

# There's Collagen and then there's Adashiko

Adashiko is your simple solution to high performance, next generation super supplements promoting full body wellness from within.



adashiko.com | 0800 450 888 | info@adashiko.com

ADASHIKO

Well, if you ask us - it depends on the quality. Which is why you'll hear collagen connoisseurs say, there's collagen and then there's Adashiko Collagen. Founded in 2013 by Japanese cosmetics expert, Yuko Arquette, Adashiko was on a mission to produce a high-quality ingestible collagen to restore and support the skin and body from within. Today, Adashiko is owned and operated by Luci Firth in Hawke's Bay. While our team is led by heart, we're backed by science.

Adashiko collagen powders and the growing skincare collection are still produced in Japan to the highest international standards. We won't compromise on quality, ever. From Japan - world leaders in collagen development and manufacturing - to New Zealand, Adashiko Collagen is everything you need and nothing you don't.

When it comes to our collagen powders, we knew we needed to go deep to truly support wellness from within. Adashiko includes Type I, II and III collagen for full health and beauty benefits. Pure and Ultra both have Type I + III collagen + Joint contains a blend of all three. Our collagen molecules are small but mighty. With an advanced low molecular weight of 3,000 Daltons, Adashiko Collagen is bioavailable and highly absorbable. Once in your bloodstream, our collagen molecules are carried to cells in your body where they send a signal that supports new collagen formation by the fibroblast and cartilage cells.

Flavourless and odourless, with no fillers, no nasties, no sweeteners, and absolutely nothing artificial - our collagen powders are specifically formulated for us, with your health and beauty in mind. Simply the finest grade collagen in New Zealand and advanced hair, skin, nail, gut, and joint support, and full body-loving ingredients. Fully dissolvable, heat-stable, + ready to mix into anything you fancy - coffee, tea, smoothies, juices, baking, snacks, or even a cheeky cocktail. We're big believers that you should honour, nourish and love the skin you're in. So, to take your skincare deeper - we, proudly, developed a collection of coveted collagen skincare. A range that, luxuriously, turned routine into ritual. Formulated with the world's finest pure, peptide marine collagen and advanced skin loving ingredients, Adashiko skincare is designed to seriously support the skin's natural production of collagen. The sensory experience will leave skin looking and feeling more hydrated, healthy and brightened while reducing the appearance of age spots, pigmentation and fine lines.

In a world full of choice, we're humbled that lovers of Adashiko believe so deeply in our products. Quite simply, because they align with our clean, considered and holistic ethos and get results. It's an incredible feeling to grow a business that has become part of a lifestyle for people all over the world. From skincare discovery kits to health and beauty starter kits and the complete Adashiko essentials - we've got your health, beauty, and wellness covered.

Always read the label and use as directed. Supplementary to a balanced diet.

# Community Health Stores



Sharing a commitment to healthy communities

NOVEMBER 2024

## Strengthening Your Gut Barrier for Better Digestion

"Irritable Bowel Syndrome" (IBS) has almost become a buzzword, with many experiencing digestive discomfort, bloating, and irregular bowel movements. It's vital to recognise that while these issues are 'common', they are not normal. They signal our bodies to reassess our health choices.

In today's overwhelmed world, understanding our bodies can empower us to take control of our health. Here are essential insights into gut health and how to support it.

### Understanding Your Gut

The gut lining is incredibly delicate — just one cell layer thick and exposed to the outside world. Its surface area is roughly the size of two tennis courts, essential for nutrient absorption and keeping harmful substances out. The gut's outer layer contracts rhythmically to move food and waste effectively.

### Foundations of Proper Digestion

- 1. De-Stress:** Stress significantly impacts digestion, affecting gut motility, nutrient absorption, and microbial balance. It's so important to be in the practice of minimising and managing stress and accessing our joy.
- 2. Well-Balanced Meals with Time In-Between:** Aim for substantial meals instead of constant grazing. This allows your gut's "migrating motor complex" to effectively sweep through and clear out your digestive tract, generally every 115 to 230 minutes.
- 3. Make Meals at Home:** Cooking at home ensures you consume nutritious ingredients while avoiding unhealthy additives. The process of preparing food also activates digestion, stimulating stomach acid and digestive enzyme production.

By focusing on stress management, balanced meals, and home cooking, you can strengthen your gut barrier and improve digestion. Pop the probiotics and digestive enzymes aside, healthy gut structure and function begins with the basics.



Having tum trouble with other protein powders? Your gut will love Mitchells.



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: [@communityhealthstores](https://www.facebook.com/communityhealthstores) [#communityhealthstores](https://www.instagram.com/communityhealthstores)



TAPS Approval No: PP3369

**Natroceutics OPTI-VITA Complex** —a cutting-edge blend of essential vitamins and minerals, uniquely delivered through advanced liposomal technology for superior absorption.

**What sets OPTI-VITA apart is:**

Its inclusion of Oxynea®, a powerhouse blend featuring over 100 polyphenols sourced from some of the most revered plants known for their health benefits.

This complex provides 24-hour polyphenol protection, equating to the nutritional impact of consuming five servings of fresh fruits and vegetables daily.

Always read the label and see as directed. Supplementary to a balanced diet.



**Sleep Tonic Recipe**

Ingredients:

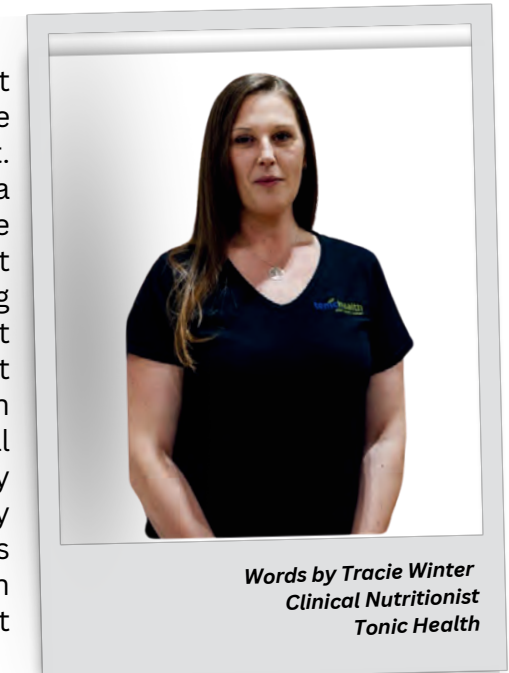
- 1 c of milk from nut, bean, grain or animal
- 2 medjool dates
- 3 almonds (preferably soaked overnight)
- 1 tbsp coconut flakes (optional)
- 1 tsp ghee
- pinch of saffron
- pinch of cardamom
- pinch of nutmeg

Method:

- Warm milk in a saucepan.
- Blenderise all remaining ingredients and add to warmed milk. Stir. Do not boil.
- Turn off heat and allow to set for 10 minutes.
- Add black pepper + honey to taste.

# Weight loss Redefined.

There have always been so many opinions on weight loss, how to eat and what diet works best. Over the years the calorie equation has been in the spotlight. This consisted of calorie counting which meant eating a certain number of calories daily vs how much exercise was needed to burn those calories. While at first reducing your intake of food can assist with losing weight its only so long before you hit your bodies set weight point and the weight plateau's or you start putting it back on. The set weight point theory is an idea that your body has strong genetic and humoral feedback control system where it regulates your body weight. When weight starts dropping through calory restriction our bodies react by releasing hormones known as ghrelin (hunger hormone) and reducing leptin hormones (feelings of fullness) signalling the brain that you need to eat more. When there are fewer calories



*Words by Tracie Winter  
Clinical Nutritionist  
Tonic Health*

our bodies evolutionary brain kicks in protecting us from starvation and will hold on to what it can. Popularity diets then hit the scene such as Atkins, Paleo, Vegan, Low Carb and the Zone diet. The amazing amount of information out in the world today is a fantastic way of learning new things but can also be very overwhelming.

These differing ways of eating all have their pros and cons but we have to remember not one size fits all! So many differing factors can be the underlying drivers for weight gain such as hormone imbalances, gut dysfunction, thyroid or adrenal issues, sluggish liver or simply just not enough calories needed for everyday human functioning and increasing our metabolic rate.

To take away the confusion and the overwhelming amount of information, sticking to eating WHOLE food forms can be very beneficial for optimal health, weight and lifestyles. Think whole fruits, vegetables, nuts & seeds (soaked first) and grass-fed meats. Not only do they contain all the macro and micro nutrients they also contain the fibres and enzymes our amazing bodies can recognize and process. Any type of food that has an ingredient list with words and numbers just isn't beneficial for our health because our body doesn't know what it is or how to use it.

When it comes to losing weight or maintaining a healthy weight which is suited to you, lowering or eliminating refined sugars is one of the top few things you can do to improve your health and weight loss journey. Excess sugar will increase the amount of insulin pumped into your body and the glucose your body doesn't use for energy stores as fat – especially in the liver.

Increasing the number of fresh vegetables, fruits and grass-fed meats can assist with a higher protein, fibres and good fat, lowering the refined carbohydrates, sugars and additives. Enjoying regular exercise such as walking, swimming, Pilates or weight training is a fantastic way for increasing muscle which assists with fat burning and keeps you motivated and feeling great!

A check in with a health professional (Nutritionist, Naturopath or Natural Health assistants at your local Community Health Store) for guidance and assistance with navigating your weight loss journey or assisting with underlying health concerns can benefit you greatly..

## Magnesium Citrate Liposomal

80mg Elemental 60VC

Liposomal Magnesium Citrate ensures optimal absorption, bioavailability and utilization by the body.



Fast acting with sustained results

Supports bones and muscles

Provides 380mg Magnesium Citrate per capsule

Provides support for stress, sleep and relaxation

High quality raw ingredients with innovative technology for superior results

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

