

FREE

# Healthy *by* Nature



Sharing a commitment to healthy communities

ISSUE #14 SUMMER 2021/2022

SPECIAL  
OFFERS  
IN-STORE  
TODAY

**5** NUTRITIONIST  
APPROVED  
WAYS TO SUPPORT  
YOUR HORMONES  
WITH EVE WELLNESS

LITTLE BIRD ORGANICS  
**OVERNIGHT  
GLUTEN-FREE OATS**

WITH MACERATED APRICOTS  
& COCONUT YOGHURT

REGULAR  
**INTELLIGENT  
FASTING**  
– THE MIRACLE CURE

**IS CAFFEINE  
BENEFITTING  
OUR HEALTH?**

with Dr Libby Weaver





# Spore-Forming Probiotics:

## Taking gut health to the next level



**BIOTRACE**  
**Bio Probiotic**

Our body's gut microbiome is gaining more and more attention as research further reveals how important it is to our overall health.

#### What is the gut microbiome?

Our bodies contain trillions of bacteria and microbes that are largely located in our gut and they are collectively known as the microbiome.

#### It has been found that our gut microbiome is responsible for vital processes in our body such as:

- helping us digest dairy & fibre
- supporting our brain health
- supporting weight management
- balancing our beneficial bacteria
- supporting heart health
- supporting balanced blood sugar levels
- and most importantly, supporting our immune system.

We can improve our gut microbiome by taking probiotics, which are live bacteria that can help us maintain and restore our gut to a healthy state. Probiotics can do this by essentially reseed our gut microbiome with healthy microbes.

What makes **BioTrace Bio Probiotic's multi-strain formula** really special compared to conventional probiotics is the unique strain of spore-forming probiotic known as *Bacillus subtilis* (DE111) inside each vegetable capsule. The *B. subtilis* strain has been genome-sequenced and is a scientifically tested strain of probiotic

that concentrates on supporting immune function and digestion.

It is vital that probiotics are stable so they can survive the harsh conditions in our gastric system and *B. subtilis* has a very unique ability to form spores that protect the microbes from these harsh conditions as they make their way to the GI tract where they can germinate robustly. This also means that BioTrace Bio Probiotic is shelf-stable, unlike a lot of probiotic products on the market, and does not require refrigeration.

BioTrace Bio Probiotic contains 10 billion CFU of probiotics per capsule which helps crowd out unfavourable bacteria inside the gut and helps to maintain a healthy healthy microbiome (remove gut flora) flora by supporting good bacteria to grow and thrive. If you are experiencing gut challenges including digestive discomfort such as irregular bowel motions, bloating, or flatulence and have not found conventional probiotic formulas to be helpful, try BioTrace Bio Probiotic. It is a dairy free, vegan friendly formula that does not contain animal products or toxic excipients.

Talk to your local Community Health Store experts about how BioTrace's clean and natural products can help support your immune system and 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.*

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Long days are upon us! We've enjoyed working on this issue and bringing you stories that might offer you some uplifting motivation as we move into the summer season.

It's hard to believe we are onto our 14th issue of Healthy By Nature, getting closer and closer to a big milestone of 15 magazines! We've had some amazing contributors over the past few years, and we are so pleased that we have some talented faces returning for the second time!

In this issue we focus on healthy eating during the festive months by talking to Community Health Store Naturopath, Sheryl Scott. She teaches us how to treat food as your medicine, and to eat a nutrient dense diet throughout the summer.

We're also learning how food can support our hormone health with Eve Wellness and their range of hormone supplements that can be taken alongside a healthy diet.

Rachel Grunwell is back after a short break from our magazine, with a fitness routine that you can do from your very own garden! Get fit and tone up this summer by trying her equipment-free 28 minute routine!

Thanks so much to all our lovely customers for your ongoing support. It really means a lot to us. We wish you a happy holiday season!

*The Community Health Stores team*

Visit us at  
[communityhealthstores.co.nz](http://communityhealthstores.co.nz)  
or follow us on



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

Thank you to: Dr. Libby Weaver, Eve Wellness, Jason Shon Bennett, Rachel Grunwell, Sheryl Scott, Little Bird Organics, Georgia Baker, The Community Health Store, Clinton Ashill, Unsplash, Webstar Print.

TAPS: PP8272

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## Good digestion during the festive season with Good Health's Good Gut Guide: A gut friendly Christmas

Many of us will be preparing for a delicious festive meal this December, followed by a decadent dessert. As Summer rolls on with warm, sunny days and late sunset evenings, we tend to continue the mood of festivity, until...

It isn't long before the effects of rich food and those delightful calories take their toll on our digestive system. It's not always easy participating in Christmas gatherings when you are on a gut healing journey, however Good Health have come up with a plan to support our daily digestive function, while we indulge freely and comfortably with family and friends.

### AN EASY WAY TOO:

- Cleanse the liver and digestive tract
- Rebalance good bowel flora
- Protect the liver and support digestion

Good Health's Good Gut Guide is an easy three-step process, including these products:

- Body Cleanse
- Gut Guard
- Liver Tonic 17500

### Body Cleanse

Body Cleanse is a two-part liver and bowel detox kit consisting of a Multi Cleanse and Multi Fibre product, to encourage a gentle, yet effective cleanse, with specific herbs and nutrients to support detox, for both healthy liver and bowel function.

### Gut Guard

At times when digestion may not feel comfortable or our digestive system is experiencing a lot of bloating and irregularity, due to certain food triggers, it is key to nourish the intestinal lining with nutrients that soothe, protect and feed healthy bowel flora. Gut Guard contains

two scientifically researched ingredients, to support digestive health and restore gut flora balance.

### Liver Tonic 17500

Liver support herbs support continual gentle detox and digestion, making the digestive function of the body a whole lot easier, while ensuring that nutrients from our food are processed properly. Liver Tonic 17500 combines the potent liver protecting herb, milk thistle, with a comprehensive blend of herbs and nutrients for an effective herbal liver tonic, offering antioxidant support, for healthier liver function and digestive support.

For a gut friendly Christmas, we suggest following our Good Gut Guide to get the healthy digestive system you need this season. We also suggest that our Gut Guard and Liver Tonic 17500 products can be used daily, ensuring healthy and happy digestion, not just during this summer season, but in the long term.

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

TAPS PP8150

## Fitness

# Exercise you can do outside

WORDS by Rachel Grunwell



Get outdoors into the fresh air and mindfully move your body to uplift your health, clear your head and feel more vibrantly alive.

No fancy gym equipment is required to get fit; Just use your body weight. No fancy outfits are necessary either. But I do recommend a good pair of sports shoes, wearing sunscreen, and a sunhat. Have a bottle of water to stay hydrated too. Aim to do at least 150 minutes of moderate intensity aerobic activity, or 75-minutes of vigorous intensity activity, weekly.

Movement helps with weight management, improves your heart health, strengthens bones, builds muscles, reduces the risk of some cancers, and helps to lift your mood.

Firstly, warm up. Jog slowly around your neighbourhood for 3-5-minutes.

### Round 1

- Air squats - 45 seconds
- Walking lunges - 45 seconds
- Rest - 30 seconds
- Repeat two more times

### Round 2

Push ups - 45 seconds

*(Beginner push ups can be done standing and moving your arms on a wall, or they can be done on your hands and knees, or for those advanced... try push ups from the plank position).*

- Burpees - 45 seconds
- Rest - 30 seconds
- Repeat 2 more times

### Round 3

- Sit ups - 45 seconds
- Plank hold - 45 seconds
- Rest - 30 seconds
- Repeat 2 more times

Finally, rather than Lastly, take 3-5 minutes to stretch for a warm down and to bring length back to tight muscles. I'm a big fan of yoga poses like, downward dog, standing forward fold, cobra, cat & cow, and child's pose stretches. As an alternative you could go for a slow, gentle jog around your streets for 3-5 minutes.

This entire workout takes 24-28 minutes and could be done up to 5-6 times per week. If you want to mix things up, instead do it three times weekly, and try to walk or run for approximately 30 minutes twice a week.

If you are new to running, try walking a power pole, jogging to the next power pole and repeating this for 30 minutes. Each subsequent week, just aim to run a bit more than you walk.

Set a goal to keep you motivated!

Rachel Grunwell - PT, Yoga Teacher, Wellness Speaker, author of Balance: Food, health + Happiness

Follow Rachel via Instagram @rachelgrunwell inspiredhealth.co.nz



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# Hello menopause.

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Formulated with nourishing sage leaf, black cohosh, ashwagandha and more, BePure MenoCalm™ supports temperature balance and sleep, while calming and balancing irritability, worry and your mood.

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Always read the label and use as directed. Supplementary to a balanced diet. BePure Health Limited Auckland.

**BePURE™**

# Staying healthy over SUMMER

WORDS by Sheryl Scott, Naturopath, NMHNZ

Here comes the sun to brighten our days, mood and food. While there are joys to each season, my favourite season of the year is summer.

Warmer weather and longer days encourage us to relax, have fun and enjoy the simple joys of: barbecues, picnics with family and friends, being outdoors connecting with the earth and nature.

With all these things, summer brings a time to eat fresh, raw and vital. Some like to take this opportunity to juice fast with cleansing fresh fruit and vegetables, or go on a cleansing and detoxifying raw food diet.

Seasonal simplicity allows us to focus on refreshing, cooling and hydrating foods like:

- melons
- stone fruit
- berries
- green leafy vegetables
- cucumber
- mint
- coconut water
- lime water.

## “Let food be thy medicine and medicine thy food”

This famous quote by Hippocrates reminds us of the healing power of nutrition. Eating the colours of the rainbow offers an array of vitamins, minerals, phytonutrients and antioxidants. Phytonutrients are powerful defenders of health. (Phyto = plant). They stimulate enzymes to help the body detoxify, support the immune system, protect the body from cancer and improve health of all body systems.



Red food phytonutrient Quercetin is a natural anti-histamine to support immune and respiratory health. Quercetin is a zinc ionophore which promotes the cell

to absorb zinc - an important nutrient in immune health as it blocks viral replication. Quercetin is found in red apples, raspberries, red grapes, cherries and also in citrus fruit and onions.



Orange food compounds include: Beta-carotene which converts to vitamin A - important for immune health, eye health, healthy skin and mucous membranes.

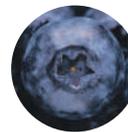
It increases immune cell numbers. Beta-carotene is found in carrots, sweet potatoes, pumpkin, turmeric, apricots and also in green leafy vegetables.



Yellow food compounds are anti-inflammatory and protect cells. They include pineapple, lemon, yellow bell peppers, ginger root, corn and banana.



Green foods contain phytonutrients: chlorophyll, folates and sulphoraphane which boost the immune system and support the liver to get rid of toxins. Found in broccoli, sprouts, cabbage, bok choy, zucchini, celery, garden herbs etc.



A phytonutrient found in purple foods is resveratrol which prevents inflammation, oxidative stress and helps the body fight disease. Found in delicious blueberries, boysenberries, blackberries, purple cabbage, grapes, plums.

To optimise your immune health this summer eat the rainbow of colours aiming for 9-13 plant foods every day.

## A Healthy by Nature Promotion

### THE IMPORTANCE OF VITAMIN D TESTING

New Zealanders are aware of the critical role of Vitamin D (“Super Vitamin”) for the Immune system and now more than ever, people are looking to supplement with Vitamin D, as we face the prospect of Covid-19 spreading. Whilst there is mounting evidence that Vitamin D may help reduce the severity of illness with Covid-19, it remains important not to take excessive levels. Although overdose is very rare, Vitamin D is fat-soluble and can build up in the body. Antioxidants need to be taken in safe dosages to then be present in the correct balance with free radicals for the best health outcome.

#### PRIMA Vitamin D tests detect different levels in the blood

0-10ng/ml, 10-30ng, 30-100ng, and over 100ng allow you to discuss with your CHS consultant to appropriate supplementation dosage for you. This is a safer and healthier option than self-diagnosing and self-medicating.

PRIMA Home tests are available online or in store at selected CHS Stores Nationwide. Ask at your local store for more information.



Always read the label and use it as directed. If symptoms occur please contact your healthcare provider at Wellab.



# 5 Nutritionist *approved* ways to support *your* hormones

WORDS by Eve Wellness

The food you eat has the power to either support the optimal functioning of your hormones, or contribute to hormone imbalance. So when it comes to balancing your hormones, nutrition is a pretty big deal.

Plant-based, low carb, keto, celery juice, gluten-free, dairy-free, organic – type 'the best way to eat for health' into your Google search bar and the plethora of information that comes back is both conflicting and overwhelming.

If you've ever looked online for guidance and felt like it was too much for one person to work out (let alone put into practice) we get it, you're not the only one.

So, we're taking it back to the basics of nutrition for women's health. We asked our Health Consultants, (the wonderful team that includes clinical nutritionists, registered dieticians and naturopaths), about what they eat to balance their hormones.

**A word of caution:** These tips are fairly broad, because no offence dear reader, but we don't know you from a bar of soap and what works for you mightn't work for your BFF!

If you're after a more personalised approach to nutrition, testing is a great place to start. The Eve Hormone Balance Test report includes insights into both the specific foods that support your individual hormone picture, and the ratios of carbohydrates, fats and proteins that support balanced blood sugar levels (also known as your 'macronutrient type').

**In the meantime, here are 5 nutrition tips to support balanced hormones:**

*Nutrition isn't all or nothing; something is always better than nothing*

## Nutrition

### 1. Break-the-fast with protein

Protein supplies amino acids which are crucial for the body to repair itself. Steady, sustainable energy will keep you full for longer. **Some favourite breakfast proteins include:**

- 2-3 free range eggs
- A natural protein powder added to a smoothie (avoid added sugars or hard-to-pronounce additives)
- Nuts & seeds
- Natural greek yogurt
- Salmon
- Leftover mince or steak.

Craving carbs and sugar, or feeling constantly hungry are signals that you're not fuelling your body well, and this can contribute to unhappy hormones. Cravings can also be addressed with a probiotic like Queen V as it supports a balanced microbiome in favour of good bacteria. Good bacteria craves good food!

### 2. Don't skimp on healthy fats

For a while, fat was the most misunderstood macronutrient of all. We were told that fat free = healthy, and that cholesterol and saturated fats were bad.

Thankfully for our health and hormones, science has shown the error of our ways and now demonising dietary fats is so 2005. Our Health Consultants love healthy fats as they contain a range of key fat-soluble vitamins, such as A, D, E, and K, and provide slow burning energy to complement the energy from carbohydrates and keep blood sugar stable.

Fats are also the precursors to our hormones—they are the raw materials we need to make hormones like progesterone, oestrogen, and testosterone.

**Great sources include:**

- Avocados
- Nuts & seeds
- Eggs
- Coconut yoghurt
- Cold pressed oils such as extra virgin olive, avocado and coconut
- Fatty fish such as salmon and sardines.

Avoid canola, rice bran and vegetable oils. All of the fat-soluble vitamins mentioned above are conveniently included in our supplement Take Me With The Pill, which we recommend for keeping nutrient stores high whilst on hormonal contraception.

### 3. Carbs aren't the enemy

Low carb or 'keto' diets are somewhat of a buzz in the health and fitness world at the moment. The idea behind them being that without glucose from carbohydrates for energy, the body is 'forced' to use fat for fuel instead.

The thing is, sex hormones can be particularly sensitive to both under eating, and restricting entire food groups such as carbs.

From a physiological standpoint, forcing the body to use ketones (fat) for energy can be more stressful than using glucose from carbohydrates: it can increase cortisol levels and throw your delicate balance of sex hormones off as the two are made from the same precursor hormone, pregnenolone. Some women with insulin-resistant hormone imbalances such as PCOS might do well on a lower carbohydrate diet, many women find they simply need carbs to feel balanced, energised and healthy.

Non-inflammatory starches such as rice, potato, pumpkin and kumara are calming on our nervous systems; and can support good sleep and our response to cortisol and stress.

### 4. Greens are important

Eat your greens! Before you roll your eyes and tell us you've heard it all before, just listen. Leafy greens such as spinach, kale, watercress, silverbeet and micro greens are amongst the most nutrient-dense foods on the planet. Nowhere else can you find calcium, magnesium, iron, potassium, phosphorus, zinc, and vitamins A, C, E & K in a tasty, ready-to-eat package.

Our bodies need nutrients to do pretty much everything: make our hormones and energy, rejuvenate our cells and detoxify last night's pinot gris.

Aim for a serving of greens with each meal. Whether that's in a smoothie, salad, slaw or stir fried, steamed or otherwise - it's all good.

For more support in the nutrient department, Take Me With The Pill is a high-quality multi – a daily dose of recommended daily intake of nutrients and none that can interfere with your contraception.

### 5. Soul food is important too

Yes, food is fuel and nourishment; but it's also a whole lot more than that. It's pleasure, experience, comfort and often a form of socialising too.

Eating nutrient dense wholefoods doesn't need to mean feeling restricted, deprived or as though you're missing out.

At Eve, we're passionate about eating well, but we'd be lying if we said there were never gluten-free brownies cooling in the kitchen or dark chocolate being passed around at 3pm. Let's face it, even stressing about food is still a form of stress, which we don't have to tell you isn't great for your hormones either!

The key takeaway is to do the best that you can, when you can, and try not to get caught up in the details.

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## DAILY SUMMER IMMUNITY SMOOTHIE

### INGREDIENTS

- 1 ½ cups coconut water
- ½ cup frozen spinach
- ½ cup frozen mango
- ¼ cup frozen blueberries
- 1 serve Good Green Vitality (or ½ serve for kids)
- 1 serve Nuzest Smoothie Vanilla Clean Lean Protein
- 1 tsp grated ginger
- Pinch of cinnamon

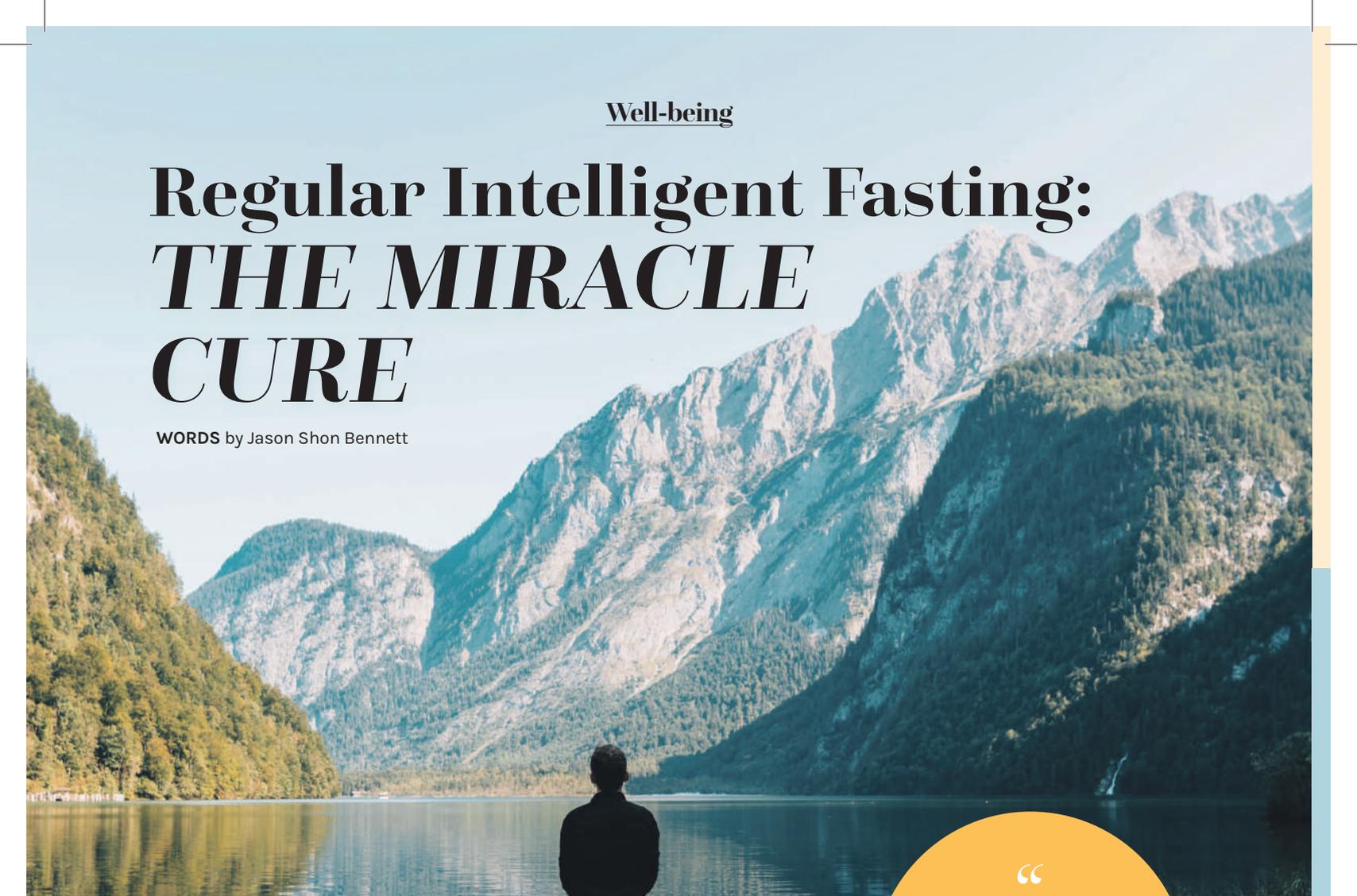
### METHOD

Add all ingredients to a high-powered blender and process until smooth. Pour into a glass and enjoy.



# Regular Intelligent Fasting: *THE MIRACLE CURE*

WORDS by Jason Shon Bennett



We are living in a time where more people than ever are sick and they are getting sicker, at younger ages, all over the world. Why? We simply eat too much food, and the food we are eating is among the worst quality food ever created. The typical modern diet is a low-fibre, sugar-rich, high-meat, nutrient-poor, 3000-calorie a day, pile of takeaways rubbish.

“  
*Fasting is the  
inner doctor.*

- Hippocrates, father of  
modern medicine.

”

## Babies and animals naturally fast when unwell

Human babies, when sick, will immediately fast. Animals automatically avoid food and fast to ease pain, discomfort or disease. When we get sick, we lose our appetite. This is your body begging you to fast so it can concentrate on fixing the problem. The real problem is not fasting. The real problem is that we keep eating. Fasting is what many of the great leaders, teachers, philosophies and religions have taught for over 2000 years, in an effort to achieve exceptional health. Fasting is simply the oldest, most powerful, historically proven, immediate and effective, natural rejuvenation process available.

*'The body gives back when you go without'*

- Jason Shon Bennett.

## Fasting is NOT a silver bullet

In this modern age of searching for the instant fix, remember that fasting is one part of a holistic approach to a healthy, vibrant lifestyle; not a single magic bullet. Fasting, alongside a plant-based wholefood diet and smart lifestyle changes (not drinking or smoking, getting good sleep, rest and exercise), is the best strategy to remove waste, burn fat and transform your health, vitality and longevity. I have taught thousands of people to fast with very positive results. I have fasted this way many times over the last 35 years, and I have had the most incredible results, both body and mind. I was very sick for over 20 years, now I have not had a sick day for the last 30. Regular fasting has been a key part of keeping me well (full details in my first book 'Eat Less, Live Long').

*'Fasting is the greatest remedy, the physician within. Instead of medication, fast for a day'*

- Philippus Paracelsus, Greek philosopher and one of the three fathers of Western medicine.

## How do you do it?

The fasting I recommend is based on taking a break from solid food; drinking water, healthy vegetable juices, herbal teas and potassium broth (vegetable broth), for one full day a week. It is what I call Regular Intelligent Fasting® (RIF®). Slowly and intelligently starting to fast, gently juice-fasting at first (and sometimes smoothies for a day before trying vegetable juices only), and then more rigorously over time (once you are used to it), will, for most people, help to completely transform their health.

## Fasting versus starving

Fasting is allowing your body to digest and remove the stored fuel it is carrying as fat. Each half kilogram of extra fat you carry is stored fuel and is equivalent to 3500 calories, or two days' food supply. Starvation is very different to fasting. Starvation is when your body has no fuel, no fat or nutrient reserves, and then you stop eating. Most people have plenty of stored fuel all over their bodies. I recommend getting yourself relatively healthy before you begin fasting.

## Well-being

### Tips for successful fasting

1. Be prepared and control your environment. Have a goal when fasting, plan for it and prepare for it, don't have coffee percolating or bacon cooking while fasting!
2. Keep mentally busy as once you get bored you will think you are hungry.
3. Start with a one-day fast on either a Saturday or Sunday when you can be at home.
4. Subsequent fasts get easier as you progressively get healthier and your body has less accumulated toxins to deal with. Build to longer fasts slowly over a year or so, as long as they continue to be beneficial to you.
5. Be gentle with yourself - it is ok to fail. I still fail all the time! If it doesn't go well, don't beat yourself up. Draw a line in the sand and try again the following week, and keep trying until you complete your full one-day fast. **You will get there.**

Follow Jason Shon Bennett on IG/FB/LI for daily social media videos and quotes on healthy longevity and fasting, or at his website [www.jasonshonbennett.com](http://www.jasonshonbennett.com)

*This fasting information is for reference and informational purposes only and is not intended as medical counselling or medical advice in any way. The information here should only be used in conjunction with the guidance and care of your natural healthcare practitioner who should be aware of all medical conditions that you may have, your family history, as well as the medications or supplements you may be taking. Remember; everyone is unique and, therefore, everyone has a slightly different nutritional requirement and experience.*



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## SUPPORTING YOU THROUGH MENOPAUSE



Menopause is a natural and normal part of aging for all women and results in the body producing less oestrogen. This causes the body to behave differently, and a wide variety of symptoms may be experienced. It is thought up to 85% of menopausal women are looking for support with a non-hormonal approach.

MenoPrime is a unique combination of two scientifically studied botanical extracts, Saffron (affron®) and Siberian Rhubarb (Err-731®) offering non-hormonal, botanical support for mature women.

Siberian rhubarb (ERr-731®) is a scientifically studied root extract standardised for both rhaponticin and desoxyrhaponticin. Scientific studies suggest it may support during menopause.

Saffron is a spice derived from the flamboyant crimson stigmas of *Crocus sativus* flowers and is the world's costliest spice, by weight. Scientific studies suggest these bioactive compounds may support calm and relaxation.

A single daily tablet of MenoPrime provides whole-body, hormone-free, plant-based support for women aged 45 and over.



# Gluten-free Overnight Oats

## With Macerated Apricots & Coconut Yoghurt

RECIPE: Little Bird Organics

Start the day right with this delicious summery recipe from the team at Little Bird Organics.

### Ingredients for the oats:

- 1 cup rolled oats, gluten free or organic
- 2 Tbsp sunflower seeds
- 4 Tbsp dried coconut
- 2 Tbsp chia seeds, or golden flaxseeds
- 1 ¼ cups coconut milk
- 1 tsp lemon juice
- 1 tsp honey

### Ingredients for the apricots:

- 3 apricots, use up to 4, ripe
- 1 Tbsp ginger juice\*
- \*You can make juice by grating and then squeezing it through a cheesecloth or nut milk bag or simply squeeze in your hand
- 1 Tbsp lemon juice
- 2 tsp honey, or more to taste, raw

### To serve

- 2 Tbsp coconut yoghurt
- 1 dash honey, raw, to taste
- 1 small handful almonds, roughly chopped



1. To prepare the overnight oats: Before going to bed, combine the oats, sunflower seeds, dried coconut and chia seeds in a medium bowl. Stir in the coconut milk, lemon juice and honey and keep covered in the refrigerator overnight.
2. To prepare the macerated apricots: You can prepare the apricots the night before or right before serving. They will be softer and more flavourful if you make them ahead, but will work nicely with 10 minutes of macerating too.
3. Cut apricots in half and remove the pit. Cut into quarters and set aside. In a medium bowl, combine ginger juice, lemon juice and honey. Add apricots to the marinade and mix well, making sure they are evenly coated.
4. To serve, divide the oats into two bowls, top with a generous dollop of coconut yoghurt, and a few tablespoons of macerated apricots. Drizzle with extra honey if desired and finish with the chopped almonds.

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# Is caffeine **BENEFITTING** your health?

Caffeine is the most widely consumed stimulant in the world, with roasted coffee beans and tea leaves being the primary sources of dietary caffeine. It is also found in cocoa, chocolate, soft drinks, energy drinks, some medications, and dietary supplements.

Some people notice they are caffeine sensitive, while others will claim they can drink a strong black coffee after dinner and still sleep solidly for eight hours. So, let's explore why some people tolerate caffeine better than others.

## Liver overload

Caffeine requires detoxification via the liver so that it can be safely eliminated from the body. Detoxification is a change process where the liver takes something that, if it accumulated inside you, would be harmful to you, and transforms it into a less harmful version in preparation for elimination. There are two phases of liver detoxification—phase I and phase II.

Caffeine increases the speed of phase I liver detoxification. You might think, great—sounds like just what I need—faster liver detoxification processes! But for too many people today, the next phase of their liver detoxification (phase II) is inefficient, congested, or simply overwhelmed. This can lead to substances being reabsorbed back into the blood, which can have major consequences for your health. Liver detoxification is something I cover in detail in my Detox by Dr Libby online course.

## Genetics

Genetics play a role in the way our body functions, with caffeine metabolism being no exception—genetic variations may impact how efficiently your body metabolises caffeine. This variability suggests the amount of caffeine consumed can affect two individuals differently, depending on their genetic make-up.

## Stress

Too many people in the Western world regularly over-consume caffeine, and many also feel pressured about their work, money, relationships or their body, feel like all of their tasks are urgent, and that there aren't enough hours in the day.

Caffeine stimulates the production of adrenaline. When adrenaline is released, your blood sugar elevates to provide you with more energy, and your blood pressure and pulse rate rise to provide more oxygen to the muscles. Many people have become so accustomed to living this way that they no longer even notice how stressed they are, and how caffeine may be contributing to this.

## Bowel health

Caffeine increases gut motility—the contraction of muscles that allow waste to move through the digestive system. For some people, this simply results

“  
*Start to notice how caffeine from any source leads you to feel and make choices that serve YOUR health.*  
”

in consistent bowel motions, while for others it promotes bowel emptying urgency and/or generally loose stools. Relying on caffeine to stimulate bowel movements, however, can lead to a host of digestive system challenges, as well as nutritional deficiencies.

**Some signs and symptoms caffeine may not be benefiting you right now include:**

- Your heart rate increases after consuming it
- Anxiety or regular anxious feelings
- Brain fog
- Muscle tension
- Magnesium deficiency
- Zinc deficiency
- Digestive upsets or loose stools
- Headaches.



## WORDS Dr Libby Weaver (PhD)

Dr Libby Weaver (PhD) is a nutritional biochemist, speaker and best-selling author of 13 books. Join her NEW Detox by Dr Libby online course via her website: [www.drlibby.com](http://www.drlibby.com).

# Summer gifting with *Community* Health Stores

Choosing the perfect holiday gift for your loved ones is never easy.

This summer we wanted to give you a little gifting inspiration with our Community Health Store favourites. We've rounded up some excellent gift sets and individual items to make your life easier!

Here are 4 of our Community Health Store picks – you can find these at your local CHS store.



### Glass Teapot and Warmer Set and Hibiscus & Cinnamon Tea - Magic T

The warming gift of tea! This beautiful blend of 100% hibiscus and cinnamon tea by Magic T. Make it the perfect gift with the Magic T glass teapot with glass infuser which makes it ideal for brewing herbal tea.  
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## How to find magic in herbal tea blends?

There are a vast variety of herbal tea blends. So many, we can't even agree on an exact name for them. Some call them herbal infusions and some call them tisanes. Whatever you call them, you have to know how to choose a quality herbal tea.

### Go loose

Loose-leaf herbal blends are bigger in particle size. Compared to powder types, loose-leaf blends reduce oxidation and keep more essential compounds in your drink. Moreover, in the loose-leaf form, you have more control over the taste and strength of your drink. Avoiding environmentally unfriendly teabags and tea pyramids which contain microplastics is another bonus.

### Go pure

Always check the ingredients. Phrases like "Natural and artificial additives" are very imprecise and can be misleading. Stay away from blends with preservatives, artificial colours, and fragrances. Remember that extra added sugar can be hidden in crystallized fruits, like mangos and strawberries.

### Go balanced

Not every combination of herbs is good to drink. Beneficial and healthy tea blends

are designed to put your body in balance. Choosing to take a mixture of other herbs with similar compounds can cause an imbalance in your blood mineral and electrolyte levels, causing you to feel dizzy or hyperactive.

### Go fair

We don't want to cause damage to others for our own benefit. Make sure your herbal blend's ingredients are sourced ethically from environmentally friendly growers. Remember that stating "organic-certified" doesn't necessarily make them so.

### What we suggest

Magic T is a New Zealand-based company that focuses on providing pure and additive-free herbal blend teas. We keep our ingredients (leaves, roots, fruits) as whole as possible and never add any fragrance, colour, or flavour to them. What makes them special is that all of our products are handpicked, hand-blended and shade-dried. So, forget about crystallized sugar-laden fruits and overheated herbs. Magic T believes in nature and that's where the real magic naturally happens.



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