

Community Health Stores



Sharing a commitment to healthy communities

AUGUST 2023

Everyone Needs More Rhythm



Do you find you dance between boredom and excitement when it comes to your daily self-care?

Nearly everywhere you look in nature, there are creatures engaging in some sort of consistent daily routine. The natural world is deeply influenced by the rhythms of nature – the rising and setting of the sun, the cycles of the seasons are two obvious examples. Many plants and animals embrace a predictable daily rhythm and, as a rule, live by it.

Your body LOVES rhythm. It thrives on rhythm.

Eating, sleeping and movement are how your body sets its own cycle or rhythm. This is your circadian rhythm, your very own inbuilt body clock. When it's working well, this rhythm tells your body when to digest food, how to prepare for sleep, how to regulate all bodily functions.

As humans, we have largely gotten away from our daily rhythm.

Modern forms of energy allow us to heat and cool our homes and work places, light the darkness, and engage with life at all hours of the day and night. Many of us even have jobs and other obligations that require us to keep irregular schedules. The increasingly erratic nature of our lives takes its toll. It is no wonder that our nervous systems have become dysregulated – on high alert, hyper-vigilant, increasingly unable to relax.

While those with stronger nerves are less affected by stress. The stress still exists for everyone. It's just a little closer to the surface for many of us. If you want to claim power over your immune system you need to develop your nervous system. You need to build your resilience to stress. Why?



Your nervous system controls your immune response!

Creating a daily routine grounds your nervous system and strengthens your

by helping you to live more in sync with your body's needs and the rhythm of the day and the season. And a routine, practiced daily, is stronger medicine than any occasional remedy. Daily habits like going to bed, waking up and eating at the same times, support your body's natural circadian rhythm.

To being in rhythm.

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and GOOD CHANGE, a unique online health coaching programme for women that explores Ayurveda, Nutrition & Mindset.

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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.

The Coalition of NZ Natural Health Retailers Petitions for Amendments to Therapeutic Products Bill

In our March newsletter, we discussed the Therapeutic Products Bill (TPB) and our concerns for the accessibility and diversity of natural health products in the market. The Bill has now passed its third reading in the House on 19 July 2023.

The Coalition of NZ Natural Health Retailers, comprising retailers, practitioners, and advocates, have expressed concerns regarding the treatment of natural health products under the bill and set up a petition to present submissions for our voices to be heard. The TPB has been designed to enhance the regulation and safety of therapeutic products and replaces the current, outdated Medicines Act 1981.

While the bill aims to streamline processes and improve market surveillance, the coalition has raised several concerns about its impact on the natural health industry.

Registration Requirements: The coalition fears that the new registration process for therapeutic products may disproportionately affect small-scale natural health manufacturers. Compliance with complex regulations could lead to higher costs and a reduction in product availability.



Evidence-based Requirements: The bill prioritizes evidence-based data for therapeutic claims, a standard often met by conventional medicines. However, this may not align with the traditional knowledge and cultural practices behind many natural health products. The coalition suggests considering alternative forms of evidence to support these products.

Restriction of Ingredients: The bill's provision for restricting certain ingredients, despite their long history of safe use, could hinder the formulation of traditional natural remedies and limit consumer choices.

Impact on Small Retailers: The coalition is concerned that small-scale retailers specializing in natural health products may struggle to adapt to the new regulatory environment. Compliance costs and technical requirements could lead to market consolidation and reduced diversity.

The Coalition of NZ Natural Health Retailers proposes specific amendments to the Therapeutic Products Bill.

Recognition of Traditional Knowledge: The coalition advocates for provisions that recognize the value of traditional knowledge in relation to natural health products. This approach would consider historical use and cultural significance alongside scientific data.

Proportional Regulation: The coalition suggests implementing regulations that are proportional to the risk posed by different products. This would allow for differentiated requirements for high-risk pharmaceuticals and lower-risk natural health products.

Support for Small-scale Manufacturers: Special considerations and support mechanisms should be provided to aid smaller businesses in navigating the new regulatory landscape. Streamlined application processes, reduced fees, and access to expert advice would help sustain these retailers.

The Coalition of NZ Natural Health Retailers stands at the forefront of protecting the integrity and accessibility of natural health products in New Zealand. As the Therapeutic Products Bill seeks to revamp regulations, it is crucial to strike a balance between robust oversight and preserving traditional knowledge. By embracing amendments that support natural health products, New Zealand can continue to nurture its citizens' well-being while respecting the power of nature in alternative healthcare solutions.

We would love if you could sign the petition - Signatures are now being accepted at:
<https://petitions.parliament.nz/4011ca16-08e5-458e-6fea-08db7e84cb09>

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NZ DEVELOPED AND MANUFACTURED

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