

FREE



Healthy *by* Nature

Sharing a commitment to healthy communities

ISSUE #17 SPRING 2022

SPECIAL
OFFERS
IN-STORE
TODAY

WHY EAT MORE PLANTS

*INTRAVENOUS
VITAMIN C
TREATMENT*

*FIND YOUR
REASONS
FOR WAKING UP EARLY*

THE IMPORTANCE OF
**PROTECTING
YOUR SKIN**
YEAR ROUND

8 TIPS
ON HOW TO START
YOUR RUN JOURNEY

RACHEL GRUNWELL'S
ELIXIR TO HELP
STIMULATE DIGESTION



Photography by Shutterstock

Next level joint care with Good Health products



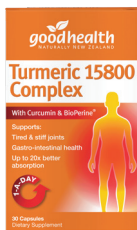
GOOD HEALTH Pannex Joint



GOOD HEALTH Pannex Joint Cream



GOOD HEALTH Joint Active



GOOD HEALTH Turmeric 15800 Complex

Always read the label and use as directed. If symptoms persist see your healthcare professional. If you have cold and flu symptoms, stay at home and call Healthline. Good Health Auckland. TAPS PP9100

Spring is the time when we can look forward to getting out and about more but for those with joint issues, the changes in temperature, rain levels, and even air pressure during the spring months can cause joint stiffness. A combination of nutrients and nutraceuticals, coupled with lifestyle management, can support your joint health and functional mobility so that you can get out and do the things you love.

Joint Active and Turmeric 15800 Complex, two stalwarts in the Good Health joint care range, have now been joined by the new Pannex Joint and Pannex Joint cream.

Good Health Pannex Joint is a cutting-edge joint formulation containing scientifically researched Levagen®+ and White Willow bark. Levagen®+ is a naturally sourced, highly absorbable form of Palmitoylethanolamide (PEA), a powerful body comfort support. Levagen®+ has been shown to be effective in supporting joint comfort and functional mobility. White Willow is traditionally used to provide support for joint comfort and flexibility.

Good Health Pannex Joint Cream is a targeted formulation of the herbs capsicum, comfrey and arnica with peppermint, cinnamon, and clove essential oils for fast acting joint comfort. Combined with the nutrient benefit support of MSM, Pannex Joint Cream provides a warm and soothing application to support external joint comfort.

Good Health Joint Active with UCII® is a scientifically studied and patented, undenatured Type II collagen that works with the immune system to nourish joints and support the restoration and maintenance of healthy cartilage. Unlike other joint products, Joint Active supports healthy collagen production, allowing the body to repair and rebuild cartilage. Combined with boron, essential for healthy bones, and vitamin D to further support cartilage production.

Good Health Turmeric 15800 Complex is a potent, comprehensive formula featuring whole extract turmeric, providing all of the benefits of this versatile herb. Turmeric 15800 is combined with BioPerine® (black pepper), to facilitate the bioavailability of turmeric in the body, and three Ayurvedic herbs, boswellia, ginger, and ashwagandha. Support for tired and stiff joints, digestion and a healthy cardiovascular and nervous system, ensuring everyday health and nutrition.

In this issue

Welcoming the move to warmer weather, we have a jam packed issue for you this season!

We discuss intravenous vitamin C treatment and talk to Jason Shon Bennett about the benefits experienced from leading a plant based life.

Community Health Stores Jacqui Parangi discusses the importance of protecting your skin all year round and we showcase our top Spring gifting ideas in store now.

Becs Erickson from Heart Space in Gisborne details how to set an intention rather than an alarm to get up early

and we bring you inspiring tips on how to start your 'run journey' and a delicious elixir recipe by Rachel Grunwell.

As always it has been a pleasure writing this issue and bringing you stories that will help inspire you for the coming months.

Thanks so much to all our lovely customers for your ongoing support. As always, you are hugely appreciated.

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

6.



Eat more plants: live longer and healthier

Jason Shon Bennett tells us all about the benefits experienced from leading a plant based life.

8. Intravenous vitamin C treatment

We discuss the benefits of vitamin C and whether intravenous vitamin C treatment is for everyone.

9. Late nights are overrated

Becs Erickson details how rising with the sun, breathing deep and moving your body intentionally starts your day on the right foot.

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Start your running journey

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Find your closest Community Health Store.

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

Thank you to: Jason Shon Bennett, Jacqui Parangi, Rachel Grunwell, Helen Paul-Smith, Becs Erikson, Casey Vassallo, Webstar Print, Tracy Benton, The Community Health Group Stores, Unsplash.

Cover photography by Unsplash

TAPS: PP9204



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Start spring looking and feeling great

Spring has sprung, and that means sunshine and warmer weather is on the way. It is time to clear out the winter cobwebs and take advantage of the longer days. As we head out to get more exercise and bathe in the sunlight for all that vitamin D3 goodness, we have to be aware of our skin's health after being covered up all winter.

Here are some tips to get your skin spring ready:

- Exfoliate away the winter layers;
- Always wear SPF;
- Use light moisturisers;
- Keep hydrated;
- Supplement with Omega-3 and Zinc.

Fatty acids can support skin health and may help with dry scaly skin. Fish oil is an excellent source of Omega-3 fatty acids and it is important to find one that is sustainably harvested and tested for heavy metals like **BioTrace Fish Oil Omega-3 Plus**. It also contains astaxanthin which has been shown to support calm for reddened skin and best of all, BioTrace Fish Oil Omega-3 Plus has a zesty orange flavour that the whole family will love.

Make sure to keep your zinc levels up with a clean bioavailable source of zinc like the **BioTrace Organic Zinc** which contains two forms of zinc for superior absorption. Zinc supports healthy skin, oiliness and healing and the signs of early aging.

Over the winter months, some of us may have overindulged in food and drink and now is the best time to start a detox and remove harmful toxins from our body. There are many ways to detox such as changes to our diet by eliminating alcohol, caffeine, dairy products, processed food and sugar.

We replace those with lots of fresh fruits and vegetables, drinking herbal teas, and keeping hydrated.

Glutathione is the most powerful and potent antioxidant which helps with detoxification. As we age, our body's ability to produce glutathione decreases so it is important to take high quality supplements to boost our glutathione levels. **BioTrace Glutathione** with broccoli sprouts contains a high 250mg dose of glutathione which supports detoxification of toxins from the liver, lungs, intestine and kidneys.

While we are detoxing, we may experience gas, bloating, constipation or loose bowel movements so we need to take care of our gastrointestinal health. **BioTrace Gastro Soothe** is a unique blend of herbs and digestive enzymes that calms the gastrointestinal system and supports digestive comfort. **BioTrace Gastro Soothe** can be taken as a tea before meals, simply open the capsule into a 200mL of hot water and drink 15 mins before eating.

We can't talk about gastrointestinal health without talking about probiotics which helps balance friendly bacteria in our digestive system, supports our mood, supports heart health, and our immune system. **BioTrace Bio Probiotic** contains unique spore-forming strains that helps the probiotics withstand the acidic conditions of the stomach and survives passage through the gastrointestinal tract where it populates and populates for maximum benefit.

Talk to your local Community Health Store about how these products can help you get a spring in your step. Try a free sample of our BioTrace Elite Electrolytes in store today.



BIOTRACE Bio Probiotic



BIOTRACE Organic Zinc



BIOTRACE Gastro Soothe



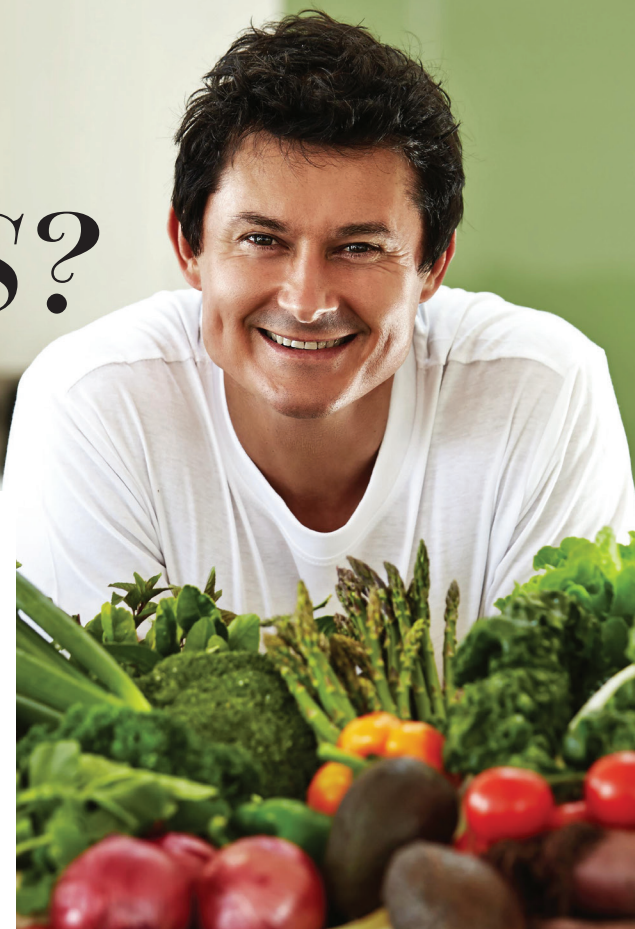
BIOTRACE Glutathione



BIOTRACE Fish Oil Omega-3 Plus

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

Why eat more PLANTS?



WORDS BY Jason Shon Bennett

People have asked me for over 30 years why I don't drink and only eat plants. From birth I suffered 20 years of asthma, constipation, bad skin, allergies, hay fever and fatigue, on 16-20 shots of Ventolin daily, regular steroid injections and Intal preventers, alongside catching every cold, flu, bug and sickness that would have me in bed for weeks/months every year.

I was told I was "incurable", so after having my first child in 1989, and being sick of being sick (long before the internet, social media and globalisation), I began extensive research into the world's healthiest diets, the medicinal properties of foods, and the practice of regular intelligent fasting.

Applying these learnings in my own life, I transformed my health and I have not been ill nor taken asthma medication for over 30 years. I am now closer to 60 than 50 and I remain very well. Go plants!

"He who does not know food; how can he understand the diseases of man?" Hippocrates.

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Nutrition

“
75% of common chronic diseases such as cancer, obesity, diabetes and heart disease could be eliminated if people simply ate a wholefood, plant-based diet.
”

The World Preservation Foundation (WPF) meta-analysis of studies and research.

Eat more plants: live longer and healthier

It is always encouraging to see scientific proof that it is the little things you do each day that affect how long and healthy your life is going to be.



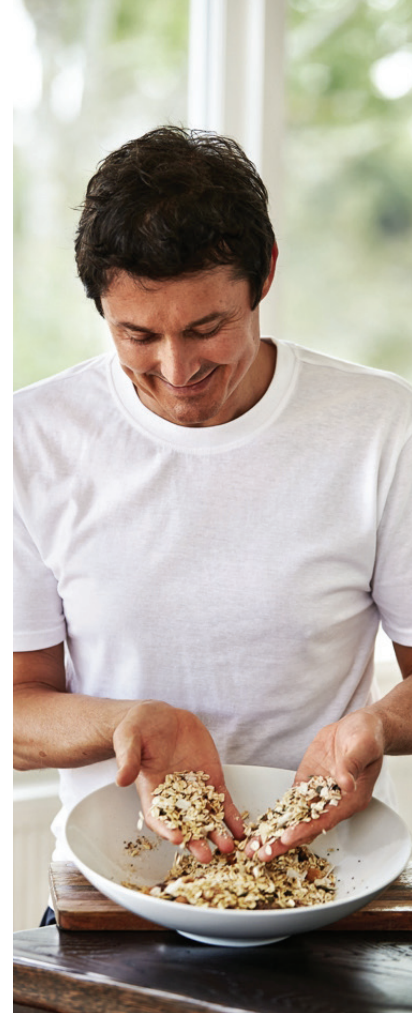
After 30+ years of health research, I have it as 97% diet, lifestyle and environment, and just 3% genetic. The American Journal of Medicine study 'Does overall diet in midlife predict future aging phenotypes? A cohort study', found the negative effects of eating a typical modern, processed, sugar rich and meat rich diet.

Consumers were:

- 50% less likely to reach old age;
- 50% less likely to age without disease;
- had a 53% greater chance of cardiovascular death;
- had a 36% greater chance or non-cardiovascular death;
- had poorer musculoskeletal status (weak bones);
- had worse cognitive function (a weak and forgetful mind).

“We showed that specific dietary recommendations may be useful in reducing the risk of unhealthy aging, while avoidance of the Western-type foods actually might improve the possibility of achieving older ages free of chronic disease and remaining highly functional.”
Dr Tasnime Akbaraly, PhD, and colleagues, INSERM, France, American Journal of Medicine, May 2013.

“No disease that can be treated by diet should be treated with any other means.”
Maimonides.



Jason Shon Bennett is a self-cured health researcher, inspirational speaker, author and creator of Regular Intelligent Fasting®, who inspires and educates people all over the world.

Jason's health transformation story took New Zealand by storm, with the best-selling 2014 bible on fasting Eat Less, Live Long, followed by My 20 Golden Rules in 2015, which was Whitcoulls #1 NZ Authored Book & #1 NZ Health Book in the Top 100 2015/2016. His third book Feel Great & Live Longer was published in 2018. Jason is married to Tracey (aka 'The Reckless Foodie' plant-based wholefood chef), a father of four adults, and a grandfather to four little angels.



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Intravenous VITAMIN C treatment

WORDS BY Community Health Store writer

We hear it time and again – up your citrus intake and take vitamin C supplements when you’re under the weather. So it’s no wonder that intravenous (IV) vitamin C infusions are gaining popularity. It’s a way of getting our body a high dose of the essential nutrient, fast.

How it can support

Dr Steve Joe, who runs Dr Steve Joe Integrative Medicine in Hamilton, offers IV treatments once a week for his patients and says vitamin C can play an integral role in getting people fighting fit again.

Is it for everyone?

For those that are just looking to achieve optimal health, IV vitamin C treatments aren’t necessarily the answer.

For the general public, a mix of vitamins is probably better in terms of supporting energy levels and immunity.

Keep in mind

IV vitamin C isn’t a one dose wonder treatment. Patients may need a few rounds or whole courses of IV treatment to get the desired effect.

In terms of pricing, it can vary dramatically depending on where you go and what you’re treating.

Seek professional advice

Dr Steve Jo, Integrative Medicine, likens what they do to a coach, looking at people’s health holistically, to improve energy levels at a cellular level, because when cells have more energy, they function better.

The clinic covers toxins, hormonal imbalances, gut function, inflammation and more, essentially catering treatments to see people get better and stay better.

If you are thinking an IV treatment might be for you, ensure you are receiving professional medical advice, catered to your situation.

Late nights are overrated



WORDS BY Becs Erickson

Are you a night owl or morning dove?

Picture your ideal morning. Take a breath. Now ask yourself how far away are you from starting your day as you would like? Not just today but most days. What would need to change for you to start your day right?

Despite what night owls may think, the real party happens in the morning. The yogis have known this for eons. There's a window of time just before dawn which is the most peaceful and easeful time in the whole 24-hour day. Those of you who wake early feeling clear headed and inspired will know how this feels. Those of you who don't, I'm going to do my best to persuade you not to go back to sleep.

Despite having a solid 8 hours sleep, if you're waking feeling heavy, sluggish and struggle with stable energy throughout your day (without the use of caffeine or sugar), then this may be something you want to explore. This gracefilled window before dawn is considered by many cultures and traditions to be an auspicious time. It's a time where your body is most awake and the neuroplasticity of your mind is greatest – meaning you get to shape and mould your brain however you like. Insight, inspiration and creative downloads are aplenty - if you're awake to receive them. It's also the most potent time to write, meditate and set your intentions. Most of us are plugged into screens after dinner. Playing catch up on tasks we didn't cross off in our day, surfing social media or watching Netflix until the wee hours. Late nights are overrated. They also sabotage the chance of starting your day clear headed and energised. Early morning is a more productive time to catch up than late at night.

Rising with the sun, breathing deep and moving your body intentionally starts

your day on the right foot. Rushing out of bed (late), negative thoughts, diving onto your phone or watching TV first thing leads to dis-ease and degeneration. When you rise with the sun you begin to tap into a bigger perspective, you fill your tank before filling up others and you step into peace and ease which you then carry throughout your day. It's self-care 101.

Get your day off to the right start with these small steps. Notice how your body feels and how your day flows:

Find your reason for waking up early

Waking early improves health, sleep, productivity and stabilises emotions. Because you've read that's its good for you is not enough. You need to connect with your 'Why'. I love waking early because it's time reserved just for me. No tending to others. No lists. I get to contemplate, see my life in a bigger context and simply appreciate being alive. It puts calm in my back pocket and I carry this throughout my day. What's your reason?

Finish dinner early

It takes 3 hours to digest an evening meal and you want this process well underway before your head hits the pillow. You're moving up river with starting your day right if your dinner is late.

Create a before bed wind-down routine

The act of sleeping on its own isn't relaxing. You first need to relax the body and mind to allow the body to feel its fatigue – making sleep deeper and more restful.

Land yourself in bed by 10pm (most nights)

Take a look at your bedtime. If you're going to bed late every night you won't

be able to wake up earlier and feel good. Start to enjoy quieter evenings with an early bedtime. If you wake up tired, keep pushing your bedtime earlier.

Set an intention rather than an alarm

Before you go to sleep, visualise what your ideal morning looks like. What else can you do the night before to help make this happen? And if an intention feels too stretched, set the alarm on your phone the night before. Put the alarm across the room so you have to get out of bed to turn it off.

Wake up before sunrise to feel energised

To stay in sync with nature it's best to wake up before sunrise, when there is natural movement in the atmosphere. Waking up before sunrise is like catching a wave. It will ensure you ride through the rest of the day effortlessly. Upon waking with the sun you want to wake up your body and breathe deep. This helps to energise every cell of your body.

Reward yourself in the morning

After a while waking early becomes the reward itself. Until it does, you want to identify something you already enjoy doing in the morning (coffee, breakfast, reading the paper, seeing your loved ones) and use this as a reward for waking and moving your body first thing. Nourish and reward yourself before you nourish others.

Becs is a certified Ayurvedic Health Coach. She's the face behind heartspace.co.nz and GOOD CHANGE, an online health coaching programme for women who have unintentionally neglected their own self-care. becs@heartspace.co.nz Instagram: [heart_space_nz](https://www.instagram.com/heart_space_nz) Facebook: [heartspace.co.nz](https://www.facebook.com/heartspace.co.nz)



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Ingredients:

- 40g Oats
- 250ml Oat or Rice Milk (or other milk of choice)
- 1 serving Nuzest Good Green Vitality (10g)
- 1 serve Nuzest Clean Lean Protein Smooth Vanilla (25g)
- 1 small banana (or ½ a banana, frozen banana works well too)
- Pinch of salt

Topping:

Basil seeds & sliced banana

Method:

Put the oats in a pot, add water and simmer on the stove to cook. Blend the remaining ingredients together and add to the cooked oats. Allow the mixture to heat through (don't let it boil away, just a gentle heat). Serve with basil seeds and sliced banana and add more milk as desired. Add more sweetness if you like too- xylitol or maple syrup work well.

ENJOY!

Kerry Locatelli, BNat



Protecting your skin year round

WORDS BY Jacqui Parangi, Community Health Stores

Love the skin you're in. Not only is it our largest organ of elimination, but it displays the effects of both external and internal influences such as UV rays from the sun, pollution and environmental factors, as well as stress, hormones and aging. It is a reflection of the life you lead or have led. So how should we protect it all year round?

One of the biggest influences on skin aging and health in your lifetime is from UV damage. A patch of pigmentation can take years to propagate, not overnight as it would seem. An essential product in your everyday skincare regime to protect from aging and pigmentation is a good quality natural sunscreen.

SPF is important but reapplying at least every two hours is essential for protection against UVB rays and sunburn. Do not be fooled by advertising. Zinc Oxide and titanium dioxide are naturally occurring minerals and the only natural sunscreens. These ingredients offer a physical block between your skin and the UV rays as opposed to chemical sunscreens that are absorbed the skin to filter UV rays out. Being a physical sunscreen means they work immediately as opposed to a 15-30 minute delay in protection from chemical sunscreens.

According to studies ingredients in chemical sunscreens also have adverse effects on marine ecosystems and waterways, as well as toxicity build up in our own bodies. Zinc oxide and titanium dioxide on the other hand are safe and do not absorb into the skin, are better for the environment and tend to cause less allergic reactions and irritation.

It is important to ensure your sunscreen is a broad spectrum sunscreen protecting from both UVA and UVB rays, both of which can cause skin cancer. UVA rays can lead to premature aging of the skin and UVB rays can cause sunburn.

Keep away from oxybenzone and other chemicals in the list of ingredients and look up the Environmental Working Group (EWG) Sunscreen Guide online for further information on safety of ingredients and best sunscreens. 90% of visible skin aging is due to sun

exposure thanks to free radicals that cause signs of aging, such as breakdown in collagen and elastin, resulting in sagging and wrinkled skin. Antioxidants protect against free radical skin stress. One in particular, astaxanthin, a marine based antioxidant found in salmon and krill, protects against inflammation and UV rays, resulting in reduced redness and fewer wrinkles.

Supplementing with astaxanthin can help reduce the effects of sun induced aging and achieve glowing skin from within but should not replace sunscreen. Additional benefits include improvement in skin elasticity, smoothness, hydration, tone and reduction in size of age spots.

Easy to remember then and something you can do all year round, astaxanthin and natural sunscreen, the perfect pair for lovable skin.



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Lifestyle

SPRING gift guide

Here are **6**
of our Community
Health Store picks –
you can find
these at your local
CHS store.



Adashiko Collagen and Noni Gel 50ml

The ultimate five-in-one anti-aging formula to exfoliate, tone, hydrate, repair, and regenerate. This potent skin saviour is formulated with low molecular weight active ingredients to penetrate deep into the skin for optimal absorption and results.

RRP \$69.90 NZD*



Living Nature Foundations

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RRP \$55.00 NZD*



NOW(R) Foods Sleepy Puppy Diffuser

With NOW® Solutions' Sleepy Puppy Diffuser you can send your little ones off to sleep with the soothing sights, sounds and scents of nature. This BPA-free diffuser doesn't utilize heat, so there's no risk of burns. All you need is tap water and your favourite essential oils to create a soothing environment that's ideal for a good night's sleep.

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ŌKU NZ

Health for planet and people

In the last few years there has been an increase in the awareness of the native plants of Aotearoa, New Zealand and the medicine that they hold. They are being found in herbal medicine and natural therapies practiced, as well as in an increasing number of natural products.

I remember when we first started our business ŌKU New Zealand over 10 years ago at the Tauranga Farmers Market. It was very much an educational process for our customers who mostly had not encountered these plants before or certainly did not identify them as having any medicinal benefit. Most people today have at least heard of kawakawa and understand that it's good for them.

After returning from the recent Australian Trade Mission I realised there is a very strong movement both here and in Australia towards sustainable and indigenous



Harnessing the power of Aotearoa native plants

businesses. ŌKU products were selected for the David Jones 'Discover New' promotion held at their flagship store in Sydney because of ŌKU's practices. The two work in harmony together as indigenous philosophies are about putting people and the planet before profits. At ŌKU we have a set of ethical practices that incorporates every aspect of how our business is run, this includes the harvesting and growing of our native plants. We are conscious of how we treat the planet and want to give back to Papatūānuku more than we take. We place a special emphasis around our compostable, recyclable and plastic free packaging. These business practices are based on traditional rongoā

practices and are what is needed now more than ever to reduce the damage of climate change and to help us reduce our footprint and tread a little gentler on our whenua.

At ŌKU we offer a range of herbal teas, immune and respiratory tonics and healing balms all built around and harnessing the incredible native plants of NZ. We hope you enjoy our range as much as we have enjoyed creating them.

Article written by ŌKU Co-Founder, Helen Paul-Smith, Winner of the Māori Businesswomen's Award in Sales & Marketing 2022.

Always read the label and use as directed. If symptoms persist see your healthcare professional. ŌKU NZ New Zealand Native Herbal Products. Tamahere, Hamilton.

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SCIENCE OF NATURE

8 tips on how to start your 'RUN JOURNEY'

WORDS BY Rachel Grunwell



Running is a free sport you can do any time and it's a great way to boost your mood. Run coach, and Rotorua Marathon ambassador, Rachel Grunwell, shares 8 tips on how to start your 'run journey'.

Ten years ago, I was an unfit mum who struggled to walk/run around the neighbourhood for ten minutes. It was hard, I hated it and I never thought I could call myself a runner. Fast forward to today and I run with ease, I'm a run coach and I've proudly conquered 25 marathons throughout the world. I've also helped guide several disabled athletes through half-marathon and marathons too – helping them achieve this bucket list dream.

What I want to share is that if I can run, then you can too. The secret sauce to becoming a runner is super simple: You only have to adhere to the "showing up principle". What I mean by this is you just have to "show up" (ie. do it!) to run training to get better. Like anything, practice over time makes you stronger, and better. You don't have to have any special run genes. Anyone can learn how to run. You can be of any shape, size or age. The only thing holding you back from becoming a runner is your own mindset. So have a "can do attitude" and here are some tips to get your started.

1. A trick at night is to put your running gear at the end of the bed. This will make it easier to get out of bed and go for a run in the morning. Everything is ready to go. So you just have to get dressed and go.

2. Keep your 'run journey' going by setting mini goals or targets, then introduce a rewards system for meeting these goals. Choose a reward that inspires you ie I have a coffee afterwards as my reward for getting my run done! Another idea is that if you have done your three runs for the week... then you can get a treat you want (within your budget, of course).

3. Start slow and easy. Try jogging/running one power-pole, walking two power-poles. Repeat this for 10-15 minutes around your neighbourhood three times weekly. Do this for a couple of weeks. Then for the next few weeks, try jogging/running for 2 powerpoles/walking 1 powerpole. Repeat this for 10-15 minutes three times weekly. Over time, you will run more than you walk during that 15 minutes. Make small, gradual changes. The aim is just to "show up" three times weekly and you will get strong sooner than you think.

4. Focus on the enjoyment of being outdoors, in the sunshine and fresh air and dub this "me time" to elevate your health. Don't put pressure on yourself to run lots. This is about taking time out for you to improve your health and happiness levels.

5. Tell a friend or partner your plan. They can hold you accountable, cheer you on, or, even better, they may join you.

6. Sign up for a 'run event' in the future. This will inspire you into action to keep up your regular run training. It gives you a target to aim for with your training. So you will want to build towards this goal. It's great motivation. A cool local and iconic event to aim for is the Rotorua Marathon event on September 17, 2022. Sign up for the First Credit Union 5.5km event or the Go Media 10km event. I'll see you there. I'm doing the 10km distance with my 15-year-old son Lachlan.

7. Focus on the 'run benefits'. This includes: strengthening your heart, improving your resting heart rate, increasing your aerobic fitness, strengthening your bones, helping you to manage depression and stress and exercise also helps you to get a better night's sleep. The runner's high is also a science-backed principle: **Running uplifts your mood.** Oh, and did I mention too that running is good for your metabolism and so it's helpful for weight management.

8. Buy good running shoes to help keep you injury-free. I like to wear a cute running outfit too. But any old comfortable t-shirt and shorts will do. And don't forget your 'run smile':)

Connect with Rachel for more run tips via her website: inspiredhealth.co.nz

Recipe



RACH'S WARNING: YOU'LL FEEL SERIOUSLY VIRTUOUS AFTER KNOCKING THIS BABY BACK!



Rach's remedy juice

If the thought of drinking apple cider vinegar neat makes your lips pucker, then try this elixir which helps to stimulate digestion, packs a nutritional punch, and is delicious!

Ingredients:

- 1 tablespoon** CoralTree apple cider vinegar (I like this Kiwi brand as it is 100% organic and aged in Oak barrels like a fine wine!)
- 1 large** orange (skin removed)
- 1 tablespoon** fresh ginger (skin removed and grated)
- 1 cup** fresh turmeric (or use **1 teaspoon** of turmeric powder instead)
- 3 grinds** of black pepper
- 2 cups** coconut water (or use plain water instead)
- 1 teaspoon** Manuka honey

Method:

Place all ingredients into a blender and blitz into a juice. Pour into a glass and savour!

Wellness coach, PT, yoga + mindfulness teacher and author of the book **Balance: Food, Health + Happiness** (which boasts 30 global experts sharing health and happiness tips + 30 nourishing recipes). rachel@inspiredhealth.co.nz
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