

Community Health Stores



Sharing a commitment to healthy communities

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Meditation- Your Ultimate Currency

Amidst the whirring of everyday life, the challenge for us all is to cultivate times of silence. Why? So that we can develop resources within to remain resilient no matter what life throws our way.

These are potent times. Technology is evolving faster and we have access to more information at our fingertips than ever. Humanity has not experienced this level of stimulation before and it is often much more than our primal/reptilian brain can keep up with.

It's not your fault. The problem is evolutionary.

Your primal brain treats all stresses as if you're being chased by a tiger. Your primal brain cannot differentiate between your boss calling you into their office with 'that' tone of voice, or a tiger in the wild. Herein lies a very real, modern world danger... the "paper tiger".

Our lives are inundated with "paper tigers," those non-life-threatening

stressors that we can't seem to get a break from. Screens and devices, juggling too much, working long hours, the list goes on. These "paper tigers" stimulate the mind and keep the nervous system in a prolonged 'fight/flight' mode. This is dangerous because you end up with consistent levels of adrenalin and cortisol running through your body – two stress hormones that are only supposed to be released to assist the body during a genuine life-threatening situation.

Our sympathetic or 'fight/flight' nervous system doesn't have a low gear, so we end up with heavy wear and tear on the body that accumulates as you're exposed to repeated or chronic stress. This is known as the allostatic load and it shows up in the physical body as inflammation, a weakened immune system or a weakened cardiovascular system (or all of the above).

Meditation is a powerful way to reset the body's fight/flight response. A regular practice of meditation makes a big difference to how the body perceives stress and how it responds to stress – it builds resilience. It's also a way for the mind to reorganise and recalibrate itself, allowing the body to experience its natural state of restful awareness. And the more you experience this restful state... the easier it is to find your way back to it. Like increases like.

Spending just 10 minutes a day doing nothing is vital to maintain equilibrium. This is becoming more evident as scientists continue to validate ancient Eastern methodologies, such as



meditation, with proven benefits to our brains and bodies. These include but aren't limited to:

- Increased immunity
- Supporting Circulation
- Calmness
- Normal Blood Pressure
- Emotional Balance
- Improved Digestion
- New perspectives on stressful situations
- Increased Resilience

Whilst meditation facilitates presence and reduces stress, it also increases self-awareness. It's like a speed bump between the urge to do something and the action itself and it's by far the most powerful lifestyle change you can make. Self-awareness is your best asset - your 'super power' - and your body's ultimate currency in this fast-paced modern jungle.

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Community Health Stores are New Zealand's best and only local independent natural health stores. We are committed to supporting healthy communities by offering everyone the very best natural healthcare and advice in New Zealand.

Ashwagandha: Nature's Embrace for Mental Health

WORDS BY CHS

In the fast-paced world we navigate today, prioritizing mental health is paramount. Worry, stress, and other mental health issues affect millions worldwide. Thankfully, nature has provided us with a valuable ally in this battle - Ashwagandha.

Ashwagandha, also known as Withania Somnifera or Indian Ginseng, is a herb that has been celebrated for centuries in Ayurvedic practice for its support for mental well-being. Its natural stress-relieving properties support normal



cortisol levels, and a balanced mental state. This calming influence can be a game-changer for those grappling with worry and chronic stress.

Restful sleep is crucial for mental health, and this herb can support relaxation and provide support for sleep, allowing individuals to wake up feeling refreshed and rejuvenated. Ashwagandha supports the production of gamma-aminobutyric acid (GABA), a neurotransmitter that supports relaxation and tranquility in the brain. This can be particularly beneficial for individuals experiencing restlessness

or needing support with sleep.

Incorporating Ashwagandha into your daily routine, whether through capsules, tinctures, or as a soothing tea, can be a simple yet powerful step towards nurturing your mental health.

Pop into your local Community Health Store to chat with a member of our friendly team for more knowledge about Ashwagandha, and if its right for you.

You can find a full list of Community Health Stores (CHS) on our website at www.communityhealthstores.co.nz

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