skin, gums, and eyelids. This can be checked by your GP or some functional health practitioners by blood testing.

## Why do we have iron deficiency?

The main way we get our iron is through our food. If these are new symptoms for you, it may be from a change in food intake. Eating foods rich in iron such as red meats, seafood, dark green leafy vegetables, and beans is usually enough to keep your iron levels

normal. Vitamin C has also shown to help the body absorb iron more efficiently, while excessive coffee and tea consumption has been shown to have the opposite effect.

## Does your iron keep plummeting? It may be perimenopause, or something else.

Besides diet, other factors may include long and heavy menstrual flow due to estrogen dominance related conditions or perimenopausal hormonal changes, malabsorption due to Coeliac's disease, Helicobacter pylori or parasitic gut infection, and increased demand for iron due to pregnancy, chronic kidney disease and radiation/chemotherapy.

Conditions causing upper and lower gastrointestinal blood loss reduce iron, such as ulcers, inflammatory bowel disease, esophagitis, gastritis, diverticulosis, hemorrhoids, anal fissures, and infectious colitis.

Childbirth, gastric bypass, prolonged non-steroidal anti-inflammatory drug use, trauma, or blood donation also may increase iron demand.

## What can I do to prevent or support it?

Consume plentiful iron-rich foods, or if not possible, take a chelated iron in combination with vitamin C on an empty stomach for maximum absorption. Always monitor iron level with blood testing if deficient. If repeated deficiency, request further investigation from your doctor.

Kathleen Schubert is a Naturopathic Functional Health Practitioner for Dr Kathleen & Team. Find out more at [www.drkathleen.co.nz](http://www.drkathleen.co.nz).



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# Getting to know Homestead Health

**Q) As a new member to the CHS group, what drew you to Homestead Health?**

**A)** I initially joined Homestead Health as an employee whilst running my own practice elsewhere. I realised how much I enjoyed engaging with people on the shop floor and how much you could help someone on the spot. I also loved that the feedback is immediate and somehow more real than in a typical consult.

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

**A)** When I was a teenager, my father had ongoing health issues with psoriatic arthritis and cardiovascular issues. He went to a dietitian at that stage to help. This opened my eyes to the fact that foods could be used as medicines. This was very influential for me and after a first career in commerce, when I had my children, I re-trained at the College of Natural Medicine in Christchurch and studied Clinical Nutrition.

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

**A)** Our staff are fully trained in natural health. They truly listen, and ask questions in order to provide the best solution, that works effectively and promptly. We take the time to know our customers. We also search to find some really unique and effective products that you won't find elsewhere. Recently we have expanded into gifts with a New Zealand natural bent too, because we know our customers are seeking these kinds of products.

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

**A)** Thanks to the CHS Group, one of my favourites is made right here in Canterbury, called Mylk, from Mylk Made. These are nut milk bases that come as a concentrate in a jar, that you blend/shake to make instant nut mylk. They use some organic ingredients and there is no waste. Great for the planet! Great for your body! And because they use a variety of nuts and sometimes oats, the mylk tastes amazing. Plus it's cost effective!

**Q) What do you hope to bring to the community and customers at Homestead Health?**

**A)** In short, quality products and genuine help. Our industry is being hammered at the moment with cheap products made to a price point, not a quality point. This provides for a false economy. If supplements don't contain high strength, quality, absorbable ingredients, then they don't work and consumers throw their money away. It's not right, and we are working really hard to give our customers the best products so ultimately they feel better.

**Q) As we move into Spring, what are three things to consider in terms of your health right now?**

**A)** 1. Keep taking your Vitamin D, Solgar make a great liquid filled capsule. Vitamin D is at its lowest in your body right now and you need it to support your immune system, especially as our borders open. It's also important for serotonin production, if a long winter is making you feel a little SAD (Seasonal Affective Disorder).



2. If you are prone to seasonal allergens, before spring hits it's time to think about priming your immune system to support your body's natural response to allergens. Probiotics may support balanced response and should be taken before the season hits. We sell a great probiotic produced in the Coromandel called Immunity Fuel which can help with this. Also consider a Nordic Natural Fish Oil for added support and Solgar Quercetin if the symptoms arrive. These three products are all great for overall health too.

3. Think of removing the clothing layers and baring the skin – eek! What we put on our skin really matters to our overall health and to the planet. Living Nature produce a beautiful Rich Body Lotion to help revive winter tired skin. The quality of this product is just amazing, and it is made in Kerikeri. Great Lakes Collagen will help skin appearance especially when teamed up with my new favourite Biomax Liposomal Vitamin C from Coyne (and it's great for gut health and joints as well). And for those who just need a little encouragement to bring out the legs, I love the Eco Tan range, particularly Winter Skin, which contains no nasties, and brings your skin to look sun kissed (even when it hasn't been).

Contact Shelley at Homestead Health

Homestead Health  
The Palms, Shirley, Christchurch  
P. 03 385 0364

[www.communityhealthstores.co.nz](http://www.communityhealthstores.co.nz)



## New Low Carb Electrolyte Hydration Mix



VEGAN FRIENDLY



GLUTEN FREE



NO ADDED COLOUR



PRESERVATIVE FREE





# Hemp Seed Oil - the natural solution for healthy joint support from Hemp Farm®

## Spring is here but are you feeling it yet?

Joint stiffness and other age-related conditions can certainly make you feel less than joyful. If the spring in your step has been replaced with stiffness and slowing you down, you might be interested in a natural product to support joint health that you've not tried, or even heard of.

What are we talking about? Hemp seed oil. Whoa... Don't stop reading. We're not talking about that stuff. Not the... gets you high stuff, the wacky baccy, electric puha type of hemp. The two plants are the same species (*Cannabis Sativa*), but are more like first cousins and NOT identical twins. Hemp seed oil does NOT contain the same levels of neuroactive compounds found in cannabis leaves and flowers, so does not have a psychoactive effect.

To clarify, we are talking about industrial hemp seed and the amazing benefits of

hemp seed oil to support joint health. The efficacy of hemp seed oil in supporting joint mobility has been suggested for centuries and has its origins in Korean and Chinese cultures.

Hemp seed oil is made from cold pressing the whole, raw seed of the hemp plant, in a similar way that olives are cold pressed to make olive oil. The oil has a nutty, buttery flavour somewhere between a pine nut and a sesame seed.

Including hemp seed oil in your diet provides your body with a well-balanced source of omegas and antioxidants. The health benefits of hemp seed oil come from its three polyunsaturated fatty acids: linoleic acid, alpha-linolenic acid, and gamma-linolenic acid (GLA). GLA's impressive properties have been anecdotally shown to support joint health and mobility. Hemp seed oil contains a higher concentration of GLA than almost any other plant oil.

The ratio of omega-6 (linoleic acid) to omega-3 (alpha-linolenic acid) fatty acids in

hemp seed oil is an optimal 3:1. To put that in perspective, many Western diets have a ratio of omega-6:omega-3 at 20:1. Some studies suggest that an elevated intake of omega-6 fatty acids may be a trigger for many lifestyle and degenerative diseases.

Bottled hemp seed oil can be added to your diet by simply drizzling on salads, using as an alternative to butter or adding to smoothies. A recommended dose is around a tablespoon per day. Alternatively, hemp seed oil can be taken in handy 1000mg soft-gel capsules.

Aside from being the perfect way to give some extra love to your joints, hemp seed oil is nourishing for your skin and hair, supports healthy cholesterol and blood pressure levels, good cardiovascular health, and most importantly, better sleep!

Consider including hemp seed oil as part of your diet. It's a beautiful and healing gift from nature.

Boost  
your meals  
with the goodness  
of hemp

15% OFF  
RRP

See instore for details.  
T&C apply.

HempFarm



Hemp Farm® cold-pressed Hemp Seed Oil, and Hemp Hearts from New Zealand's largest supplier. 100% New Zealand grown hemp.

HEMPFARM.CO.NZ

# Community Health Stores

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Sylvia Park  
286 Mount Wellington Highway  
Auckland  
Tel 09 573 0310  
[www.healthessence.co.nz](http://www.healthessence.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 07 847 0340  
[www.tonichealth.co.nz](http://www.tonichealth.co.nz)

### Tonic Health The Base

The Base  
Formation Drive  
Te Rapa  
Hamilton  
Tel 07 854 8342  
[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)

## SOUTH ISLAND

### Homestead Health

The Palms, Shirley  
Christchurch  
Tel 03 385 0364  
[www.homestead.health](http://www.homestead.health)

For more information visit  
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