

Poo Brew is the perfect solution for healthy bowels, a combination of herbal powders to support cleansing the bowel and gut permeability.

• **L-Glutamine**

An amino acid, which supports gut healing. Especially important for brain metabolism. It supports mental ability, has been effective in supporting gut health. Helps manage sugar cravings, supports healthy fat metabolism and building muscle.

• **Psyllium**

Is proven to increase faecal size and moisture, the most common characteristic of stool following supplementation of Psyllium are soft, sleek and easily passable stools. Compared to other products Psyllium doesn't cause wind.

• **Barley Grass**

Has no gluten as it is from the shoots from the Barley plant, is a natural detoxifier, supports the immune system, is also very alkalizing to the body attributing to its super alkaline nature, reducing acidity in the body. Imbalance of acid alkali ration in the body may affect sleep, heart fatigue, sluggish bowels and fragile fingernails. Barley is a nutrient rich superfood loaded with vitamins such as all the B Vitamins, Vitamin C, Vitamin E, Vitamin K. It contains electrolytes such as Magnesium, Phosphorous and Potassium, with other essential minerals, like Zinc, Iron and Calcium. Barley Grass is also a powerful antioxidant, has essential amino acids and beneficial enzymes.

Mandatory - Always read the label and use as directed. If symptoms persist see your healthcare professional.



YOUR GUIDE TO HEALTHY BOWELS

1-2 Indicates constipation and we recommend an increase in fibre, hydration and magnesium.

3-4 Indicates ideal stools which are easier to pass.

5-7 Shows loose stools, indicative of an irritated gastro intestinal tract. We recommend digestive enzymes, an increase in fibre and avoiding wheat.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Community Health Stores



Sharing a commitment to healthy communities

DECEMBER 2024

Wishing You a Merry and Healthy Christmas! 🎄



The holidays are here, and at CHS, we want to spread the festive cheer! We wish you a Merry Christmas filled with joy, laughter, and plenty of delicious moments.

While it's the season for indulgence, don't forget to keep things balanced. Add some greens to your plate, stay hydrated, and sneak in some movement—maybe a family walk after that hearty Christmas meal!

Remember, this season is about connection, not perfection. So, take a deep breath, savor the little moments, and soak in the magic of Christmas. Whether it's the twinkle of lights, the warmth of family, or the joy of giving, let it fill your heart with happiness.

From all of us at CHS, here's to a holiday season full of health, love, and cheer. Stay merry, stay mindful, and have a truly wonderful Christmas!

Saccharomyces Boulardii
Your travel-bug supplement

- Saccharomyces Boulardii is your travel companion to help avoid tummy upsets and support the defences of travel bugs. Best to start taking it a few days before and carry on taking it until a few days after your holiday
- Helps support regular bowels
- Helpful alongside antibiotics, to avoid tummy upsets and to support good gut

Saccharomyces Boulardii does not get flushed out by antibiotics like regular probiotics.

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



The Happy Season

Words by Tracie Winter – Clinical Nutritionist
Tonic Health

This time of year, always rolls around super-fast and is here before we know it. As much as we try and enjoy Christmas and the holidays it always does become a stressful time whether it's a lot more family commitments or extra activities or whether we are pushing through to get the last little bits of work finished before a much-deserved break..

The one thing that is always put on the back burner though is our health and wellbeing. As we become more preoccupied with extra circular activities or increased workloads, we often forget to prioritise ourselves and end up with burn out.

When we are under stress, whether it be physical, emotional or just straight up perception of how we respond to stress, our nervous system will switch from a 'rest and digest' state to a 'fight or flight' state. During the fight or flight response our nervous system will speed things up due the release

of cortisol and adrenaline. This encourages your body to increase its heart rate and blood pressure, increase the production and use of glucose (sugars), move blood flow to areas of need (arms, legs and muscles), impact our sleep cycles and slow down digestion, immune systems and healing.

Even though this built in mechanism has been a way of survival for years, during modern times our autonomic nervous system is unaware of knowing if our stress response is truly a matter of life or death or just a flood of hormones from our emotional resilience to stress.

When this switch is 'turned on' to flight or fight continuously from perception of a busy life, increased caffeine loads, underlying illnesses or physical threats, the release of stress hormones becomes weakened overtime. Leading to sluggish adrenal, digestive, immune and hormonal processes.

Ways we can build ourselves up and place the body back into a state of rest and digest is:

- **Deep Belly Breathing**
- **Quiet Mediation**
- **Sit quietly in nature**
- **Reducing caffeine and alcohol**
- **Reducing sugars and processed foods.**
- **Increase the amount of good quality proteins, fats, fruits and vegetables.**
- **Ensure you are hydrated for improved energy production**

There is also an abundant of good quality health supplements on the market today to support your nervous system with adapting to these changes for a brief time.

Biotrace Magnesium: Magnesium supports with proper nerve and muscle function, blood pressure regulation and allows our bodies to relax to support sleep quality

Naturoceutics Ashwagda : Ashwaganda is stress supporting herb that supports the body cope with stress. It supports normal release of stress hormones, blood pressure, our quality of sleep, digestion and stress and worry.

Pop into your nearest community health store for more tips and support to enjoy the holiday season.

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PrimeSelf



Ingredients:

- 150g Butter (normal baking butter is perfect)
- 100g Dark Brown Sugar
- 150g Golden Syrup
- 1 Egg Yolk
- 375g All-purpose Baking Flour
- 1 Tsp Mixed Spice (Woolworths)
- 1 Tbsp Ginger (Can add less if you are not a fan of ginger)
- 1 Tsp Bicarbonate of Soda
- Pinch of Salt
- 2 Tsp PrimeSelf® Lion's Mane Mushrooms

For the decoration (Royal Icing):

- 500g Icing Sugar
- 2 Medium Egg Whites
- 1 Tsp Lemon Juice

Method:

1. Preheat oven to 180 degrees.
2. Cream butter & sugar together until pale and creamy.
3. Add the golden syrup & egg yolk and beat until well combined.
4. In a medium bowl, add the flour, mixed spice, ginger, bicarb, salt & Lion's Mane Mushrooms.
5. Add to wet ingredients and combine until a dough is formed. Knead and wrap dough in cling wrap and refrigerate for a minimum of 1 hour.
6. Roll dough out until about 3-4mm thick. Use your favorite festive cookie cutters and bake for 10 minutes until golden brown.
7. Allow to cool completely and ice!

MAGNESIUM GLYCINATE



Modern life demands more from us on a daily basis, which means to have an edge, you need to be on top of your game.

SUPER GREENS



It doesn't matter whether you are a student, athlete, entrepreneur, stay-at-home parent, or your everyday joe, if you are looking to become a better, healthier, and higher-performing version of yourself, PrimeSelf® is designed for you!

LION'S MANE



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