

## Top Tips for Autumn Health and Wellness

As the crisp air and golden hues of autumn settle in, it's important to nurture our well-being and adapt to the seasonal changes. The transition to cooler temperatures can affect our immune system, energy levels, and overall health. Here are some essential tips from CHS to help you stay vibrant and resilient this autumn.

### Nourish with Seasonal Foods

Autumn brings an abundance of nutrient-rich foods that support the immune system and overall well-being. Incorporate seasonal produce such as pumpkins, squash, apples, pears, and dark leafy greens into your meals. These foods provide essential vitamins, minerals, and antioxidants to keep your body strong.

### Support Immune Health with Natural Remedies

Support your immune system with herbal remedies known for their protective properties. Echinacea, elderberry, astragalus, and functional mushrooms like reishi and shiitake can help support your body's defences and improve resilience against seasonal ailments.

### Stay Hydrated and Warm

As temperatures drop, it's easy to forget the importance of hydration. Keep your body nourished with warm herbal teas, broths,



and lemon-infused water. Proper hydration aids digestion, circulation, and overall wellness.

### Prioritise Rest and Relaxation

With shorter days and longer nights, autumn is the perfect time to establish a balanced sleep routine. Aim for 7-9 hours of quality sleep each night to allow your body to repair and rejuvenate. Try incorporating relaxation techniques such as deep breathing, gentle stretching, or a warm bath before bed.

### Manage Stress and Support Mental Well-being

Seasonal changes can impact mood and stress levels. Engage in activities that promote relaxation and mindfulness, such as yoga, meditation, or simply spending time outdoors in nature. Managing stress effectively can contribute to better immune function and overall health.

# Community Health Stores



Sharing a commitment to healthy communities

MARCH 2025

## Celebrating Women's Day: Empowering Wellness for All

At CHS, we believe in celebrating the strength, resilience, and well-being of women every day. But on March 8th, as New Zealand honours International Women's Day, we take a moment to recognize the incredible contributions of women in our communities and beyond.



### The Power of Women's Wellness

Women's health is at the heart of a strong community. From balancing work and family to prioritizing self-care, we know that women often put others first. This month, we encourage you to take time for your own well-being. Whether it's nourishing your body with the right nutrients, engaging in mindful movement, or simply taking a moment to rest, your health matters.

This Women's Day, let's uplift and support the women in our lives. Whether it's through a kind word, a shared moment of self-care, or simply acknowledging their hard work, small acts of recognition go a long way. At CHS, we're committed to providing resources and products that empower women to lead healthy, vibrant lives.

Let's celebrate together—because when women thrive, our whole community flourishes.

## Happy International Women's Day!

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.

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





## Magnesium: The Unsung Hero of Energy, Brain Function & Heart Health

An adult human body contains around 25gms of magnesium with 60% in the skeleton and the remainder in soft tissue, mainly muscle. Magnesium is one of the most abundant utilised minerals with over 300 biochemical reactions in the human body. The role of this amazing mineral can range from supporting energy production and mitochondrial health, cell signalling, plays a structural role in bones, cell membranes and chromosomes and is required for active transport of ions across cell membranes supporting the conduction of nerve impulses, muscles contractions and normal heart rhythm.

Although we can find magnesium through food sources such as dark leafy greens, legumes, nuts, seeds and wholegrains, our bodies **may require additional supplementation** for targeting specific imbalances within the body.

**Magnesium L-Threonate** has the ability to cross the brain blood barrier, meaning it could support brain health more effectively by supporting outcomes such as sleep quality, stress, worry, brain function, and tension in the head.

**Primeself Magnesium L-Threonate Magtein** and **Now Magtein** is a patented bioavailable form designed to support magnesium level in the brain and neurons.

If you are wanting to find out more or need assistance with some of the health concerns, pop into one of our community health stores for a chat with us today.

**Written by: Tracie Winter, Clinical Nutritionist**



**SUPPORT ENERGY AND WELLBEING**

**Solgar® VM-2000** contains 32 key vitamins, minerals, amino acids and botanical extracts. This one a day Multivitamin includes antioxidants (such as Provitamin A carotenoids, Vitamin C and E), with B Vitamins to support everyday energy levels and Betaine HCL to support the digestive process. Also, iron glycinate which is gentle on the stomach.

**Solgar® Full Spectrum Omega Salmon Oil** contains essential fatty acids, with added Vitamin D3 to support immune system function and the carotenoid Astaxanthin. Salmon oil is one of the richest sources of EPA and DHA. Salmon Oil encompasses the full spectrum of omegas - 3,5,6,7 and 9 (as natural triglycerides). Omega-3 fatty acids support heart and brain health.

**Solgar® Magnesium with B6** is a simple formula with two nutrients to support mood and hormonal balance. Magnesium supports normal energy levels and Vitamin B6 supports regular hormonal balance. Plus, both nutrients support normal healthy bones. Magnesium supports numerous body processes and is a great way to support general health and wellbeing.

Always read the label. Use as directed. If symptoms persist, see your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. **Warning:** Formula VM-2000 - Please follow product health warnings on the listing and label. Solgar, Auckland TAPS PP3779

## Prioritising Rest: Celebrate Sleep Day with CHS

March 15th marks World Sleep Day, a reminder of how essential rest is for our overall well-being. At CHS, we recognize that good sleep is the foundation of a healthy life, impacting everything from mental clarity to immune function.

Are you struggling with restless nights? Looking to improve your sleep routine? Come and have a chat with our knowledgeable staff, to discuss any sleep issues you may be facing or simply to help you optimize your rest.

Some of the few things we can help with:

**Personalized Advice:** Learn how to improve sleep quality with lifestyle changes and natural remedies.

**Relaxation Tips:** Discover simple techniques to unwind and prepare for a restful night.

**Sleep Essentials:** We always have a great selection of sleep products, including supplements, teas, and more, to help you achieve better rest.

Prioritizing good sleep leads to a healthier, happier life.



**Hemp & Kawakawa Soothing Cream**  
Available in two sizes 50ml & 150ml  
Calms and hydrates irritated skin

Wild Kiwihearts®  
SUPPORTING HEALTH & WELLNESS

NATURAL SOOTHING CREAM  
Calms & Hydrates Irritated Skin

For healing tattoos

Sun spots

Baby's cradle cap

Nappy rash area

Dry patches

This natural soothing cream is suited for any areas that need soothing, balancing or healing, such as baby's cradle cap, areas of nappy rash, tattoos which are healing, irritated or dry patches, or sun spots.

It also makes a deeply moisturizing face moisturizer, great for those in the outdoors needing a heavier cream.

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



**THE POO BREW**  
Soothes the gut, cleans the bowel, and nutritionally nourishes the entire body

**The Poo Brew**  
THE PERFECT SOLUTION FOR HEALTHY BOWELS.  
Helps the gut and cleans the bowel.  
DIETARY SUPPLEMENT | 300g

Always read the label. Use as directed. If symptoms persist, see your healthcare professional. The Poo Brew, New Plymouth