

Lifesense

Something for you

Welcome to our world of health and wellbeing!

Well that's it. The RWC is a great memory. The elections are over and regardless of whether you agree with the outcome or not, let's hope for three years of relative stability. Where did 2011 go and welcome to 2012.

For Lifesense, December will see Blenheim Natural Health becoming our 12th store. We thank Helen who deservedly retires after many years as the store owner and welcome Nicola and her new team to the Lifesense family of stores. The customers in Blenheim already know Nicola so we are confident the transition will go very well.

So it is into the summer with a smile on our faces. A few weeks work, school break-ups, the rush and stress of Christmas, the optimism of the New Year and the holiday season.

For most, summer is the season of sunshine and leisure after a long, often hard, year.

As always we ask that customers consider our Lifesense staff, and all the people who keep the service industries going through the summer, particularly during the long work hours associated with the festive season.

Come in and talk to the wonderful staff in one of our Lifesense stores. Advising our customers about how they can stay healthy all year round is what your Lifesense store is all about. Our staff can help you with advice and if you require more an appointment with one of our in store Natural Therapists could be of benefit. In addition to the products in this flyer our Spotsaver & Superspot programme ensures our customers can purchase products at great prices. There are also further discounts available if you purchase over \$250 worth of products at a time. There are lots of reasons why you should shop in a Lifesense store:

- Product Range
- Advice
- Customised Health Solutions
- Everyday Value for money

This is why Lifesense is your natural health store!

SOLGAR, Auckland

L-Lysine

L-Lysine is an essential amino acid used to support lip health for those who experience breakouts on or around the lips or nose during winter, stress or after sun exposure.

\$20⁷⁰
50 tabs



THOMPSON'S

Vitamin D 1000iu

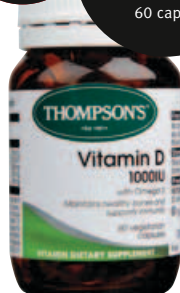
Thompson's Vitamin D3 1000iu with Omega 3 fish oil may assist with the development and maintenance of healthy bones.

Omega 3 fish oil helps support bone health and general wellbeing.

Vitamin D may also help enhance mood.

\$5
OFF

\$11⁸⁵
60 caps



NATUROPHARM

Arnica Plus

Naturo Pharm's Arnica plus assists the body's rapid response to shock, injury and bruising and helps the normal defence mechanisms in times of trauma and after surgery. It also assists with fatigue and natural muscle recovery after strenuous exercise or exertion.

It's available as an easy to use oral spray and as a topical cream and is suitable for use by the whole family.



NORDIC NATURALS

Children's DHA

Essential fatty acids or EFAs are the best way to 'turbo boost' your child's brain. EFAs are amongst the most crucial nutrients for children, as most are deficient. EFAs are considered 'essential fats' because they are required for good health but cannot be produced by our bodies.

So what does that all mean? Children's brains need a steady supply of EFAs to perform at their best. DHA is uniquely important to the nerve and brain cells and has shown to support mental clarity, focus and performance in children.

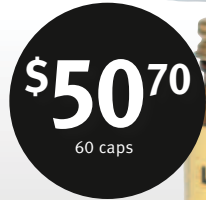
Nordic Naturals Children's DHA is made entirely from Arctic cod liver oil and rich in omega-3 DHA which help support memory, mood, learning & focus for children's aged 3+.



SOLGAR

L-Theanine

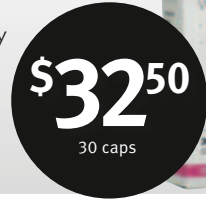
Naturally found in Green Tea, L-Theanine is proven to soothe nervous tension and support mental calm and focus during times of stress. L-Theanine is quick acting, non-drowsy and is an effective and well tolerated way to soothe frazzled nerves and help ease a worried, anxious mind.



CLINICIANS

Flora Restore

Clinicians Flora Restore® is a unique and scientifically researched oral probiotic for Women's health, to support urogenital health (Vaginal and Urinary Tract) and restoration and maintenance of healthy flora. It is the first ever documented oral probiotic for vaginal health and is backed by 25 years of research.



Always read the label and use only as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to and not a replacement for a balanced diet. Weight Management programmes should be used in conjunction with a balanced diet and exercise.

NUTRA-LIFE

Balance PHYSIQUE

Cookies & Cream / Chocolate Fix / Vanilla Chill

High in protein and low in carbs, Balance PHYSIQUE™ is ideal to help you snack smart, feel full and look great. It's an easy-mixing, great-tasting shake, specifically formulated for active women like you, to help you achieve your toning goals.



\$5 OFF

\$31⁹⁰
500gms

Something for you

VITACO, Auckland

WELEDA

Relaxing Drops

Relaxing Drops helps relieve nervous tension, restlessness and sleeplessness. This non-habit forming treatment also promotes relaxation and restful sleep.



\$17⁹⁰
30mL

+ A gift for you
FREE!



Purchase Weleda Relaxing Drops and receive a FREE Pomegranate Hand Cream 50ml
Pomegranate Regenerating Hand Cream protects against moisture loss and the signs of aging such as age spots. It renders your hands soft, supple and smooth

WELEDA, Havelock North

GO HEALTHY

Go Cholesterol Shield

GO CHOLESTEROL SHIELD is essential for people wanting or needing to support ongoing cholesterol management, heart health and statin support. The formula contains a synergised blend of three key natural ingredients, PinVita™ plant sterols, Lecithin and Co-Enzyme Q10 and is supplied in an easy to swallow SoftGel capsules for superior absorption. PinVita™ is a specific form of natural plant sterols, derived from Pine. These plant sterols have been clinically trialled to show they support reduced uptake of Cholesterol into the blood stream. Co-Q10 and Lecithin have been included for additional cholesterol and heart health.



\$54⁹⁰
60 caps

GO HEALTHY, WELLINGTON

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Something Special

THOMPSON'S

Glucosamine & Chondroitin



Buy 1
+
get one
FREE!

\$64⁵⁰

120 tabs

INTEGRIA, Auckland

GO HEALTHY, Wellington

GO HEALTHY

GO Adrenal Support



\$27⁹⁰

60 caps

**\$8
OFF**

NUTRA-LIFE

Meno-Life



**\$8
OFF**

\$29⁹⁰

60 tabs

VITACO, Auckland

LIFESTREAM

Natural Calcium



\$39⁹⁰

120 caps

+ 30
Capsules
Extra
FREE!

LIFESTREAM, Auckland

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NFS

Trim-Fix



\$38⁵⁰

30 caps

\$10

OFF

CREATIVE ENERGY, Wellington

GOOD HEALTH

Omega 3 Fish Oil



Buy 1 + get one

FREE!

\$39⁹⁰

200 caps

GOOD HEALTH, Auckland

CLINICIANS

Liver Protect Plus



\$26⁹⁰

60 caps

\$8

OFF

NATURAL HEALTH LAB, Auckland

MICROGENICS

Protech



\$5

OFF

\$55²⁰

60 caps

SANOI AVENTIS, Auckland

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NUTRA-LIFE

Balance Fuel 2 Go

Banana, Black Forest, Double Choc

Great-tasting, nutrient-packed protein bars support muscle development, energy and recovery.

\$52⁰⁰
Box of 12



MICROGENICS

Women's Wellness Multi

Women's Wellness Multi contains a combination of vitamins, minerals & antioxidants and helps support women's energy, health and wellbeing whilst reducing the risk of nutritional deficiencies.

It contains B vitamins to assist brain function and energy production and iron for haemoglobin production and red blood cell formation. Iodine supports healthy metabolism and thyroid function. Vitamin C is included in the formula for its antioxidant activity, and the role it plays in helping you to maintain healthy skin and a healthy cardiovascular system. Other antioxidants in the formula consist of Citrus Bioflavonoids, Vitamin E, Beta-carotene and Selenium which help to reduce free radical activity.

\$5
OFF

\$15²⁵
30 tabs



ETHICAL NUTRIENTS

Hi-Strength Fish Oil

Hi-Strength Liquid Fish Oil – Fruit Punch and Fresh Mint Flavour 170 mL.

One 5 mL teaspoon of Ethical Nutrients Hi-Strength Liquid Fish Oil provides 2.7 g of omega-3 (EPA /DHA), the dose research suggests is needed to support joint mobility. Available in two great flavours, fruit punch and now fresh mint, with no fishy after-taste, it's easy to take!

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.

\$54¹⁰
170mL

New Mint Flavour



GOOD HEALTH

Body Cleanse™ 7 Day Detox

Detoxing the liver and bowel regularly not only provides the equivalent of a 'spring clean', it also supports the liver so it can perform its important filtering role more effectively. Body Cleanse™ supplies Multi Cleanse™ containing the liver tonic herbs Milk Thistle, Dandelion root and Turmeric, along with Red Clover, Yellow Dock and Burdock to support blood cleansing and bowel function, and other key nutrients to support liver detoxification. Also supplied is the comprehensive Multi Fibre™ to help soothe and regulate the bowel to assist correct bowel functioning, an essential part of any detox.

\$47⁹⁰
90 caps

\$8
OFF



HORLEYS

Replace Hydration

Whether you're on a bike or on a court, you need endurance, balance, concentration - all of which are negatively affected by dehydration. A scientifically formulated sports drink is the solution to controlling fatigue and boosting energy. Replace will help you stay on top of your game - fast carbs, fluids and electrolytes: made in NZ for our conditions.

\$12⁴⁰
670gms

\$8 OFF



Something for you

THOMPSON'S

Co-Enzyme Q10

Co-Enzyme Q10 is nature's spark plug; found in every cell of the body, and is an essential part of the mitochondria - the energy producing part of the cell. While the body can produce sufficient Co-Q10, deficiency states do occur, particularly as the body ages. Co-Q10 is a potent antioxidant, as well as helping the body to optimise oxygen uptake. Thompson's high strength Co-Enzyme Q10 100mg is a scientifically trialed high absorption formulation proven to have superior absorption qualities as well as delivering an efficacious dose.

Do not take while on warfarin therapy without medical advice.

Buy 1
get 1
FREE!

\$34²⁰
30 tabs



NFS

Stress and Mood Relief

NFS Stress & Mood is a high potency St John's Wort 3600mg formula designed to support the body's ability to deal with stress, balance mood and promote relaxation. St. John's Wort has been used for its support for stress related conditions. Rhodiola and American Ginseng have been added for their anti-fatigue effect supporting mental performance and as adaptogen herbs; meaning that they increase resistance to physical and emotional stress. The formula also includes the hops flower which is traditionally used as a calmativie, nerveine and for its relaxing action.

\$33⁹⁰
60 caps

\$8 OFF



LIFESTREAM

FucoCai

FucoCai is a unique blend of two botanicals, Kombu and Acai, which are rich in antioxidant activity to protect against free radical damage. An active component of Kombu is Fucoxanthin; this has shown to have beneficial effects for metabolism by supporting normal thermogenesis. Together with healthy diet and lifestyle, Lifestream FucoCai™ can support weight management.

+ 20
Capsules
Extra
FREE!

\$44⁹⁰
90 caps



MOTION SICKNESS

WHAT IS IT?

Motion sickness is a normal response from our senses that get confused and feel as though the body is out of balance.

SYMPTOMS

Common symptoms of motion sickness include: nausea, vomiting, pallor, excessive salivation, hyperventilation, anxiety, fatigue, weakness, dizziness, dehydration, confusion, headache, perspiration and slight fever.

WHY IT HAPPENS?

Our sense of balance or equilibrium occurs due to interactions between the eyes and ears plus some contribution from receptors in the skin, muscle and joints.

Motion sickness sets in when movement is in a different direction or there is no visual contact with the horizon, causing us to feel out of balance.

The part of the ear called the vestibular system sends information to the brain that doesn't correspond to what we can see and this confusion triggers motion sickness. After the journey, motion sickness stops.

Any type of travelling can trigger motion sickness such as car, boat, show rides, train and plane. Other triggers that may cause or make you more likely to get motion sickness include – playing video and computer games, reading while travelling, pregnancy, menstrual period, children aged 4-10 or even having a large meal before you travel.

WHAT NATURAL THERAPIES CAN HELP?

Ginger – reduces nausea associated with vertigo and vomiting and nausea associated with motion sickness.

Peppermint and Chamomile are soothing digestive herbs.

Ginkgo – reduces vertigo.

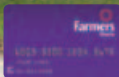
DID YOU KNOW?

- Many people find different ways to handle motion sickness. It may simply be:
 - Avoiding reading while travelling.
 - Eating light meals.
 - Avoiding heavy meals that contain dairy and high protein.
 - Avoiding alcohol.
 - Choosing a middle seat on the plane.
 - Sitting in areas with less movement.
 - Facing forward when travelling.
 - Looking forwards the horizon.
 - Avoiding excessive head movement.
 - Wearing dark glasses.
 - Closing eyes.
- Rest and cold compresses to the neck may bring relief.
- Dehydration is a concern if you are vomiting. Drink small amounts of water with added electrolytes to avoid dehydration.
- Deep breathing and meditation may also help to reduce nervous tension.



Lifesense
Your natural health store

We accept:



Diners Club International

Prices are net of Spotsaver discounts and are valid until 5th March 2012. Always read the label and use only as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to and not a replacement for a balanced diet. Weight Management programmes should be used in conjunction with a balanced diet and exercise.

DEC 2011
TAPS PP1673

PONSONBY 281 Ponsonby Rd, ph.378 4456 **BROWNS BAY** 20 Clyde Rd, ph 476 2575 **KELSTON** Kelston Shopping Centre, ph 818 9968
MILFORD Milford Shopping Centre, ph 486 4185 **BIRKENHEAD** Highbury Shopping Centre, ph 418 3653 **BOTANY** Town Centre, ph 271 2133
SHORE CITY Westfield Shoppingtown, ph 489 7103 **WHANGAREI** The Strand, ph 430 7414 **KARORI** Karori Mall, ph 476 5320
JOHNSONVILLE Shopping Centre ph 461 6047 **QUEENSTOWN** Remarkables Park, ph 451 0347 **BLenheim** Natural Health Store, ph 578 1705