



Your Guide to Breathing Better in September

WORDS BY Community Health Stores

During September, a nationwide initiative takes center stage, encouraging us all to prioritize respiratory health and well-being. "Breathe Better September" is a campaign that promotes awareness, education, and action towards improving air quality, lung health, and overall wellness.

Clean air is a fundamental requirement for human health and vitality. The quality of the air we breathe has a direct impact on our respiratory system and overall well-being. Poor air quality can exacerbate respiratory conditions and it has been linked to serious lung and cardiovascular health issues.

As we shift from winter's indoor confinement to the outdoor wonders of spring sometimes this can bring about respiratory challenges. Pollen, allergens, and fluctuating weather conditions can trigger discomfort.



Nature has provided us with an array of natural health supplements that can play a pivotal role in supporting our respiratory well-being

Quercetin: Nature's Allergen Warrior

Quercetin, a potent flavonoid found in various fruits and vegetables, is celebrated for its support for the body's response to allergens. By incorporating Quercetin into your routine, you can navigate the spring season with greater comfort and ease.

N-acetylcysteine (NAC): Respiratory Support in a Capsule

NAC is a powerful antioxidant that holds immense potential for respiratory health. It supports breaking down mucus, making it a valuable ally for individuals dealing with congestion. NAC also supports the body's production of glutathione, a master antioxidant that helps protect lung tissues from oxidative stress.

Marshmallow: Soothe and Comfort

Marshmallow root has a long history of use in traditional practice for its soothing properties. It can help calm the respiratory tracts and soothe scratchy throats.

Marshmallow acts as a natural demulcent, forming a protective layer along the mucous membranes.

Zinc: Guardian of Wellness

Zinc is a trace mineral with a big impact on respiratory health. It supports the functioning of immune cells and supports the body's defences. Zinc is a valuable addition to your respiratory wellness regimen.

As you embark on your journey towards better respiratory health this spring, remember that supplements are most effective when combined with a healthy lifestyle. Prioritize a balanced diet rich in fruits and vegetables, stay hydrated, engage in regular exercise, and get adequate sleep. Before introducing new supplements into your routine, consult a healthcare professional to ensure they are suitable for your individual needs.

Visit our community health store to explore a range of high-quality, natural health supplements.



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As the Gold Standard in Vitamins, Solgar® is committed to the creation of unique, innovative products that combine the highest-quality ingredients to bring you the support you need, when you need it.

Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ LTD, Auckland. TAPS PPI1529.



Happy Tummy Cookie Dough Bites

Check out this delicious recipe for Happy Tummy Cookie Dough Bites which you can make in just 10 mins featuring BePure's NEW Gut Regular.

Great for the whole family ages 2 and up! Try it with the kids these School Holidays!

Make time: 10 mins

Ingredients:

- 1.5 C Almond Flour
- 5 Tbsp peanut butter (or other nut/seed butter)
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/4 C dark chocolate, chopped into small pieces
- 4 Tbsp milk of choice (feel free to adjust based on preferred texture)
- 4 Tbsp BePure Gut Regular

Method:

Add all ingredients to a large bowl and stir until well combined.

Scoop with a tablespoon and roll into balls, giving the batter a little knead as you do so.

Store covered in the fridge. Enjoy your daily dose of gut goodness, wrapped in a delicious choccy bite!



BePURE™

BePure Gut Regular

A synbiotic blend of prebiotic fibre and probiotics to support regularity, digestive comfort, & microbiome health - all at once.

- Tasteless, fast dissolving powder you can add to anything hot or cold.
- Suitable for all bloated bellies aged 2+.
- Supports bowel regularity and consistency.

Always read the label and use as directed. Supplementary to a balanced diet. BePure Health Limited Auckland. TAPS PP1600.

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