

## Embrace Nature as Daylight Savings Ends

If the change in times has you feeling sluggish and drained of energy. Fear not, for there are natural remedies and lifestyle adjustments that can help you navigate this shift with vitality and vigor.

Natural health supplements can provide a gentle yet effective way to support energy levels and help combat fatigue. Consider incorporating the following supplements to your day.

**Vitamin B12:** B vitamins, particularly vitamin B12, play a crucial role in energy production and metabolism. Supplementing with vitamin B12 can help combat fatigue and support overall energy levels, especially for those following a vegetarian or vegan diet.

**Rhodiola Rosea:** Rhodiola rosea is an stress support herb known for its energizing



and stress-relieving properties. It helps the body adapt to physical and mental stressors, supporting stamina and resilience.

**Ginseng:** Ginseng is a popular herbal remedy used to support fatigue and physical and mental performance. It supports energy levels, and lessens feelings of exhaustion.

**Coenzyme Q10 (CoQ10):** CoQ10 is a compound that plays a critical role in energy production within the cells. Supplementing with CoQ10 can help support mitochondrial function, energy levels, and help combat fatigue.

As daylight savings time comes to an end in New Zealand, it's essential to prioritise your sleep health and take proactive steps to maintain energy levels. By prioritising sleep hygiene, and harnessing the power of natural health supplements, you can navigate this seasonal transition with vitality and resilience. Visit your local Community Health Store to explore our selection of natural supplements and resources to support your sleep and energy needs.

# Community Health Stores



Sharing a commitment to healthy communities

APRIL 2025

## A solution for healthy bowels

A combination of herbal powders to support gut healing, nutritionally supporting the body and cleansing the bowel. Great to add to your smoothie. Do you have any of these symptoms?

- Fatigue
- Foggy brain
- Head tension
- Low mood
- Digestive issues
- Body odour
- Coated tongue
- Bad breath
- Poor sleep
- Smelly gas
- Overweight



Come in and talk to us today about how our famous PooBrew can help.

# Free

## Nourishing Day Cream

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Achieve a healthy, glowing complexion with active natural ingredients.

Get yours while stocks last. Not applicable to sale items. Cannot be used in conjunction with any other promotion.

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Uniquely New Zealand

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Planet friendly • Made in NZ • Vegan • Diabetic friendly • Keto

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

For a full list of stores and more information visit [communityhealthstores.co.nz](http://communityhealthstores.co.nz)  
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TAPS Approval No: PP4005

Community Health Stores are New Zealand's best and only local independent natural health stores. We are committed to supporting healthy communities by offering everyone the very best natural healthcare and advice in New Zealand.

## Embrace a Healthy Easter: Fun, Family, and Nourishing Choices



Words by: Tracie Winter, Clinical Nutritionist

Easter is a time for excitement, family fun for the kiddos, and getaways. Over the years easter has become a giant big advertisement for copious amounts of chocolate eggs and unhealthy foods. These days more people are embracing the need for healthier choices as well as a healthier mindset.

Finding a balance between enjoying, and indulging over the easter season on good food and experiences, can be achievable by focusing on family, fun outdoor activities, and delicious nourishing foods.

### Some tips for enjoying the easter break:

- **Make your own chocolate easter eggs.**

There are so many homemade chocolate easter egg recipes out there that are very simple to make and can be altered to your liking if you are handy in the kitchen. Alternatively, there are dairy-free, nut-free, soy-free and gluten-free chocolate eggs available at community health stores as well. Making your own chocolate allows you to know exactly what is in your easter eggs and will eliminate the hidden preservatives and additives in store brought foods.

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**Solgar® Biotin 5000ug**  
Biotin is known for its beauty supporting properties, particularly for supporting healthy looking hair, skin and nails. Solgar® Biotin 5000ug is a high strength dose to support nail strength, normal skin, healthy hair, energy and vitality.

**Solgar® Vitamin E 400 IU**  
Vitamin E is an antioxidant and supports cells from oxidative stress by free radicals. The body stores Vitamin E in the skin and dietary supplements taken orally may support skin health. Solgar® Vitamin E 400 IU uses naturally sourced d-alpha-tocopherol plus mixed tocopherols.

**Solgar® Selenium (Yeast-free) 100 ug**  
Selenium is a mineral and antioxidant that supports immune system function, normal hair and nails, and supports cells from oxidative stress. Levels of Selenium are low in New Zealand soils, and dietary supplements may support normal selenium levels in the body.

**INSIDE OUT SKIN SUPPORT**

Warning: Selenium - This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Solgar® products are dietary supplements. Dietary supplements are supplementary to and not a replacement for a balanced diet. Always read the label. Use as directed. If symptoms persist see your healthcare professional. Solgar, Auckland. TAPS PP3876

For a full list of stores and more information visit [communityhealthstores.co.nz](http://communityhealthstores.co.nz)  
Follow us: [@communityhealthstores](https://www.facebook.com/communityhealthstores) [#communityhealthstores](https://www.instagram.com/communityhealthstores)

- **Plan for outdoor activities.**

Whether you are heading away on a holiday or staying around your home area, getting outside for bike rides, park visits, nature walks somewhere new, or creating an outdoor treasure hunt for the kids; can increase our happy hormones, energy and vitality making the long weekend more enjoyable.

- **Make time for rest.**

Enjoying some quiet relaxation such as reading, watching a family movie, colouring in, or just sitting without screens can encourage our bodies into a state of rest and digest that will make us feel re-energized.

- **Embrace family meals.**

We are always so busy during work and school time to prepare and cook a nice family meal. This is a wonderful way to encourage children to help in the kitchen, trying new foods and embracing healthy choices. My kids love protein pancakes shaped like bunnies for Easter Sunday breakfast.

Embrace and enjoy your long weekend – Happy Easter from all the Community Health Stores.

### ANZAC Bliss Balls



This healthier take on the traditional ANZAC biscuit is super simple, quick and dairy + refined sugar free!

#### Ingredients:

20 pitted dates, soaked in boiling water for 10 minutes  
2/3 Cup Rolled Oats  
1/2 Cup Roasted Unsalted Cashew Nuts  
1/2 Cup Shredded Coconut  
1/8 Teaspoon Himalayan Salt

#### Method:

Combine all ingredients in a blender until the mixture forms a large ball around the blade.

Should be firm and sticky so that when you press it together with your fingers it easily keeps shape.

Roll into balls (about 1 tbsp per ball) and store in an airtight container in the fridge.

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