



## Holiday Tips for a Healthy Summer Season

As Christmas and the summer holidays approach, maintaining your fitness and well-being amidst all the festivities can be a challenge. It's natural to look forward to indulging, but we have some tips to help you incorporate more nutrients and movement into your holiday season while still enjoying all that summer has to offer!

**Kickstart Your Day with a Green Juice**  
Jumpstart your morning with a green juice packed with essential vitamins and minerals. This helps your body detoxify, eliminates waste,



and regulates blood sugar levels. Making green juice a part of your daily routine is one of the best health decisions you can make.

**Hydration is Key**

With all the tempting drink options available, it's easy to forget to drink enough water. Staying hydrated is crucial for flushing out toxins, keeping your energy levels up, and giving your skin that radiant glow. Make water your go-to beverage by investing in a 1.5-litre bottle and aim to drink at least two bottles each day. Additionally, consider adding herbal teas to your routine. Your body will thank you for it.

**Get Active with Your Family**

Engage in some family-friendly activities on Christmas day or while at the beach. It's a wonderful way to connect, share laughs, and get moving together. Whether it's backyard cricket, beach volleyball, Marco Polo, or a family walk or bike ride, there are plenty of enjoyable and cost-free ways

to stay active with your loved ones, creating lasting memories in the process.

**Nourishing Seasonal Delights**

December brings an abundance of fresh, seasonal produce to our local markets. Explore the variety of fruits and vegetables available and incorporate them into your diet for a nutrition boost. From juicy berries to crisp salads, embracing the flavors of the season is a delightful way to support your overall well-being.

Remember, it's okay to indulge in a champagne breakfast and Christmas pudding with loved ones. You're on holiday, and it's important to treat yourself without feeling guilty. It's all about finding that balance and practicing moderation.

Wishing you a happy and healthy holiday season from the CHS Group.



### FOR A CARE-FREE SUMMER



Magnesium is essential for numerous body processes, from energy production, muscle relaxation, sleep and nervous support, to cardiovascular health. If you have physical or emotional tension, you may benefit from extra Magnesium.

Solgar® Magnesium Citrate is a highly absorbable form which supports muscle and nervous function, energy release and mental balance.

Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ LTD, Auckland. TAPS PP1979



# SWANSON



## Colon Helper

### Colon Cleansing Formula

- Supports healthy digestive function and elimination
- Carefully developed and tested formula for optimal results
- Traditional formula for colon lining health
- Non-GMO

WORDS BY Quidntem Nobissit

Swanson Colon Helper is a carefully developed herbal formula that supports healthy digestive function and elimination. Unique blend includes; Slippery Elm Bark, Aloe Leaf, White Oak Bark, Gentian Root & Blue Vervain, traditionally used to support colon lining health.

Always read the label and use as directed. If symptoms persist, see your healthcare professional.  
Natural Health Trading, Auckland

## Natural Remedies for Summer First Aid: A Guide for Sunburn, Injuries, Bug Bites, and Upset Tummies

Summer is a time for fun in the sun, but it's also a time when accidents and minor health issues can occur. Whether it's sunburn, insect bites, or upset tummies, having a well-equipped first aid kit with natural remedies can make all the difference. Here are some essential items to consider for your summer first aid kit.

### Tummy Troubles and Travel Sickness

Summer travels can sometimes lead to upset tummies. Chamomile tea or capsules are effective for nausea, vomiting, and restlessness. Ginger capsules are a remedy for travel sickness and digestive troubles. Peppermint herb and essential oil can be used to soothe upset stomachs and headaches

### Alleviating Bug Bites, Scrapes, and Rashes

Embracing the great outdoors in Aotearoa may lead to bug bites, scrapes, and rashes. Keep a healing cream on hand, ideal for



family adventures. Citronella oil, diluted with sweet almond oil, serves as an excellent insect repellent. For insect bites, Aloe Vera gel, lavender, and tea tree oils offer relief, while Witch Hazel can be used for cuts, scrapes, and irritated eyes.

### Sunburn Soothers

Aloe Vera gel is a lifesaver for sunburned skin. Its soothing and cooling properties provide instant relief. However, if the gel seems to make the skin warmer, discontinue use. Natural yogurt is another excellent option for cooling sunburn.

### Healing Remedies for Accidents and Injuries

Whether it's a spirited game of backyard cricket or an unexpected tumble, accidents happen. Plant-based remedies can be your allies for bruises and aching muscles.

Arnica, available in cream form, can be applied topically to unbroken skin. It's a renowned plant for reducing swelling, bruising, and pain after injuries.

Comfrey, an external herb, supports tissue growth and scar healing. Consider keeping dried comfrey on hand for homemade poultices and salves.

Calendula cream is perfect for scrapes, cuts, and blisters. It accelerates skin healing and serves as a mild antiseptic.

Witch hazel is a versatile addition to your first aid kit. It's effective for cuts, scrapes, and even as a skin toner. Distilled witch hazel is particularly useful for nosebleeds and treating blister

In addition to natural remedies, make sure your first aid kit includes essential supplies like disposable gloves, cotton wool, cotton buds, sterile dressings, plasters, scissors, tweezers, and a thermometer. Store everything in a waterproof and airtight container, and keep it easily accessible.

With these natural remedies and essential supplies, you'll be well-prepared to tackle common summer mishaps. Enjoy the sunshine, knowing you have the tools to handle any minor health issue that comes your way.

Stay safe and have a fantastic summer!

For a full list of stores and more information visit [communityhealthstores.co.nz](https://communityhealthstores.co.nz)

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