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Healthy *by* Nature



Sharing a commitment to healthy communities

ISSUE #16 WINTER 2022



UNDERSTANDING THE *POWER* *of FUN*

3 WAYS
TO GIVE YOUR
NERVOUS SYSTEM
A HOLIDAY

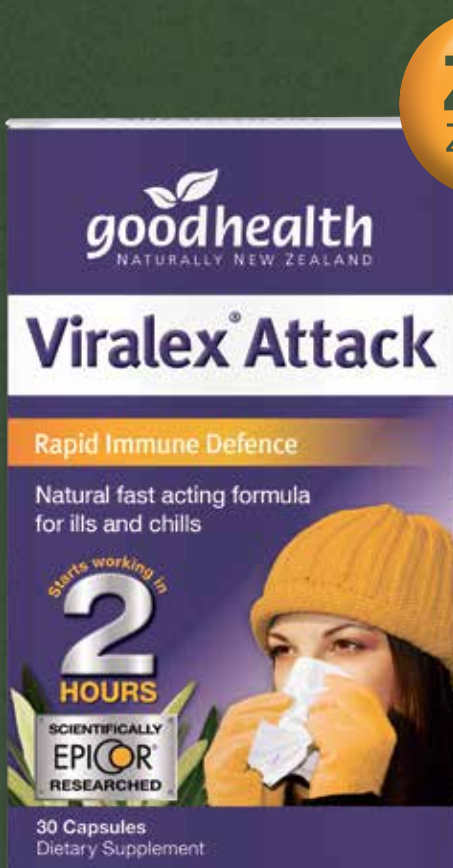
TOP TIPS FOR
WONDERFUL
WINTER SKIN

**HOME
HEALTH
TESTING**
IS HERE

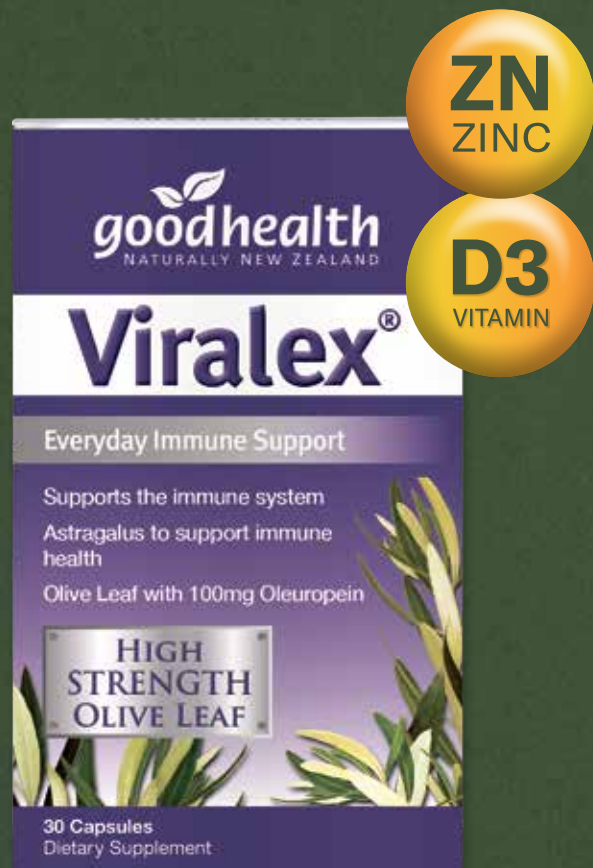
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In *this issue*

Autumn and Winter days just scream for hats, gloves, snuggly coats and soup!

In this issue we talk to Michelle Bexiga to understand the power of fun and the potential it has to make us feel more alive. Community Health Stores Jacqui Parangi, gives us the top tips for wonderful winter skin.

Dr Libby Weaver discusses 3 ways to give your nervous system a break - highlighting the signs to look for and strategies to keep stresses at bay. Mike Pausler from WellLab explains everything you need to know about Home testing kits.

We also bring you a delicious Moroccan Carrot Soup recipe by The Reckless Foodie – Tracey Bennett.

Thanks so much to all our lovely customers for your ongoing support. It has been a pleasure writing this issue and bringing you stories that will help inspire you for the coming months.

You are hugely appreciated, as always.

For more information visit us at communityhealthstores.co.nz or follow us on



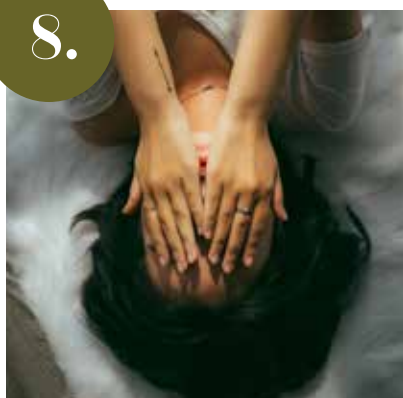
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Find your closest Community Health Store.

* Harker Herbals Winter Wellness pack: Vitamin C 200ml, Chest Relief Day 200ml, Ear Nose & Throat 250ml.

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

Thank you to: Unsplash, Michelle Bexiga, Dr Libby Weaver, Jacqui Parangi, Mike Pausler, Tracey Bennett, Webstar Print, Claire Mossong, Tracy Benton, The Community Health Group Stores.

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Top tips for wonderful winter skin

WORDS Jacqui Parangi,
Community Health Stores

Winter is synonymous with rough, flaky and irritated skin, but is dryness or dehydration the issue? How do you tell the difference and what is the best way to help skin at this time?

Dry skin is a skin type due to lack of oil, often featuring flaky or rough skin, along with those dreaded fine lines and wrinkles. Dehydrated skin on the other hand is a condition that changes due to lack of moisture and water. Skin can be dull and flaky, but the key difference is, any skin type can show dehydration, even oily skin.

So with this in mind, what are the top tips for wondrous winter skin?

1. Make sure you tone and moisturise immediately after cleansing. Toner balances the pH level of your skin so moisturiser can do its job properly. Stick to the same range of cleanser and moisturiser as using other brands may clash and cause a reaction.
2. Supercharge your skin with an enriching serum. Serums often contain moisture attracting ingredients such as hyaluronic acid while targeting underlying skin issues such as pigmentation, ageing, or breakouts.
3. A handy beauty hint for the season is to level up. Change your nourishing day cream to a rich day cream, or include a face oil before your moisturiser. Natural plant oils are a great choice for both dry and dehydrated skins such as jojoba oil (closest to skin's natural oil content)
4. Want optimum results fast? Layer your products. After toning apply a skin suitable serum, potent face oil and lock in moisture with your chosen day or night cream.
5. Don't over exfoliate. Too much exfoliating can exasperate dry, sensitive conditions by breaking down the protective layer of the skin. Once or twice a week over winter is sufficient.
6. Pack a punch in your skincare regime by adding a nourishing, replenishing mask. Fast visible improvements can be seen by leaving a mask on for 15-20 minutes at least twice a week in your nightly skincare regime. Some masks can be left on overnight to deliver impressive results. Try Living Nature Ultra Nourishing Mask, as an overnight mask customised with either Ultimate Day Oil or Radiance Night Oil for glowing and hydrated skin.
7. Feed your skin from within with food rich in essential fatty acids (EFA's) such as oily fish, avocados, nuts and seeds. EFA rich supplements such as hemp seed oil, flax seed oil and fish oil can help battle loss of moisture, increased dryness and sensitivity, and exposure to extreme changes in hot and cold temperatures.
8. Include lots of water in your day to improve hydration. A great way to achieve this in the cooler months is by using herbal teas. Remember for every cup of coffee or standard tea, you need to drink at least one glass of water to avoid dehydration.

or nourishing oils such as avocado and macadamia oil. Not only do they help regulate oil production, but they also help increase hydration.

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Understanding the **POWER** of **FUN**

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Habits and routines make our lives more manageable, but they also create monotony and sometimes even boredom. How could we liberate ourselves from this monotony? Catherine Price says that the answer lies in understanding the power of fun and the potential it has to make us feel more alive.

WORDS Michelle Bexiga,
Mind/Body Consultant
for Dr Kathleen & Team

“That’s the downer of adulthood, right? We’ve trimmed a lot of things out of our life, even things we used to enjoy... because of some belief that we either don’t enjoy them any longer or don’t have the space for them in our lives.”

She suggests making space for true fun by “clearing mental and physical clutter. It means reducing resentment, letting go of unnecessary responsibilities, and creating boundaries to protect your time and attention from people and companies (and applications) trying to steal it from you. It means building stillness and openness into your schedule so that you can have room for more moments of playfulness, connection, and flow...”

In her book, she suggests that her readers use a permission slip, with the following words, to make fun happen: “I give myself permission to think about and prioritise my own fun without feeling selfish or irresponsible and I commit to doing so in a way that feels energizing and enjoyable.”

“Once we understand what true fun is and what it feels like – and make it a priority – not only will we find it easier to make wiser decisions about how we spend our time and attention at the moment, but the long-term effects will be life-changing.”

True fun gets us out of our heads and into our hearts. It enhances our health and well-being by lowering our stress levels and the risk of contracting a lifestyle disease. It increases our resilience and enhances our emotional well-being. It evokes a feeling of being connected to others. When we have fun, we become more loving partners, parents, relatives, and friends, and more amiable colleagues and citizens. Our productivity improves and our creativity expands. So, how do we introduce more fun into our lives? The author suggests that we, “zero in on what playful, connected flow feels like in our minds and bodies.” Next, we need to get a sense of how much fun we’re currently having, or not having. It might be helpful to start a “Fun Times Journal” in which we write down the activities, people, and circumstances in which we experienced a sense of childlike playfulness. It would also be useful to identify our “personal fun magnets,” as well as our “anti-fun magnets.”

“
If we want to feel fully alive, it’s essential that we try new things.
”

“Once you’ve done that, you’ll find yourself with less time to spend time on screens – and less of a desire to spend time on them, to begin with – because you’ll have a long list of things you’d rather be doing instead. Your phone will have been transformed in your mind from a temptation that you must resist, to an obstacle that’s getting in the way of how you actually want to live.”

“If we want to feel fully alive, it’s essential that we try new things.” She has some wonderful ideas, such as spending time writing down our responses to, “I’m interested in learning to...Things I used to do...I’d love to... I’m curious about...”

Our biggest stumbling block, as adults, is the fear of looking foolish. We are so plagued by perfectionism, that we have forgotten that if we’re an absolute novice at something, we’re unlikely to master it on our first attempt.

“People don’t want to have a boring life or even a boring conversation. They’re just risk-averse. If you create an environment where there’s no reason to be afraid, all of a sudden things loosen up.”

So, pursue your passions, interests, and hobbies, seek and cultivate moments of delight and laughter as you would have done when you were a child, and keep at it.

The next time you find yourself scrolling and staring down at your phone, remember, that you just might miss the signal that it’s time to play.

You wouldn’t want to miss that opportunity would you, now that you’ve been reminded that it is such a powerful source of life-giving energy?

“I sometimes compare play to oxygen – it’s all around us, yet it goes mostly unnoticed or unappreciated until it’s missing.”



3 ways to give your nervous system a holiday



WORDS BY Dr Libby Weaver (PhD)

Even before the past two years unfolded, many people will have identified with being stressed on a regular basis. And the uncertainty of the recent past has only added more layers to already full lives. For far too many people this translates to feeling like you are on red alert on the inside more often than not.

This always 'on' feeling can generate symptoms itself, plus, because stress hormones communicate danger to the body, they can cause a ripple effect of changes on other aspects of health.

There is a region in your brain called the hypothalamus, where your hormonal system (endocrine system) and your nervous system meet, and when you perceive pressure, worry, overwhelm and other such emotions. This region lets the endocrine and nervous systems know to keep producing stress hormones.

There is a part of the nervous system dedicated to the 'fight, flight, freeze' response, while its opposite branch, fosters calm and all of the processes this allows such as good digestion, restorative sleep and critical repair work on the inside and outside your body.

Yet, even if any of the above aren't true for you, your body will benefit immensely from any steps you take to spend more time in a calm state. After all for many, the pace of modern living doesn't leave much space for rest unless we cultivate it for ourselves.

Signs your nervous system could use a holiday include:

- You feel stressed regularly or that you are on red alert;
- Body tension or sore neck and shoulders;
- You regularly crave sugars and/or starches (carbohydrates), particularly mid-afternoon;
- You regularly don't sleep well and/or don't wake up restored or with good energy;
- If you don't go to sleep by 10pm, you get a second wind and end up staying awake beyond midnight;
- You regularly feel tired but wired;
- You feel anxious easily;
- Your breathing tends to be shallow and quite fast;
- You feel like everything is urgent and/or there aren't enough hours in the day.

Send your nervous system off for a relaxing beach holiday with these three tips.

1

Take a news and/or social media vacation

What you put into your mind is just as important as what you put into your body. The daily consumption of news and social media can fan the flames of an already wired nervous system.

If you notice that what you are reading and/or scrolling over is making you feel anxious or fearful, consider taking a break from reading the news and social media.

Sometimes we do this simply out of habit and once we break the habit, we realise we're not missing all that much by not staying up-to-date every single day. Start with a week and see how you go.

2

Take some time out from notifications

Do you have every notification activated on your phone so that it pings and dings and frog croaks and duck quacks to let you know when you have a new message in any of maybe six different vehicles of communication? What about when you are mentioned on a social media platform? Is there a sound every time you receive an email? If so, that can all add up to a barrage of sounds across the day.

Turn off the sounds, keep your phone on silent, disconnect emails and simply use your phone as a phone for calls and text messages. If that appeals, or any combo of these. Choose when you check a social media platform rather than allowing a notification to prompt you. You may at first feel like you'll be less efficient. But all it means is that you deal with emails and direct messages when you choose to go there.

Start to notice if you really do have to deal with things immediately and urgently, or if you just make yourself feel like that. Some jobs certainly require things be attended to with haste, but not many. We've just made it normal to check emails and respond to notifications at all times of the day and night.

3

Take a break from caffeine

While I wish it wasn't so, caffeine is the fastest and surest way to ramp up your sympathetic nervous system (aka your fight or flight stress) response. How many people start their day with a caffeinated beverage? More than 90 percent of people in the Western world consume caffeine every day. It is a powerful nervous system drug that drives the adrenal glands to produce adrenaline, the hormone that promotes the sympathetic nervous system to stay in the red alert alarm state.

Over the years, many people have shared with me that they feel they couldn't function without caffeine. If that feels true to you, reflect on why you perceive you need it. Is it because you wake up fatigued and are looking for something to give you the energy your body is currently lacking? Energy is the true marker of health and if it's low, this can be feedback that you would benefit from some form of lifestyle change.

Caffeine is a bit of a false promise. It may provide you with a short term energy boost yet, in the long term, it can deplete your energy. Consider whether you could benefit from taking a break from caffeine or at least reducing your intake to one cup a day. The first week of a caffeine rest can be challenging but beyond this you may be surprised by how much more energy you actually have without it.

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sea salt



CELTIC SALT
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Many illnesses and poor health conditions have been traced to a deficiency of minerals - the same minerals found in Salt of the Earth's Celtic Sea Salt.

The composition of our blood plasma, lymphatic fluid and extracellular fluid all mirror the chemical balance of the ocean water from which the salt is derived.

The human body uses the minerals and trace elements in Celtic Sea Salt to create electrolytes, maintaining these 'internal oceans' which are vital to the proper functioning of every system in the body.

For the past 30 years there has been a general belief that all salt is bad for you. This is not the case with our pure, unrefined sea salt. Research is often based on table salt, which goes through a refining process that extracts 82 of the 84 mineral elements, leaving almost 100% sodium chloride. It's this sodium chloride which can build up in the body and may cause health issues.

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*Each product purchase qualifies for one entry and must be transacted in a Community Health Store. Not available online. Winner drawn 31 August 2022 and notified by email. Always read the label and use as directed. If symptoms persist see your healthcare professional. Harker Herbals, Waipu

Home health testing is here

WORDS BY Mike Pausler

One of the most exciting developments in primary healthcare is here. Home health testing, provides a trigger to speak to a health consultant, sometimes a doctor and on other occasions a Community Health Store.

PRIMA is a Swiss-Italian company, manufacturing in a laboratory styled facility in Switzerland. This is crucial, as it means that the tests provide trusted and accurate results. The tests are listed on MEDSAFE's website by WellLab Ltd in New Zealand.

Why home testing?

By using home health tests you can look for early markers of disease. For example with a Prostate PSA Test you can identify elevated prostate specific antigen, which is an indicator of possible prostatic disease and in this case we recommend you see the doctor. A doctor always makes the diagnosis as many mild conditions can also cause elevated PSA. With a low reading, in the absence of symptoms

and a consultation with a Community Health Store (CHS) team member, the purchaser can learn what symptoms to look for and be reassured with their current PSA result.

Where home testing is great for individual guidance

Vitamin D is an excellent example of how people in the community are self-diagnosing and self-medicating without any baseline information. The WellLab Prima Test shows 4 different levels of Vitamin D in the blood. If levels are very low or high, the person needs to see a Doctor, who may require further tests. If levels are slightly low or acceptable and



without symptoms, a health consultant can now more safely advise a suitable supplement. You should always talk to a CHS team member, before taking Vitamin D.

Prima Home Health Tests give quick, accurate and trusted results. They facilitate a new way for people to become more engaged with their health and to look for early markers. They are also an extremely valuable tool to consult with a CHS team member, to ensure supplements are used wisely and to provide a better health outcome.

Want to find out more about home health tests, talk to a Prima trained consultant in selected CHS stores today!

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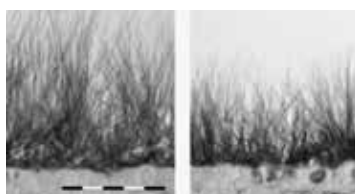


Test your Iron levels today in selected CHS stores and where appropriate a consultant can advise when necessary to visit the Doctor, or provide you with a suitable supplement.

WellLab



Little part plays big role: The 'invisible shield' lining your blood vessels.



Healthy blood vessel lining of a young adult



Blood vessel lining of an older adult



Paula Bennett
Cir' Flow

Most of us associate the heart with the circulatory system, neglecting the blood and blood vessels that constitute the rest of this body system. These parts work together to service your cells (the building blocks of your body), and it is vital that they are in good working order to ensure healthy organs and tissues.

Few people know about the existence of the largest organ in the body, which is the thickness of a single cell and would cover the surface area of 6 tennis courts.

Blood vessels act as a network of tubes, lined by a single layer of endothelial cells, and a microscopic matrix of structures that project into the vessel cavity called the 'endothelial glycocalyx'. This lining is the largest organ in the body, spanning 6 tennis courts. In recent times, research has shown that this little-known component of blood vessels plays a key role in protecting the health and function of the blood vessels, by acting as an 'invisible shield'.

Ageing impacts both the structure and function of blood vessels which may explain why cardiovascular health is a common health concern for those aged 50+. The glycocalyx acts as a moderator to support healthy vascular function and normal blood pressure.

Glycocalyx regeneration and function diminishes with age, so it can be useful to support the function of your blood vessel lining with supplementation.

Cir' Flow is a new nutritional supplement from SRW, specifically formulated to support the structure and function of the glycocalyx. The main ingredient rhamnan sulphate is extracted using proprietary technology from a type of green seaweed. Backed by over 30 scientific studies, its ability to support healthy circulation shows promise.

Cir' also contains a highly bioavailable form of curcumin, L-citrulline, and Vitamin K2 MK-7 the latter of which is found in fermented soy products such as Natto. The unique combination of ingredients works to support the health of the 'invisible shield' for overall blood vessel and circulatory health.

Dr. Mashiro Terasawa (Osaka University, Deptm Biological Sciences), a global expert in rhamnan sulphate, represents the latest addition to the SRW advisory board. He has over 25 years' experience specialising in Molecular Biology and more than 20 published scientific papers, books, and articles. His recent research explores the ability of Rhamnan Sulphate to support circulatory, digestive and vascular health.

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Kids Good Stuff – All-in-one nutrition to help fill any gaps in their diet, Kids Good Stuff contains a number of immune supporting nutrients, including vitamin A, vitamin C, zinc, selenium, probiotics and more, to help support your kids health this winter.



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- ½ Serve Smooth Vanilla Clean Lean Protein
- 2 tsp Xylitol (or Maple Syrup)
- 4 Tbsp Chia Seeds

VANILLA SKY INGREDIENTS

- 250ml Coconut Milk
- 1 Serve Vanilla Caramel Kids Good Stuff
- 1 Tbsp Xylitol (or Maple Syrup)
- 1 tsp Blue Spirulina
- 4 Tbsp White Chia Seeds

METHOD

1. Depending on which chia seed pudding you are making, blend all the ingredients together (except the chia seeds).
2. Add the chia seeds and mix well.
3. Let it stand for 5 minutes and then mix again.
4. After another 5 minutes, mix the chia seed pudding one more time, pour into glasses or a container and place in the fridge for 4 hours or overnight.

Serve with coconut yoghurt, fresh fruit or a sprinkling of muesli as desired. Enjoy!



Meet your Immune Health Superheroes

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With winter upon us and the cooler weather taking hold, now is the perfect time to focus on respiratory and immune support for you and your family.



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Bio Allicin



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BIOTRACE
Phyto D3
Complex



BIOTRACE
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Keeping the body well-nourished and hydrated during winter is key. With the shift from cold raw salads to warm comforting food, you can still load up on plenty of vegetables by sneaking in a few extra into soups and stews. Hot beverages such as soups, broths, and herbal teas also count towards your daily intake of water to stay hydrated.

With a tendency to be more sedentary over winter, it's important for our immune health to keep moving. So wrapping up warmly and heading out for a brisk 30 minute daily walk or even as little as 10 minutes will be beneficial.

With less time spent outside and reduced sun exposure our vitamin D levels decline. Vitamin D is beneficial because it is required for numerous immune functions. Supplemental support can be provided with BioTrace Phyto D3, vegan sourced from sprouted buckwheat germ and containing vitamin K2-7 and magnesium for improved absorption and utilisation.

Vitamin C has a long history of use in supporting the immune system and Mother Nature provides us with seasonal fruits high in vitamin C, such as oranges, lemons and kiwifruit. For an extra boost over the winter season BioTrace Liposomal C is a great tasting liquid that is gentle on the stomach. The ascorbic acid (vitamin C) is coated in phospholipids (liposomes) which allows for superior absorption.

Zinc is required for over 200 functions in the body including a healthy immune system. Being a mineral not stored in the body, a daily intake is required. Red meat,

chicken, liver, oysters, and pumpkin seeds are all good dietary sources but because it is widely recognised to be a mineral many people are frequently deficient in, yet is important in immune health support over the colder winter months. BioTrace Organic Zinc is a great choice for the family. This 100% organic and uniquely vegan product contains guava leaf and natural occurring co-factors providing optimal absorption.

The benefits of garlic to immune health have long been traditionally proclaimed. Raw garlic versus cooked is considered more potent due to higher amounts of the active compound called Allicin being preserved. For some this can be irritating to the stomach and also people may be concerned about lingering 'garlic breath'. BioTrace Allicin is a good option to avoid these issues and contains high dose Allicin extracted from garlic bulbs.

Herbs can also provide extra immune support. BioTrace Hyssop Immune is a unique herbal formula containing four antioxidant rich herbs, Hyssop, Oregano, Cat's Claw and Anise, which collectively support the body's immune defences and respiratory health.

Talk to your local Community Health Store expert about how these products can help support you and your family's immune and respiratory health over the coming winter months.

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

Moroccan Carrot Soup

Autumn and Winter days just scream for hats, gloves, snuggly coats and soup! Soups are perfect for an easy dinner, a nice weekend lunch, and for the kids (or us) to take to school or work the next day in a thermos for lunch! This one is a beauty – the humble carrot comes alive when infused with moroccan spices and the result is a rich, sweet, aromatic soup with a beautiful colour!



RECIPE BY The Reckless Foodie – Tracey Bennett

Time: 45 mins

Serves: 9

Preparation:

1. Use a dry frying pan to toast the sesame seeds, cumin seeds and coriander seeds until golden and aromatic. Keep an eye on them so they don't burn.
2. Use your coffee grinder or mini food processor (or you can use a mortar and pestle), to grind these with the smoked paprika into a powder.
3. Heat the oil in a large soup pot and add the onion. Sauté the onion until clear and soft.
4. Add the garlic, carrots and just prepared spice mix. Stir to coat for a few more minutes.
5. Add the vinegar to this mix and let it bubble away before adding the salt and Five cups of water and one of stock. Bring to the boil and reduce to a simmer for 20 minutes or until carrots are tender.
6. Allow the soup to cool with the lid off for five – ten minutes.
7. Blend in two batches until lovely and smooth.
8. Return to the pot, check the seasoning and gently heat before serving.

Ingredients:

- 1 Tbsp sesame seeds
- 1 heaped tsp cumin seeds
- 1 heaped tsp coriander seeds
- 1 Tbsp smoked sweet paprika
- 2 – 3 Tbsp olive oil
- 1 large onion, diced
- 2 cloves garlic, chopped fine
- 700g carrots, cut in chunks
- 3 Tbsp red wine vinegar
- ½ tsp quality mineral-rich salt
- 5 cups water
- 1 cup hot water mixed with
- 4 tsp quality vegetable stock



NOW's priority is to provide products that are as close to nature as possible,

free of adulterants, tested for pesticides and heavy metals, and minimally processed. That means, sourcing the highest quality, clean ingredients that are non-GMO and organic, whenever possible.



Community Health Stores

Visit the best independent natural health stores located throughout New Zealand.
Find a store near you.



AUCKLAND

Health Essence

Sylvia Park
286 Mount Wellington Highway
Auckland
Tel 09 573 0310
www.healthessence.co.nz

Lemon Tree Organics

Westfield St Lukes
Auckland
Tel 09 846 4477
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

Tonic Health Chartwell

Shop 125
Chartwell Shopping Centre
Hamilton
Tel 07 854 8342
www.tonichealth.co.nz

Tonic Health The Base

The Base
Formation Drive
Te Rapa
Hamilton
Tel 07 847 0340
www.tonichealth.co.nz

The Herbal Dispensary

6 Wallis Street
Raglan
Tel 07 825 7444
www.theherbaldispensaryraglan.co.nz

BAY OF PLENTY

Bethlehem Health Shop

229c State Highway 2
Bethlehem, Tauranga
Tel 07 576 9442
www.bethlehemhealth.co.nz

Gate Pa Complete Health Shop

Shop 13, 1000 Cameron Road
Tauranga
Tel 07 579 6262
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

LOWER NORTH ISLAND

Health for Life on the Square

16 The Square
Palmerston North
Tel 06 356 7860
www.healthforlife.co.nz

Health for Life Feilding

102 Fergusson Street
Feilding
Tel 06 323 8301
www.healthforlife.co.nz

Health for Life Coastlands

Shop 27, Coastlands Shoppingtown
Paraparaumu
Tel 04 296 1227
www.healthforlife.co.nz

SOUTH ISLAND

Homestead Health

The Palms, Shirley
Christchurch
Tel 03 385 0364
www.homestead.health

For more information visit
communityhealthstores.co.nz
or follow us on



Community Health Stores offer a **FREE** natural health assessment!



Have you ever wondered what naturopathic medicine is all about and if it is something that may assist you? Yes? Our FREE 15-minute consultation with one of the team is a great start to learn if naturopathic medicine is right for you.

Find out more at www.communityhealthstores.co.nz/free-health-check
or contact a store near you from the list above.