

FREE

Healthy *by* Nature



Sharing a commitment to healthy communities

ISSUE #18 SUMMER 2022

SPECIAL
OFFERS
IN-STORE
TODAY

TOP TIPS FOR
**SUMMER
SKIN**

**LOSE
WEIGHT**
WITHOUT
EATING LESS

EXERCISE AND
MOVEMENT FOR
**HEALTHY
AGEING**

**GREEN APPLE
AVOCADO
SMOOTHIE**

**SKIN
HEALTH**

THE GUT AND SKIN
CONNECTION



GOOD HEALTH
Imaglow
Hair & Nails



GOOD HEALTH
Imaglow Skin



GOOD HEALTH
Imaglow Advanced
Collagen



GOOD HEALTH
Placenta 25,000

Good Health Products, Auckland. Always read the label and use as directed. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. If symptoms persist, see your healthcare professional. TAPSP9577

Support beauty from within with Good Health

Beauty is an inside job, and even if you are eating nourishing foods and keeping hydrated there is always some additional support we can give our skin, hair and nails this summer. Our natural collagen starts to decline from our 20's so it's a good idea to give your body supportive nutrients for healthy glowing skin.

Good Health has you covered in this area with several options from our 'Beauty starts from within' range:

Good Health Imaglow advanced New Zealand collagen formula is an exclusive skin nutrition formula that works from within to support smooth, youthful looking skin. Imaglow helps with the appearance of pigmentation, spots, dryness and fine lines. Providing a high level of collagen, plus skin nutrients such as vitamin C, hyaluronic acid, zinc, biotin, vitamin E and resveratrol; Imaglow capsules support skin renewal and regeneration. The combination of these key ingredients helps support the maintenance of skin elasticity, firmness and resilience by supporting collagen and

elastin production, protecting against environmental free radicals and aiding moisture retention.

This is a wonderful foundational product that can be paired with both of the **Imaglow skin, Imaglow Hair and Nails** powders depending on the area you wish to support.

Good Health Imaglow Skin is a unique blend of hydrolysed marine collagen powder, formulated with powerful antioxidants and targeted nutrients benefiting natural skin health. Such as New Zealand blackcurrant, Vitamin C and Zinc which works to support smooth and youthful skin.

Finally, drawing on ancient traditional Chinese practice **Placenta 25,000 plus grapeseed** is sourced from New Zealand sheep placenta; it naturally contains proteins, lipids, vitamins, minerals and hyaluronic acid to support healthy cell regeneration and collagen production. If you are looking for smooth skin, hydration and increased elasticity, this product is for you.

Good Health to support your beauty from within.

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Welcome to our Summer issue! We have a jam-packed issue for you, focusing on skin health, good food and movement to keep you motivated to a healthy lifestyle over the Summer season.

In this issue we talk to Catherine Garney, clinical nutritionist about the gut and skin connection and Community Health Stores Jacqui Parangi give us her top skin tips for Summer.

Jason Shon Bennett explains how to lose weight without eating less and details an inspiring daily meal plan.

Lisa Walker, Clinic Manager and Lead Researcher at BePure talks to us about exercise and movement for healthy ageing. And we have a delicious smoothie recipe by Little Bird Organics.

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  

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By Little Bird Organics

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

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TAPS: PP 9558



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Glowing skin essentials

Promote glowing, hydrated skin this summer with new natural skincare from Living Nature.

1. Daily Protect Facial Lotion SPF 20

Protect your skin during the day with this lightweight serum formula. Combining broad spectrum UVA/UVB protection with premium skincare ingredients, it glides onto skin, leaving a soft, natural finish.

2. Hydrating Glow Exfoliant

This innovative gel harnesses 100% natural actives to gently exfoliate skin, revealing a soft, glowing complexion. AHA's from Lactic, Tartaric and Citric Acids target dry, dead skin cells, while BHA from Willow Bark clarifies and unclogs the pores.



SUPPORTING YOU THROUGH MENOPAUSE



Menopause is a natural and normal part of aging for all women and results in the body producing less oestrogen. This causes the body to behave differently, and a wide variety of symptoms may be experienced. It is thought up to 85% of menopausal women are looking for support with a non-hormonal approach.

MenoPrime is a unique combination of two scientifically studied botanical extracts, Saffron (affron[®]) and Siberian Rhubarb (Err-731[®]) offering non-hormonal, botanical support for mature women.

Siberian rhubarb (Err-731[®]) is a scientifically studied root extract standardised for both rhamnolactone and desoxyrhamnolactone. Scientific studies suggest it may support during menopause.

Saffron is a spice derived from the flamboyant crimson stigmas of *Crocus sativus* flowers and is the world's costliest spice, by weight. Scientific studies suggest these bioactive compounds may support calm and relaxation.

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A new way to shape up for summer

You're not alone

On the very first warmer day of spring, you may have asked yourself, 'how am I going to going to feel in my togs this year?' Some of us have completely indulged in those comfort foods we all know and love, whilst others have tried to eat healthy 'most of the time'. Whatever path you have chosen, now might be a good time to swap out some of those heavier meals for some lighter and fresher food options. We all know that when we eat well, we feel good, and when we feel good, it overflows into all areas of our life.

It's important to feel comfortable in our own skin, and it is also important to make sure we are keeping things in check and looking after our bodies.

What happens to your body as you age?

Research shows that body composition and shape changes naturally as you age - body fat goes up, fat tissue around the core and internal organs accumulates, and lean muscle mass dwindles. From as early as your 30's you'll see your muscle mass decline by 3-5% per decade.

Introducing Msc' Tone

Biotech company SRW Laboratories have recently released Msc' Tone, which supports muscle tone, fat metabolism in cells and ketosis. The synergistic formulation consisting of HMB, OKG and BHB provides key metabolites and essential nutrients to support muscle tissues and fat metabolism pathways.

What can I expect?

Whether your goal is to fit in to your favourite pair of jeans again, shred for summer, or simply maintain a healthy body composition - Msc' Tone has been designed to support muscle health and help the body use fat as energy - through the supporting of fat browning and ketosis. Give your metabolism a kick start.

A word from SRW's biotechnologist and founder

"The natural ageing process causes changes to your body shape which can seem inevitable. However, with the right lifestyle choices which may include supplementation you're able to support healthy muscle levels and the body's ability to metabolise fat as a source of energy." says Greg Macpherson, Founder of SRW Laboratories.

www.srw.co
Read the label. Use only as directed.
If symptoms persist see your healthcare professional.
SRW Laboratories Ltd, Auckland



Msc' Tone

Weight loss is NOT about exercise

WORDS BY Jason Shon Bennett



One of the greatest marketing myths that the global fast-food industry pulled off was to make people believe that losing weight is all about exercise and nothing to do with diet. The sheer brilliance of this lie moves all the attention away from what these companies put into the modern foods they sell...

“The amount of exercise required to burn off more calories than we eat is beyond what most people can achieve in a day. You cannot outrun a bad diet.”

Professor Ian Macdonald, Metabolic Physiology, University of Nottingham

MYTH: Weight loss is all about exercise

As far back as 1932, obesity expert Russell Wilder said to the American College of Physicians, “My patients lost more weight on bed rest than an exercise regime.”

Weight loss experts from all over the world have been very clear that weight loss is 80% diet, sleep and lifestyle and 20% exercise. Even recent research like Kiwi Dr Luke Wilson’s BROAD study confirms this. It is the most successful ‘non-exercise-based, no

calorie restriction’ weight-loss study ever achieved; a 12kg weight loss – sustained for a year – with no added exercise.

Or if we look to pre-modern man, the diet and lifestyle of the Hadza people has changed little in 10,000 years as they still live as hunter gatherers. They are a great model of much older human diet and lifestyles. The people eat mostly vegetables, berries, roots and fruit, using digging sticks and axes, sometimes getting lucky when hunting animals using bows. Researchers measured the energy expenditure in 30 Hadza men and women aged 18–75. The physical activity, exercise and movement of the Hadza men and women was much higher than those in modern societies, but when corrected for size and weight, their metabolic rate was no different. The researchers found that even among these ancient peoples, in their natural environment and their natural diet, the number of calories we need is a



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fixed human characteristic. This clearly shows that we are growing overweight and obese through overeating rather than a sedentary lifestyle.

Or as Scientist Herman Pontzer says so well in *Burn: The Misunderstood Science of Metabolism*; "There's this 'disconnect' between the easy story and the more complex evolutionary story. If you start a new exercise programme tomorrow and stick to it religiously, you will most likely weigh nearly the same in two years as you do right now."

You'll be happier, healthier and live longer, just don't expect any meaningful weight change from exercise alone. All the research we've done in the last ten years points to diet as being the culprit here for obesity. It's not sloth, it's the food.

A typical day's eating in the life of Jason Shon Bennett

Breakfast

- Raw, soaked home-made muesli, with frozen blackcurrants folded through – served with some coconut yoghurt if I am feeling really hungry.

Lunch

- Any of Tracey's incredible meals (Tracey Bennett of The Reckless Foodie)
- Raw energy salad
- Lightly cooked vegetables with any wholegrains (turmeric rice or quinoa)
- Or sometimes, two slices of gluten-free sourdough bread with some barley miso smothered all over them, then a generous helping of avocado, then tomatoes!
- We often have dinner leftovers for lunch and plant-based foods last quite a few days in the fridge and some (especially soups) are even better a couple of days later!

Dinner

- Indian lentil dahl
- Thai tofu curry
- Tempeh laksa
- Gluten-free pasta
- Vietnamese rice noodle salad
- Mexican beans – all YUM!

Snacks

- Three to six pieces of fresh raw local seasonal fruit and/or fresh raw vegetables such as a head of broccoli.

Store directory

CHS *store directory*

The nation's best independent natural health stores located throughout New Zealand.



AUCKLAND

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

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Heal your gut for healthy, glowing skin



Hippocrates once said way back in 370BC that “All diseases begin in the gut” and it is only now that we are beginning to realise how true this really is. Most health issues, no matter what your symptoms are, can be linked to poor gut health. This is especially true with skin conditions.

WORDS BY Catherine Garney

The gut and skin connection

Inflammatory skin conditions such as acne, eczema, psoriasis, dermatitis and rosacea are very common and from a medical perspective they are often treated topically from the outside in with medications that suppress the symptoms, although often the relief is temporary until the next flare up is triggered.

How healthy our skin looks is a direct reflection of how our internal body is functioning. To successfully support the healing of skin conditions we must look to support the health of the skin from the inside out. As 80% of our immune system is in our gut, we must focus on optimising our gut health as a priority and the function of our digestive system as a whole.

Food allergies and intolerances

Food allergies and intolerances are often a common trigger for inflammatory skin conditions. When the process of digestion is impaired and the health of the gut lining is compromised the condition is referred to as intestinal permeability or leaky gut.

Foods entering the digestive system are the largest source of foreign material to enter the body. It makes sense that food intolerances are one of the biggest triggers of inflammatory skin conditions. It is therefore important to look at how foods are digested and absorbed by the body. It is the incomplete breakdown of food proteins that is often a trigger for inflammatory skin reactions, when the tiny particles travel through the leaky gut lining in to the blood stream.

Tips to help improve digestion & enhance skin health

What is leaky gut?

Leaky gut is a condition that occurs due to the development of gaps between the enterocyte cells that form the membrane lining of the intestinal wall. These gaps allow the passage of substances such as undigested foods, bacteria and metabolic wastes, that should be confined to your digestive tract, to travel into the blood stream.

Food particles that are not fully broken down into amino acids, glucose and fatty acids can travel through the permeable intestinal membrane into the blood stream. As undigested food particles are not supposed to be in the blood stream, circulating immune cells register the food particle as a foreign invader and create antibodies against the food particle for future encounters.

This means that next time the food is eaten an immune response is triggered which provokes an inflammatory response in the body. This is how food intolerances and sensitivities manifest. It is often the overconsumption of a limited number of foods that lead to food intolerance reactions as the repeated exposure overstimulates the immune response.

Mast cells are specialised cells that sit within the respiratory lining underneath the skin. Food allergies and intolerances as a consequence of leaky gut, stimulate these mast cells to release histamine, which causes inflammation and itchiness.

Catherine Garney is a Registered Clinical Nutritionist and Certified GAPS Practitioner specialising in gut health, allergies and fertility nutrition. Catherine is available for appointments at Gate Pa Health shop in Tauranga or online. catherine@nutritionforhealthnz.com www.nutritionforhealthnz.com

The health of your gut is fundamental to healthy, glowing skin. There are many ways you can enhance your digestion and heal leaky gut. Here are my top tips:

1. Eliminate trigger foods. Investigate food intolerances by either using an elimination protocol and food journal or intolerance testing under the guidance of a natural health practitioner. Speak to your local community health store to find out more about practitioners and testing options in your area. Some of the common allergenic foods include: dairy products; soy products; citrus; peanuts; wheat; eggs; corn and nightshade foods.
2. Take a probiotic daily to help restore gut flora and gut barrier function. The scientifically researched strain *Lactobacillus Rhamnosus* (LGG) has been intensively studied for its beneficial effects with eczema. Research has shown that LGG can help reduce the symptoms of eczema, and when given to pregnant and breastfeeding women, LGG helps reduce the frequency and severity of eczema in their children.
3. Skin problems are often linked to poor digestion in particular poor protein digestion in the stomach due to an inefficient production of stomach acid. Taking a digestive enzyme can be helpful to ensure that foods are digested and absorbed properly, so they don't become fuel to feed bad bacteria and cause food reactions.
4. Chew food 10 – 20 times, and try to eat in a relaxed state. Gulping down foods in a hurry will cause indigestion, bloating and gas and will mean that you are not breaking down and absorbing your foods well.
5. Try not to have a drink at the same time as meals (and for at least 30 minutes afterwards) as fluid dilutes stomach acid which impairs digestion.
6. Drink warm water with the juice of half a lemon in water 20 minutes before main meals to help boost stomach acid production naturally. This will help you digest and absorb nutrients more effectively.
7. Regularly consume fermented and cultured foods such as sauerkraut, kimchi, milk kefir, coconut kefir, probiotic yoghurt and kombucha. Fermented foods contain trillions of naturally occurring beneficial bacteria which have a probiotic action in the gut.
8. Eat plenty of soluble fibre from fresh fruit and vegetables to keep you regular so toxins and wastes don't need to be eliminated via the skin. Have a handful of mesclun salad greens on the side of your plate regularly. These bitter greens are great for the liver and simulate digestive juices.
9. Have regular home-made bone broth as it is very soothing and nourishing for the gut. The gelatin found in bone broth is the glue that helps to heal and seal the intestinal lining. Too busy to make it? There are many bone broth powders available in your local community health store that can be added to food.
10. Increasing intake of omega 3 rich foods such as deep-water fish, flaxseeds, hemp seeds, chia seeds and walnuts or take a supplement if you don't eat these foods regularly. Omega 3 essential fatty acids are naturally anti-inflammatory and provide hydration and lubrication to the skin.
11. The amino acid L-glutamine and the mineral zinc can also be helpful to repair the intestinal lining.
12. Eat fewer foods that impair digestion and cause inflammation such as wheat, refined foods, sugar, artificial food colourings and artificial preservatives. These foods are also fuel for bad bacteria in your gut to feed on which is not helpful for the skin.

Hopefully these suggestions will help you on your way to improving the health of your gut and having healthy glowing skin.



Supporting your health and beauty with the world's finest collagen powders and skincare

So you've heard the hype about collagen, right?! In the last few years there's been an increase in awareness about this super supplement and how it strengthens wellness from within. But when it comes to picking the perfect potion the options can be overwhelming.

Which is why, here at Adashiko HQ, we've consciously curated a collection of collagen powders and skincare products that slip seamlessly into your daily rituals, are kind to people and the planet, and live up to their promises.

But first. Let's talk about the 101 on collagen. Known as the most dominant structural protein in the body, collagen acts as the glue that holds your body together. It makes up the connective tissue for almost all the structures in the body including your bones, cartilage, joints, organs, arteries, muscles, and comprises the building blocks of skin, hair, and nails.

The natural ageing process and environmental factors cause collagen levels to decline which affects your body internally and externally. Supplementing with high quality peptide collagen assists in repairing, rebuilding, and healing tissues throughout your body.

Adashiko was founded in 2013 by Japanese cosmetics expert, Yuko Arquette.

After working as a product developer for Japan's leading cosmetics company, Yuko saw a space in the market for a high quality, ingestible collagen product to restore and maintain the skin and body from within.

Today, Adashiko is owned and operated by Luci Firth in Hawke's Bay. While our team is led by heart, we're backed by science. Our collagen powders and now, growing skincare collection are still produced in Japan to the highest international standards, with solid biotechnology and cosmeceutical research and development behind each of our formulas.

With an advanced low molecular weight of 3000 Daltons, Adashiko collagen powders are bioavailable and highly absorbable. Once in your bloodstream, our collagen molecules are carried to cells in your body, where they support

fibroblast and cartilage cells for the formation of new collagen.

Flavourless and odourless, with no unnecessary fillers or sweeteners - our collagen powders are fully dissolvable, heat stable, and ready to mix into anything you fancy - coffee, tea, smoothies, juices, baking, snacks, or even a cheeky cocktail.

And to take your skincare deeper we've, proudly, developed a coveted collection of collagen skincare. Using the world's finest pure, peptide collagen and advanced skin loving ingredients, our skincare is everything you need and nothing you don't for deeply hydrated, healthy and glowing skin.

We hope you love our range as much as we've loved creating them.

WORDS: Adashiko Owner and Managing Director, Luci Firth



Well-being

7 TOP SKIN TIPS for summer

WORDS BY Jacqui Parangi, Community Health Stores

1. Use SPF every day and be sure to re-apply every two to three hours. Make sure it is a broad spectrum SPF that protects against both UVA and UVB rays. UVA contributes to premature ageing, and UVB can cause sunburn of the skin. No matter the state of the weather using a high quality SPF daily is essential for overall skin health and reducing the associated effects such as fine lines, wrinkles and pigmentation. Taking astaxanthin internally can also help limit sunburn and support the skin's defences against external damage from UV rays.

2. Swimming is synonymous with summer, but unless you have the luxury of spending the summer months at the beach, exposing your skin to chlorinated water is unavoidable. To help reduce the absorption of too much chlorine by the skin, smooth coconut oil on your skin prior to swimming. Increasing your internal intake of vitamin C can also help neutralise the effects of chlorine.

3. Hydration is the key. Externally moisturise both face and body twice a day. Ingredients such as hyaluronic acid, honey and natural oils such as wheatgerm, jojoba and avocado help to nourish and protect the skin from drying out. Water is essential for hydration from the inside out. Try adding cucumber and mint, oranges, lemons, or Mexican marigold flowers to your water for added flavour. Don't forget those important essential fatty acids such as fish oil, hemp seed oil or flax seed oil to help plump the

skin and reduce inflammation. Detox your body for luminous skin. It is a reflection of your internal health. Overindulging over summer can lead to congested and sensitised skin. Consuming a diet high in leafy greens and supplementing with a product such as chlorella can help gently rid the body of unwanted toxins and heavy metals, leading to clear, glowing skin.

4. A bronzed skin looks healthy. Rather than soaking up damage from the sun's rays try a natural tanning product such as Ecotan. Their 'Face Water' is a gradual tan designed specifically for your face to help even out blotchy skin without clogging pores. There are numerous options for the body such as self-tanning cream, tanning mousse, gradual tan and body tan water to achieve that golden glow without the use of harmful chemicals. Or go to a professional who offers an EcoTan spraytan for a streak free tan guaranteed to give you that wow factor. My go-to bronzer for the summer months is the Living Nature Summer Bronze Pressed Powder, a buildable bronzer for beautiful sun-kissed skin.

5. In the event of overexposure to sun leaving your skin red and irritated apply an easily absorbed gel to help calm and soothe the skin. Aloe vera gel or colloidal silver with aloe gel is great for this and may need to be applied several times a day to counter the effects of dehydration and help limit/prevent flaking and peeling.

Photography by Unsplash



6. Are you trying to avoid those pesky insect bites that develop into large unsightly red bumps all over your body? Supplement with a high potency B vitamin to help prevent insect bites. Thiamine (B1) in large doses may produce a skin odour that deters flying insects from biting you. As it is a water soluble vitamin it needs to be taken daily and is best taken as a B complex (in combination with the other B vitamins), which also has the added benefit of helping your energy and stress levels.

7. Always have Living Nature Manuka Honey Gel on hand just in case of the odd insect bite, as the powerhouse combination of Manuka honey and Manuka oil offer quick and effective relief from itchiness and redness, preventing further infection. As an added bonus they can be used as a spot treatment on any breakouts too.

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Exercise & movement for HEALTHY AGEING



WORDS BY Lisa Walker
Clinic Manager &
Lead Researcher, BePure

What if I told you that the most powerful anti-ageing solution is inexpensive, readily available, and can be done in less than three hours per week? Would you do it?

Fitness

“
At the age of 25, our bodies' stop growing, and our growth hormone levels begin to decline.
”

Despite the growing market of anti-ageing creams and supplements, nothing slows the ageing process and optimises our health long-term like resistance-based training. It wins 1st prize in the anti-ageing category 100% of the time and research shows it leads the way by miles.

What is resistance-based training you ask?

Resistance training is essentially any form of training that uses resistance to build and maintain muscle mass and strength. Some resistance training ideas include weight-based workout classes, following a strength-building gym program, Reformer Pilates, and moves like lunges, squats, push-ups, etc.

Commonly thought of as something for athletes and bodybuilders only, resistance-based training is important for all of us and becomes progressively more important as we age. Whilst it is beneficial to promote muscle growth and physical well-being through food and movement at all life stages, resistance-based training and adequate dietary protein are game changers beyond the age of 25 and their importance for health increases as life progresses.

At the age of 25, our bodies' stop growing, and our growth hormone levels begin to decline.

Prior to the end of this growth period, our growth hormone gives us the ability to maintain our body composition, physical fitness and metabolic health regardless of what we eat and how we move.

Beyond this growth stage of life, we become more reliant on resistance-based exercise and adequate dietary protein to maintain our muscle health, metabolism, mobility and physical well-being.

In fact, recent studies investigating the benefits of protein for better ageing, weight loss and metabolic health, report greater benefits when the protein is consumed in amounts equivalent to 1.2–1.6 g/kg of body weight per day. To give you an idea of what this looks like, for an average 70kg female, this would equate to roughly five eggs, one large chicken breast and 160g of tempeh across one day.

If your goal is to stay feeling young and energised and to optimise your health as you age; pick up a barbell, discover pilates or make time for body weight movement at least 2-3 times each week. Top this up with a palm size serving of protein at each meal or supplement with a quality protein powder and you will be well on your way to feeling great and living life to its fullest.

Lisa is a qualified Nutritionist and has been a practising Clinician with the BePure Clinic for over five years. She leads the BePure Clinical team and champions industry-leading clinical excellence, research and practice across the BePure Group.

Combining extensive training in areas such as how our lifestyle affects our genes, hormone health, nutrition and the microbiome with in-depth clinical experience across hundreds of clients, Lisa is one of the leading natural health minds in New Zealand.

Lisa is also BePure's Lead Researcher, responsible for product formulations, and is affectionately referred to as our walking encyclopaedia due to her near photographic memory for research, clinical trials, and studies.

Gutsi® MoodBiotic™

Live calmer, think clearer.
Transform your psychobiome.



Novel psychobiotic



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Balances mood & energy



Gut-brain axis support



Brain function & focus

Always read the label and use as directed. If symptoms persist, see your healthcare professional.
– Gutsi, Napier.

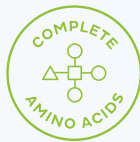
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Our Protein Powders Are More Than Just Protein

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BePure Good Gut Protein™

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Green Chia Seed Pudding with Raspberry Chia Seed Jam Jars

Vegan, Gluten Free, No Added Sugar, Nutrient Dense



Time: 20mins + four hours or overnight
Serves: two as a meal or four as a snack

Chia seeds are a magic little ingredient. They are packed with nutrients and really are a fun addition to the diet. Good Green Vitality and chia seeds are a powerful combination that make a truly nourishing breakfast or snack. Good Green Vitality has over 75 premium ingredients designed to fill nutritional gaps and act as a bit of nutritional insurance. These nutrients add to our overall vitality and wellbeing. Chia seeds are packed with plant-based omega 3 fatty acids, fiber, vitamins and minerals. They swell when added to a liquid which adds a fun consistency to meals or snacks. The good fats and fibre help to make us feel full and satisfied so that we can spend more time doing the things we love. This recipe can be made ahead of time and is the perfect on the go breakfast or snack.

Green Chia Seed Pudding

- Ingredients:**
- 8 Tbsp chia seeds
 - 2 Serves Good Green Vitality
 - 1½ Cups orange juice
 - ½ Cup coconut yoghurt
 - 1 Cup frozen mango

Method:
Add all the ingredients, except for the chia seeds, to a blender and blend til smooth. Stir in the chia seeds and allow to stand for ten minutes. After ten minutes, stir the chia seed pudding again.

Raspberry Chia Jam

- Ingredients:**
- 200g frozen raspberries
 - 2 Tbsp chia seeds
 - 2 Tbsp Xylitol (or maple syrup if you prefer)
 - 2 Tbsp water

Method:
Add all the ingredients, except the chia seeds, to a pot and bring to a boil. Allow to simmer for a few minutes (until all the ingredients are well cooked through and the raspberries no longer hold their shape). Remove from the heat, add the chia seeds and mix well. Transfer to another dish and allow to cool.

- Optional Toppings:**
- Muesli
 - Fruit
 - Raspberry powder

Once the Green Chia Seed Pudding and the Raspberry Chia seed Jam are made, you can assemble the jars by layering them or place them in the fridge and layer at a later stage. To layer, start with about a tablespoon of chia seed jam followed by a few tablespoons of chia seed pudding and repeat. Serve topped with your favourite muesli, some fruit and a dusting of raspberry powder as desired.

ENJOY!
Kerry Locatelli, BNat

Recipe



Green apple avocado smoothie

WORDS BY Little Bird Organics

Learning to make an epic-tasting green smoothie in minutes is a good investment in your health.

Giving you the upper hand when you're wanting to nourish yourself with a quick, nutrient-dense breakfast while the kids are hollering at you or for when you've got those 3pm cravings.

Smoothies can taste sweet and delicious with nothing but a handful of greens, a dash of fruit and some healthy fats. Once you master the basics, you can create your crazy combinations. Here's one of Megan's go-to smoothies to get you started!

Make time: 10 mins

Serves: 1

Equipment required: blender

Ingredients:

1 frozen banana

¼ green apple

¼ avocado

¾ cup baby spinach (packed)

¼ lemon, peeled

small handful mint leaves

½ cup coconut water

½ cup ice

Method:

Place all the ingredients in a blender, blend on high and drink up!

MagicT

Pure Herbal Blends



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Canisters



Electrolytes and the importance of balancing fluid levels

We often hear that it is important to keep ourselves hydrated on a regular basis, especially since our bodies are made up of 60% water. We know that water is important for increasing our energy levels, relieving fatigue, helping with weight loss, flushing out toxins, improving our skin health and maintaining regular bowel movements.

However, we also need electrolytes so that our body can balance the amount of water in our body especially during summer since we lose electrolytes when we sweat. So, what are electrolytes and what purpose do they serve in our body?

Electrolytes are made up of essential minerals such as sodium, calcium, potassium, chloride, phosphate, and magnesium that have a negative or positive charge. Apart from balancing water levels, they're also responsible for balancing our body's pH levels, moving nutrients into our cells, moving waste out of our cells, and making sure our nerves, muscles, heart, and brain work the way they should.

Although electrolytes seem like something that is only important for athletes, there are real benefits for the average person too, since our bodies work just the same. Some common signs of electrolyte imbalance include: fatigue; confusion; nausea; irregular heartbeat; dizziness; muscle spasms; abdominal cramps and more.

There are many options for electrolytes on the market but they also come with added ingredients that are not necessary and are not the healthiest option. They either have high sugar content, artificial colouring, an artificial sweetener or artificial flavouring.

That's where **BioTrace Elite Ion-Power Electrolytes** come in. It is an exceptional source of electrolytes, minerals and trace elements in a 100% natural, sugar-free concentrate. It enables you to easily and affordably turn your plain water into a convenient electrolyte drink that is suitable for everyone. It also comes in a lemon zest flavour for people wanting a refreshing taste.

BioTrace Elite Ion-Power contains almost equal amounts of ionic sodium and potassium, along with ionic magnesium to support exercise performance and recovery, and chloride to help support fluid balance.

Why BioTrace Elite Ion-Power Electrolytes?

- Zero sugar
- No preservatives
- No artificial colours
- Ionic and bioavailable
- Liquid form for easy mixing
- Delivers electrolytes evenly during exercise
- Supports performance, stamina & recovery
- Makes up to 96 Litres from a single 240 ml bottle

Talk to your local Community Health Store experts for a free BioTrace Elite Ion-Power Electrolytes sample and about how BioTrace's clean and natural products can help support your body so you can do the things you love. Find out more about the BioTrace range today.



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