

# Discover Natroceutics NMN: Elevate Your Health Naturally

Natroceutics NMN utilises an advanced liposomal delivery technology to significantly improve the absorption and support the bioactivity of NMN. This means improved Bioavailability and Efficacy. Making this product an efficient and effective solution for users where it counts, within the cell. Each capsule contains: Liposomal nicotinamide mononucleotide (NMN) 358 mg, providing NMN 250 mg [with 108 mg phospholipids (carrier)]. Other Ingredients: Rice flour and silica in a clear vegetable capsule. This product is Sugar-free.

## Natroceutics NMN helps to support:

- Healthy Aging
- Energy Production
- Brain Support
- Mitochondrial Health



**COYNE HEALTHCARE**

### Liposomal - Magnesium Citrate

Innovative technology - Superior results

- High quality raw ingredients with innovative technology for superior results
- Liposomal Magnesium citrate ensures optimal absorption, bioavailability and utilization by the body
- Fast acting with sustained release
- Provides support for stress, sleep and relaxation
- Supports cardiovascular health
- Supports bones and muscles
- For Adults and children 9 years and older
- 80mg of Elemental Magnesium per capsule

**Biomax Magnesium Citrate Liposomal 60VC**

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

## Welcoming warmer days with SOLGAR

Since 1947

Always read the label and use only as directed. If symptoms persist, please see your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Solgar NZ Ltd, Auckland. TAPS PP3202

- DIGESTIVE ENZYMES**  
A combination of enzymes designed to support your digestive system health.
- POTASSIUM**  
A mineral and electrolyte for supporting regular fluid balance, healthy blood pressure and nerve signals throughout the body.
- FORMULA VM 2000®**  
A high strength multivitamin and mineral formula that helps support the immune system, energy function and healthy nutrient levels.

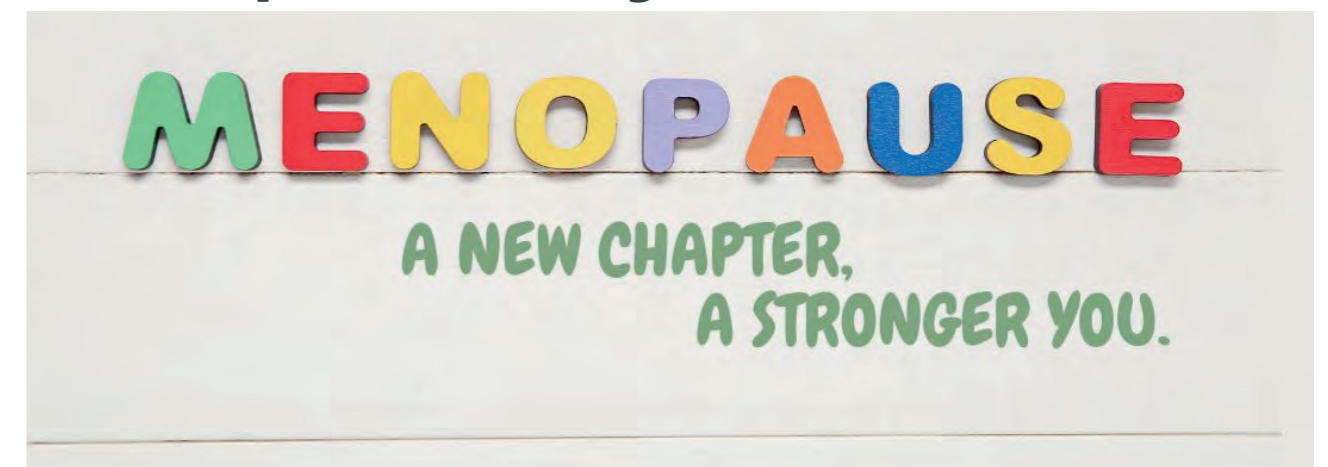
# Community Health Stores



Sharing a commitment to healthy communities

OCTOBER 2024

## Understanding Menopause: Embracing Change on World Menopause Day



As we approach **World Menopause Day on October 18th**, it's essential to shed light on this natural phase of life that affects millions of women worldwide. Menopause marks the end of menstrual cycles, typically occurring between the ages of 45 and 55, and is a significant transition that can bring various physical and emotional changes.

Common symptoms may include **hot flashes, night sweats, mood swings, and sleep disturbances**. These changes can be challenging, but it's important to remember that each woman's experience is unique.

Some may find the transition relatively smooth, while others may encounter more pronounced symptoms. Understanding these changes can empower women to navigate this period with confidence.

While menopause is a natural biological process, it's crucial to address any concerns or questions you may have. **Seeking advice from healthcare professionals** can provide valuable insights into managing symptoms and maintaining overall health. **Lifestyle adjustments, such as a balanced diet, regular exercise, and mindfulness practices**, can also play a vital role in enhancing well-being during this time.

At CHS, we recognize the importance of support during this transition. Our knowledgeable staff are available to provide advice and resources tailored to your needs. Whether you're seeking information on symptom management or exploring lifestyle changes, we encourage you to pop into any of our stores for guidance.

As we observe World Menopause Day, let's celebrate the strength and resilience of women and foster a supportive community that embraces this natural transition. Together, we can break the stigma surrounding menopause and empower each other to thrive.

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



TAPS Approval No: PP3242

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.

# Seasonal Allergies – enjoying spring again.

Words by Tracie Winter – Clinical Nutritionist  
Tonic Health

As much as everybody loves the warmly spring weather, some of us find it difficult to enjoy the outdoors more as it triggers seasonal allergies. Nearly 30-40% of New Zealanders suffers from allergies caused from airborne allergen such as pollen being the most common.

Seasonal Allergies also known as Allergic Rhinitis, is an immune response that your body systems react to from an intruder. Depending on the severity of the allergic response all depends on how the body perceives the threat of the allergen. Your body will induce an adaptive immune response usually from pollen and grass.

When allergens are breathed in, they are captured in the nasal passages sticking to the mucus membranes triggering inflammation. The inflammation is what induces the adaptive immune response but can also be emphasized

by how well the digestive system is working and how well your liver is functioning. This can cause the body to activate specific cells in the body known as mast cells. Mast cells release chemicals such as histamine, leukotrienes and prostaglandins creating symptoms such as:

- red, itchy and watery eyes,
- sneezing,
- coughing,
- scratchy and sore throat
- and itchy nasal passages.

Some foods that can assist with reducing the histamine load in the body are:

- **Foods high in quercetin** – Onions, cabbage, peppers, berries and apples. Quercetin acts like an anti-histamine, stabilizing mast cells and decreasing histamine.
- **Foods high in vitamin C** – Tomatoes, broccoli, brussels sprouts and oranges
- **Vitamin C** can act like an antihistamine, inhibiting inflammatory cells that release histamine. Also is a great antioxidant to mop up free radicals from the inflammation.
- **Spicy foods** such as anise, fennel, horseradish and hot mustard. Spicy foods can loosen mucus and help break up congestion.
- **Taking a good quality supplement** can also support the body's response to allergens such as: **Natroceutics Bioactive Quercetin** for a natural allergen support and **Rocket Fuel** to help clear the nasal passages.



## LOVE YOUR LIVER



In traditional chinese practice the element of spring is wood, which is associated with the liver. This makes it the perfect time for a spring detox, nourishing and supporting the liver. A healthy liver leads to smooth flow of Qi, which is the vital physical and emotional energy force.

The liver is an amazing hard-working organ, eliminating waste and toxins from the body, as well as making bile essential for fat digestion and storing iron and Vitamin A.

### SIGNS

that the liver may need support

- Grumpy, angry, low mood
- Excess weight not wanting to shift
- Digestive complaints
- Excess gas and bloating
- Lack of energy & Poor sleep

### NUTRITIONAL SUPPORT

Nutritional support for the liver includes cruciferous vegetables such as broccoli, cabbage, cauliflower, kale and spinach. Heavily processed foods high in saturated fats place a burden on the liver.

Fresh and organic is best. Alcohol and excessive caffeine and products high in sugar are best avoided during a liver cleanse. Plenty of good quality water is a must.

#### Glutathione

Known as the master antioxidant. It naturally supports detoxification and supports liver health. It has shown to support immune health as well. Coyne Biomax Glutathione, uses Setria a patented Japanese form of Glutathione and is liposomal for superior bioavailability.



**Biomax Glutathione Liposomal**

#### Milk Thistle

Supports liver function, liver health, detoxification and digestion. Silymarin a flavonoid in milk thistle has antioxidant properties. Milk thistle may help reduce the damage done by free radicals to the liver, when metabolising waste and toxins. Coyne Bio- Milk thistle contains organic milk thistle and is liposomal for optimal absorption.



**Biomax Milk Thistle Complex Liposomal**

#### Burdock Root

Traditionally known to support liver health that support skin health to purify the skin for a clear looking complexion.



**Swanson Burdock**



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

For a full list of stores and more information visit [communityhealthstores.co.nz](http://communityhealthstores.co.nz)

Follow us: [f @communityhealthstores](https://www.facebook.com/communityhealthstores) [i #communityhealthstores](https://www.instagram.com/communityhealthstores)



For a full list of stores and more information visit [communityhealthstores.co.nz](http://communityhealthstores.co.nz)

Follow us: [f @communityhealthstores](https://www.facebook.com/communityhealthstores) [i #communityhealthstores](https://www.instagram.com/communityhealthstores)

