



Nurturing Gut Health with Natural Products

Maintaining good gut health is essential for overall well-being, as the gut plays a crucial role in digestion, immune function, and even mental health. With the rise of awareness surrounding gut health, natural health products have gained popularity for their ability to support digestive wellness. At Community Health Stores, a wide range of natural products is available specifically curated to support gut health and vitality.

Understanding Gut Health:

The gut microbiome, consisting of trillions of bacteria, fungi, and other microorganisms residing in the digestive tract, plays a significant role in maintaining health. A balanced gut microbiome is essential for proper digestion, nutrient absorption, immune function, and even mood regulation. Factors such as diet, lifestyle, stress, and medication can influence the composition and diversity of the gut microbiome, impacting overall health.

There is a selection of natural health products designed to support gut health and optimize digestive function.

- **Probiotics:** Probiotics are beneficial bacteria that promote a healthy balance of gut flora. You will find a wide variety of probiotic supplements at your local CHS store. They are formulated to support digestive health, immune function, and restore microbial balance. These probiotics contain strains such as Lactobacillus and Bifidobacterium, known for their beneficial effects on gut health.
- **Prebiotics:** Prebiotics are non-digestible fibers that serve as fuel for beneficial bacteria in the gut. Prebiotic supplements are formulated with ingredients such as inulin, fructooligosaccharides (FOS),

and resistant starches to support the growth and activity of beneficial gut bacteria, promoting a thriving gut microbiome.

- **Digestive Enzymes:** Digestive enzymes play a crucial role in breaking down food and facilitating nutrient absorption. There are a range of digestive enzyme supplements which contain a blend of enzymes such as amylase, protease, and lipase to support healthy digestion and digestive discomfort.
- **Herbal Remedies:** Herbal remedies have long been used to support digestive health and support gastrointestinal health.

Nurturing gut health is essential for overall well-being, and there are many natural health products that provide effective solutions for supporting digestive wellness. By incorporating these products into your daily routine, you can support a thriving gut microbiome, digestion, and overall health and vitality.

Shilajit

Require a high quality Shilajit? - We got you covered!

- Rich in Minerals, such as fulvic acid, humic acid, iron, calcium, magnesium and more...
- Antioxidant Properties
- Supports brain function
- Supports energy levels
- Traditionally used in Ayurveda



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

Visit Community Health Stores today to explore their range of gut health products and embark on a journey towards optimal digestive wellness.

Winter Blues

It's the time of year where many people find the days long, gloomy and tough. The combination of colder weather, dull days and lack of beautiful sunshine can affect those fabulous feelings we all get to experience in the summer months. Is everyone just putting their heads down, pushing through and waiting for the sunshine and their energy levels to return? Guess what? We don't have to!

It is quite well known that a lack of vitamin D in the winter months happens because the sunshine has disappeared, and everyone is living indoors. Vitamin D is an essential fat-soluble vitamin that assists the regulation of calcium and phosphorus in the body which is vital for bone building. It is also a major part of our serotonin and melatonin systems that creates our happy

hormones and restful sleeps. Vitamin D can play a part in many other functions through our body such as blood glucose levels, immune health, cardiovascular support and mental health.

Vitamin D comes in two forms: vitamin D2 (Ergocalciferol) and vitamin D3 (Cholecalciferol). Both are naturally occurring forms



constructed with the assistance of UVB rays from sunlight which is significantly lower during the winter. D2 essentially comes from plants and fungi while D3 is naturally occurring in animal foods.

Only a handful of food sources contain vitamin D2 and D3 such as fatty fish, beef liver, egg yolks, fungi and fortified milks but it can be difficult to acquire your total vitamin D intake from food alone. Deficiency signs range from lowered energy, muscle weakness, low mood, fatigue, brittle hair, frequent illness, soft bones and teeth, slow wound healing to rickets in children and osteomalacia in adults. Underlying factors such as Crohn's disease and ulcerative colitis or digestive issues in the small intestine can impact the absorption of vitamin D3 leading to a deficiency. The way to support our mood, immunity and general health over the winter months is to step into that sunshine when it pops its head out for the few short moments and soak it up. Increase your intake through natural food sources – fatty fish, egg yolks and beef liver and supplement with a good quality liquid vitamin D.

My go to is the Be Pure range (Vitamin D restore) with naturally sourced coconut oil, vitamin D3 from lanolin and vitamin K2. Liquid vitamin D is a great way to increase intake as it is easier on digestion and can be more effective without any fillers. Not only will the vitamin d3 support calcium absorption into bones, but the K2 will send it to where it needs to go.

Written by: Tracie Winter – Clinical Nutritionist

Chocolate Coconut Balls

Ingredients

- 2 C Desiccated Coconut
- 1/2 C Raw Cashews
- 3 tbsp Pure Maple Syrup
- 3 tbsp Coconut Cream
- 3 tbsp Coconut Oil
- 120g Dark Chocolate
- Optional: Dash of Vanilla

Method:

- Combine everything except the chocolate in a food processor.
- Blend until a sticky soft mixture is formed that still holds together when you press it together in your fingers.
- Roll into balls (1 heaped tbsp per ball) and freeze for an hour or so (or overnight).
- Coat the balls in melted chocolate and store in an airtight container the fridge.



Keep Winter blues at bay
Keep winter blues at bay
WITH SOLGAR

SOLGAR
Since 1947

Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ LTD, Auckland, TAPS PP2833

WILD OREGANO OIL
Traditionally used to support the immune system, Wild Oregano Oil has been found to support respiratory mucous and skin health.

L-LYSINE 1000 MG
Essential amino acids that cannot be made by the body. Amino acids form the basis for protein. Supports the maintenance of healthy lips and skin.

ASHWAGANDHA ROOT EXTRACT
Described as "Indian Ginseng", it is a stress supporting herb, helping the body to manage and adapt to stress.

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