

FREE DELIVERY
to New Zealand & Australia

Health House

Quality, natural health products since 1986

MAR/APR 2017

 **0800 140 141**

 www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

NEW LOOK WEBSITE

Read about the new features on pages 8-9



ARTICLES

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TURMERIC

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Less eye fatigue and support for lens and macular health. P15

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WHAT'S NEW AT HEALTH HOUSE

Dear Customers,

The team at Health House have been working flat out over the past few months designing and testing our new website and we are very pleased to have just launched it.

There are some great new features on the website (see pages 8 and 9). It is now even easier to find your favourite products, read our articles and reorder the same products. We hope you will appreciate the improvements we have made.

Our dedicated, experienced call centre team are of course still available to answer your questions and take your orders.

You may notice we have changed the layout of the catalogue slightly. As we have such a large range of products it was getting difficult to fit all the needed information in every catalogue. We are now going to focus on certain products in each issue.

Kind regards

Mike Coory

Managing Director

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4 OR MORE PRICING

Purchase four or more of any product with the blue icon and you will automatically save \$20. You can pick or choose, they do not all need to be the same product. If purchasing via the web, the discount will be automatically applied to your order. Please note an Optimum Health Triple Pack counts as a single item towards the four or more discount.

Always read the label and only use as directed.

The nutrient superstar

Magnesium is perhaps one of the most overlooked minerals. With a recommended intake of between 300mg and 400mg per day for adults, are you getting enough?

Your body requires a high level of magnesium and it is critical to maintain heart health.

Without sufficient amounts of magnesium, your body simply cannot function properly. Unfortunately, this essential nutrient is lacking in most New Zealand diets.

Magnesium helps relax your mind, supports healthy blood pressure and contributes to a sound sleep. Magnesium also helps in the absorption of calcium and plays a key role in the strength of your bones and teeth.

Benefits

- Vital for a healthy heart
- Supports healthy blood pressure
- Easily absorbed

DIRECTIONS: Children: 1 capsule per day. Men: 2 or 3 capsules per day. Women: 1 or 2 capsules per day. Otherwise as advised by your health professional.

\$29ea 60 capsules

\$49ea 180 capsules

Loyalty Programmes

REFER A FRIEND

We appreciate you telling your friends about Health House and we are happy to reward you for your referral. When your friend registers to become a new Health House customer and buys something from us, you will receive a \$10 credit.

All we ask is that you let your friend know what your Customer ID number is, so that when they register we know that you referred them. After they make their first purchase, you will receive a \$10 credit on your account which you can use towards your next order.



LOYALTY DISCOUNT

We appreciate you choosing Health House and as thank you we will give you a \$30 credit. This credit is automatically applied to your next order after you have spent a total of \$300 with us.

No need for loyalty cards or anything complicated, it will be automatically done. We will let you know how close you are towards your discount on your invoice, or on our website. Any questions, or to find out more, please do not hesitate to phone our friendly sales team.



FIVE EASY WAYS TO ORDER

1. Free phone 0800 140 141
2. Website www.healthhouse.co.nz
3. Direct banking 03-1548-0039888-00
4. Send in the order form (page 24)
5. Visit our shop - 1 Whakakake St, Tauranga

For more information refer to the order form at the back.

OUR PROMISES TO YOU

If you are unhappy in any way, let us know and we will do everything we can to put it right. If you are dissatisfied return your purchase within 60 days for a refund or exchange.



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986

FREE DELIVERY on ALL New Zealand and Australian orders

3

David Coory has his thyroid levels tested

When I booked last year to have my health checked by an Auckland naturopath, he asked me to do an early morning body temperature check for 10 days. This was probably because one of my health goals was to have warm hands at all times. When I shake hands with other people, my hands are nearly always cooler than theirs. So I duly did my 10 day average body temperature check and found it was half a degree lower than expected, 36.2° instead of the normal temperature of 36.7°.

What the naturopath found

When I visited the naturopath he studied my face then told me I had the classic sign of an underactive thyroid – eyebrows thinning towards the outside edges. Later he gave me a Thyroid Reflex test which measured zero – another indicator he said of an underactive thyroid.

I did suspect I had an underactive thyroid, called hypothyroidism (hypo means low). Hypothyroidism goes mostly undiagnosed and affects thousands of New Zealanders, mostly women. It can profoundly affect both the body and mind. About 15% of the New Zealand population are thought to be affected and currently 70,000 take thyroid medication.

Signs of an underactive thyroid

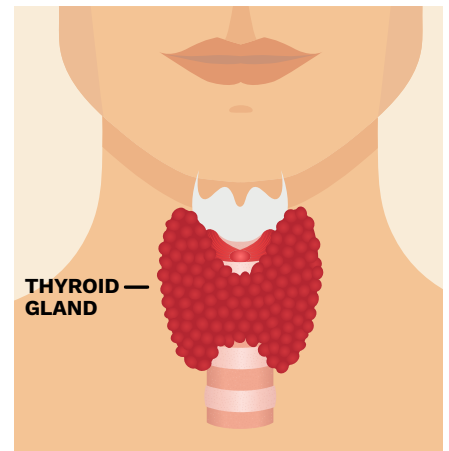
Clinical signs of a low thyroid output

are low body temperature, thinning outer eyebrows, dry skin and hair, easy weight gain, cold hands and feet, excessive sleepiness, brain fog, poor memory and sore joints. I currently tick many of those boxes.

The minerals iodine, selenium and zinc are necessary for good thyroid function (all are lacking in the New Zealand diet) along with iron. However I felt that my mineral intake was more than adequate, especially iodine and wondered why I should have this problem.

I had my thyroid levels tested

It took me six months after the naturopath visit to have my thyroid medically checked. I finally plucked up enough courage to overcome my fear of needles and drove to my local Tauranga Pathlab agency. There I



RDI	IODINE
MEN	150mcg
WOMEN	150mcg
CHILDREN	100mcg

The most effective multi-mineral-vitamin

This absorbable New Zealand mineral-vitamin supplement CAA-Multi contains all the minerals and vitamins required for optimum health and in the correct balance for our New Zealand conditions.

We believe that this is the most complete mineral-vitamin supplement on the market. All ingredients are the best quality and the most bio-available for your optimum health. We constantly monitor and when necessary revise the formula to ensure it is as good as we can make it.

\$45ea 60 capsules



Iodine and other trace minerals for beauty and health

This rich sea herb, Kelp, is harvested from nutritious New Zealand waters. It is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid.

It has all the trace colloidal minerals and elements (over 70) needed by your body and in a highly absorbable form.

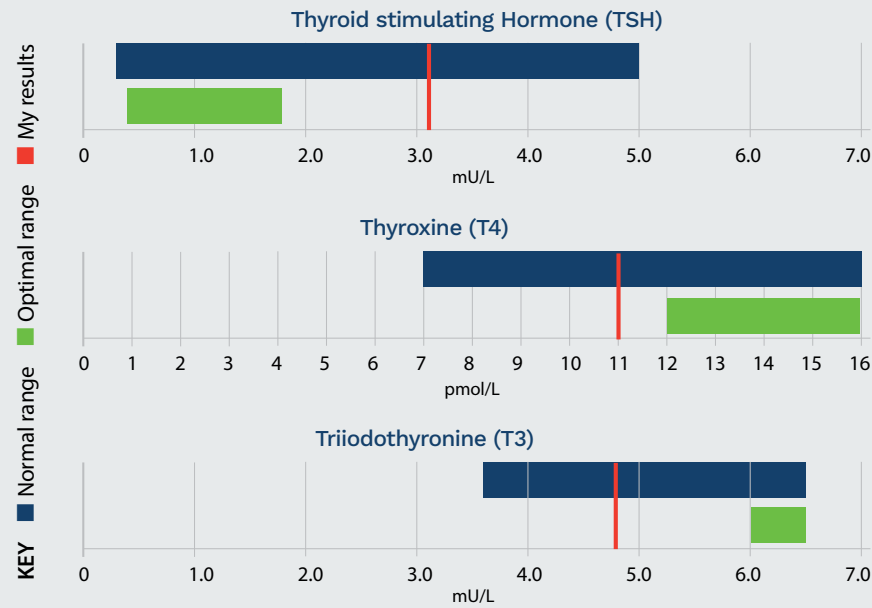
\$29ea 60 capsules



Always read the label and only use as directed.

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Test results



Results took about a week to come back, cost \$45 and they clearly indicated I had moderate hypothyroidism.

submitted my arm to the nurse for a blood extraction, closed my eyes and found it wasn't as traumatic as I had feared. She sent my blood sample off to test for the three main thyroid hormones;

- TSH - the regulating hormone
- Thyroxine (T4) - the base hormone
- Triiodothyronine (T3) - the most active hormone

Standard TSH test not reliable

Most doctors rely on a TSH test alone to diagnose hypothyroidism, but nearly everybody with an underactive thyroid will test within the normal range, just as I did. So it's best to insist on the full 3 part test and use the optimal range.

Triiodothyronine (T3) is the critical hormone – when prescribed this hormone, symptoms usually disappear.

As all my test results were outside optimal levels, I briefly thought about taking a Triiodothyronine tablet, but as I like living without medication I thought better of it.

Not long afterwards, while I was beginning to draft this article, I remembered the results of another test I had that reported my iodine levels were too high

So I did some research on 'hypothyroidism and excess iodine' and immediately found my answer. Evidently hypothyroidism from excess iodine is common among people that eat a lot

of iodine rich seaweed. It is called the 'Wolff-Chaikoff effect' named after the two doctors who reported their findings in 1948. Researchers are still puzzled as to why it happens, but it does and this seemed to be my problem.

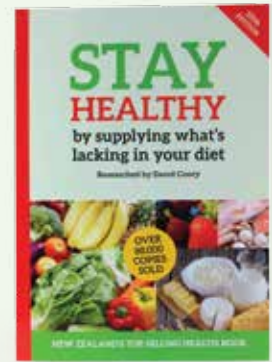
The RDI (Recommended Daily Intake) for iodine is 150mcg a day, but in addition to the 100mcg in my daily CAA capsule, I was also adding a heaped teaspoon (6gm) of iodine rich New Zealand kelp to my vegetables each week. I calculated I could be taking as much as 14,000mcg of iodine a day, well over the 1100mcg recommended maximum. No wonder my eyebrows were thinning at the edges and my skin and hair were also getting drier.

So I've decided to just stick with my daily CAA capsule for my iodine intake and see what happens. It takes up to 8 weeks for excess iodine to be flushed from the body. I'll report back in a future catalogue – hopefully by then, with full eyebrows and warm hands.



ABOUT THE AUTHOR

David Coory is the founder of Health House and author of Stay Healthy by supplying what's lacking in your diet, New Zealand's top selling health book.



Stay Healthy Book

New 10th edition of the Stay Healthy book - now better than ever.

\$25ea 288 pages

\$20ea 2+ **MULTI BUY**



Vitamin B5

Pantothenic acid is required by our immune system to support artery and blood health in the body.

\$31ea 90 capsules



Boron + Selenium

Boron is an important mineral for bone and joint health. Selenium is a powerful antioxidant.

\$39ea 60 capsules



Turmeric facts

Turmeric is a herbaceous perennial plant native to southern Asia and is actually part of the ginger family.

It contains at least 200 different compounds with the most important ones being the curcuminoids, including curcumin, which give it the distinctive yellowy orange colour and makes up around 5% of the powder. It is of course used widely in cooking, in dishes such as chicken tikka masala, but it is the potential health benefits that are currently creating a lot of headlines.

Thousands of scientific papers have been published looking at turmeric and curcumin but almost all have been conducted in the laboratory, on animals or in petri dishes with very few human clinical studies. It has a range of pharmacological properties including antioxidant, antibacterial, antifungal and anti-inflammatory activity, so it certainly has the potential to be a useful health supplement. The main reasons why people take turmeric are for osteoarthritis and rheumatoid arthritis and for cancer. The evidence for these conditions is detailed below.

Arthritis

There have been only a few small clinical trials on turmeric for osteoarthritis. One study tested a formulation containing a component rich in curcumin in 42 patients with

osteoarthritis for one month. The main finding was that the treated group reported a positive effect on pain and mobility. A larger study of 100 patients with osteoarthritis also found significant improvements.

In addition, a pilot study has assessed the safety and effectiveness of curcumin alone, and in combination with diclofenac sodium in patients with active rheumatoid arthritis. There was an improvement in most patients with the largest improvements being in those who took the curcumin. I would like to see larger studies demonstrating that turmeric or curcumin are effective for different forms of arthritis before strongly recommending it.

Cancer

As someone who does a lot of talks to groups of patients with cancer, I know that turmeric is one of the complementary therapies that is of huge interest at the moment. It is difficult to understand why there is such renewed interest as there are no new, compelling studies. One of the main theories is that there tends to be low rates of certain types of cancer in countries where people eat lots of curcumin over long periods of time.

This could also be due to other factors relating to those countries. However, a number of pre-clinical and small clinical studies have shown promise. The Cancer Research UK sum up our current knowledge when they state that ...*"we need to do more clinical trials in humans before we will know if curcumin has any potential to treat cancer in people."*

The usual dose for adults is 500mg four times a day. There are also a few things to be aware of. It can interfere with blood clotting medications and can also increase the effects of other herbal products which can slow down clotting, such as garlic, ginger and ginkgo.

Another interaction to be aware of is for patients with diabetes, as turmeric can lower blood sugar it can increase the effectiveness of diabetes medications and potentially cause hypoglycemia.



ABOUT THE AUTHOR

Professor Shaun Holt is a New Zealand based doctor, researcher, author, commentator, speaker and advisor.



Cranberry

Supports normal prostate health and urinary flow.

\$33ea 60 capsules



Maca-X

Supports optimal sexual desire and promotes libido.

\$33ea 60 capsules



Harmony

Supports your hormonal balance naturally.

\$34ea 60 capsules



Coral CAA

Half serving of the minerals and vitamins in CAA - Multi and Bone Health.

\$45ea 60 capsules

Always read the label and only use as directed.

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Rapid support for joint stiffness and muscle comfort

Rubeeven is a combination of capsaicin (cayenne) and bee venom developed here in New Zealand. It harnesses the power of two of nature's most powerful, natural compounds to support joint stiffness and muscle comfort.



Venom from bee stings has been used therapeutically for at least 2000 years in Asia, to support joint stiffness and muscle comfort.

The main problem with the traditional method, is the pain of the sting and the need to harvest live bees. HoneyLab has solved this problem by combining naturally extracted bee venom with capsaicin, in a product called Rubeeven.

Capsaicin is a natural herbal liquid extract derived from cayenne (chilli peppers). It supports blood flow, warms the area and helps the bee venom penetrate the joints.

This combination means you can now receive the benefit of the bee venom and it's proven actions, with the ease of just applying a cream to the affected area.

It has been formulated to deliver active ingredients to the muscles, bones and joints. Once there it provides rapid support for comfortable joints and muscles.

Rubeeven is 100% natural, unscented and in an easy to use airless pump.

May cause a temporary warming sensation to the area applied. If too hot, wash off and apply less. **WARNING: Do not use if allergic to bee products.**

A revolutionary product for winter ills

Made with New Zealand manuka honey, the correct dose of zinc, as much vitamin C as you can absorb and natural lemon oil. This is a complete throat and chest remedy.



\$34ea 250ml
\$30ea 100ml

Feeling queasy or going on a cruise?

Melzing is a great tasting, 100% natural remedy for queasiness. We have taken a pleasant tasting concentrated liquid ginger glyctract and suspended it in pure New Zealand honey.



\$45ea 250ml
\$32ea 100ml

Supports your heart and brain health

Our product CoQ10-Omega3 combines both Omega-3 rich fish oil and CoQ10. CoQ10 is a powerful antioxidant, which is vital for life long muscle energy and a healthy, alert old age. It supports blood health and mental clarity.



\$49ea
60 capsules

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New features on the Health House website

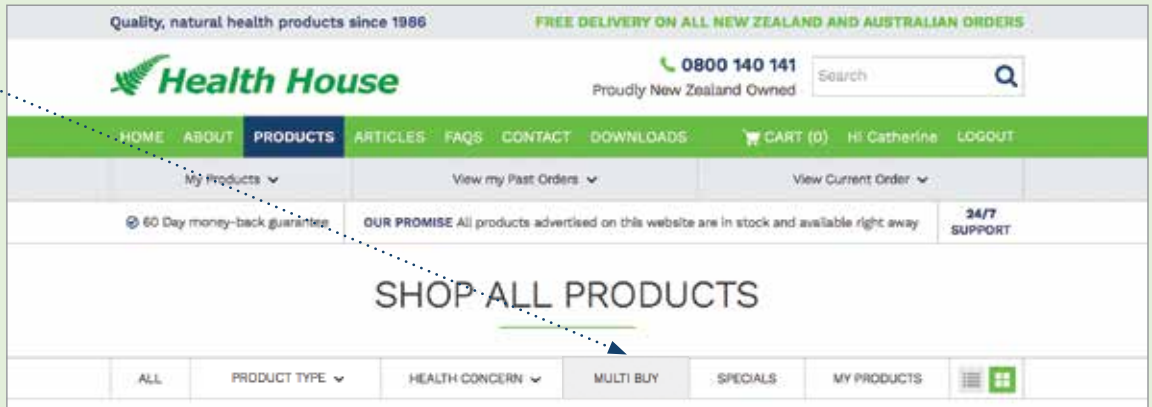


You can now view the Health House website on all your devices

Easier Product Search

Search and filter products by:

- PRODUCT TYPE
- BEST SELLERS
- HEALTH CONCERN
- MULTI BUYS
- SPECIALS

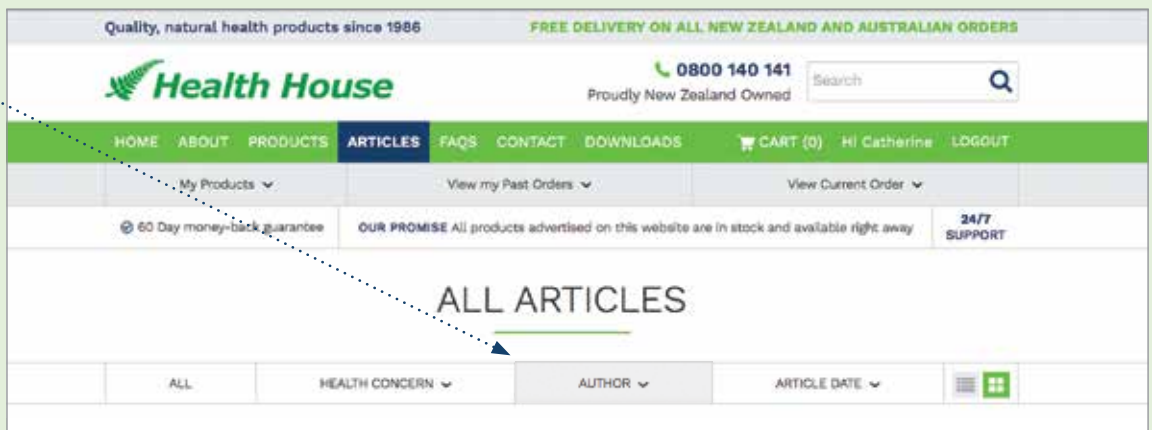


Easier Article Search

Search and filter the articles by:

- HEALTH CONCERN
- AUTHOR
- DATE

Over 100 articles by respected Health Professionals



THE ULTIMATE WORKOUT RANGE FOR WOMEN

You work hard to keep your body healthy and additive free, we think your supplements should be the same.

\$99ea Prepare (100 capsules), Restore (100 capsules), Sustain Fruit + Protein (80g) and Sustain Veggie + Protein (80g)

100% PURE NO ADDED SUGAR ZERO ADDITIVES



Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE

My Products

When logged in you can click here to display your favourite products ordered in the past twelve months



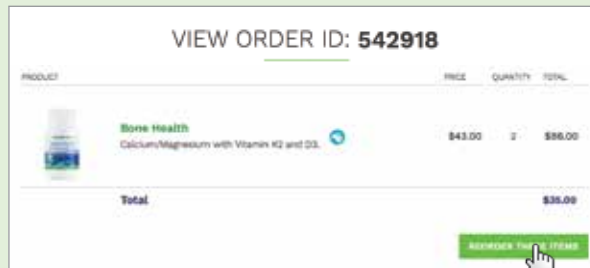
My orders

Displays all your orders placed over the past 2 years. Also see how your current order is progressing and find your tracking number.



You can Reorder in just three easy steps

- ① Click on view my past orders
- ② Select the order ID of the order you want to reorder
- ③ Click on the reorder these items buttons



These products are now added to your cart. Either just checkout or you can add or change before finalising your order.



Prepare

Amino acids to boost your workout.

\$32ea 100 capsules



Restore

Restore your nutrients after exercising.

\$32ea 100 capsules



Sustain Fruit + Protein

\$21ea 80 grams

\$35ea 200 grams



Sustain Veggie + Protein

\$21ea 80 grams

\$35ea 200 grams

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Always read the label and only use as directed.

Joint, digestion and general health

Turmeric is a yellow spice often used in Indian cooking. It also has a long history of use in both Chinese and Hindu medicine.



\$39ea
60 capsules

- ✓ 95% bio available curcumin
- ✓ Piper nigrum extract for improved absorption
- ✓ No additives, flow agents or fillers



The key active in Turmeric is curcumin and is one of the most intensely studied bio-actives. Curcumin has been found to be supportive of a wide range of health conditions.

Careful research was undertaken prior to sourcing our Turmeric supplement. While you can buy this spice at the supermarket, you would require over

a tablespoon of spice every day to get any benefit and even then, the low level of curcumin (less than 5% of the spice) is not easily absorbed.

We sourced a specially designed, easily absorbed 95% curcumin ingredient and blended it with Piper nigrum (black pepper extract) to further enhance absorption.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Turmeric (95% curcumin)	420mg	400mg
Piper nigrum (50:1 Extract)	5mg	250mg

Recommended dosage is 1 capsule up to three times per day. Absorption levels may increase if taken with food. Seek advice if pregnant or breastfeeding.



Skin Clear

Support for clear unblemished skin starts from within.

\$39ea 120 capsules



MSM Sulphur

Research shows nearly 50 separate health benefits.

\$39ea 180 capsules

A revolutionary inside-outside skin treatment for younger, smoother looking skin.

Vitamin C firms up wrinkling and sagging skin. Natural vitamin E, (d-alpha) is a powerful antioxidant. Coenzyme Q10 (ubiquinone), is the secret ingredient in a lot of anti-aging creams.

\$39ea 60 capsules

\$39ea 30ml cream



How to support joint health naturally

Health House's Healthy Joints has been formulated to be the most effective glucosamine and chondroitin joint care product on the New Zealand market.



What is glucosamine?

Glucosamine is a naturally occurring substance found in the cartilage of our joints. It acts as a natural shock absorber, joint lubricator and is vital for building new cartilage.

As we age our glucosamine levels diminish, which can lead to joint deterioration.

What is chondroitin?

Chondroitin is also found naturally in our joints. It helps the cartilage to resist compression, retain water, aids elasticity and helps with lubrication. It is also a major source of the protein building blocks used in our joints to help form new cartilage.

Like glucosamine, chondroitin levels also decline as we age.

Equal quantities of glucosamine and chondroitin

Recent research has proven the effectiveness of combining sulphur based marine glucosamine in equal parts with chondroitin (extracted from shark cartilage). However, due to the high price of chondroitin, it is rare to find a product on the New Zealand market that contains enough chondroitin to make it fully effective.

An effective formula

We have specifically formulated Healthy Joints to contain 400mg of natural glucosamine sulphate and 400mg of a high quality chondroitin sulphate. We then added boron, natural vitamin D, organic silica along with MSM (Methylsulfonylmethane).

What glucosamine and chondroitin do we use?

The glucosamine we use in Healthy Joints is from the finest shellfish sources.

Our high quality chondroitin is extracted from commercial species of shark cartilage, which is why it costs so much. Cheaper less effective forms can be obtained from cow, pig or chicken cartilage.

Are the glucosamine and chondroitin deodorised?

Both are deodorised by our suppliers during an extraction process using activated carbon.

How does boron, vitamin D, silica and MSM help?

- Chelated boron helps our bones absorb the two most important bone minerals, calcium and magnesium from our food.
- Vitamin D3 also assists with the absorption of calcium and other bone minerals.
- Organic silica helps maintain the health, flexibility and youthfulness of our joints, and is also excellent for our skin and hair.
- MSM is a vital component in joint care and works alongside chondroitin to maintain the integrity of the cartilage as well as supporting joint comfort.

Are there any allergy concerns taking this product?

Yes, if you are allergic to fish, sulphites or crustaceans.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Glucosamine sulphate	400mg	400mg
Chondroitin sulphate	400mg	400mg
MSM sulphate	70mg	70mg
Boron (amino acid chelate 5%)	20mg	1mg
Silica (bamboo plant extract 70%)	7mg	5mg
Vitamin D3 (natural cholecalciferol 200iu's)	2mg	5mcg

Encapsulating aids, gluten, dairy and soy free.

DIRECTIONS: Adults: take three capsules a day. When joints are more comfortable, reduce to two capsules per day. Children: take only on medical advice.

\$66ea 90 capsules

\$99ea 180 capsules

\$89ea **MULTI BUY**

Buy 2 or more Healthy Joints 180, save \$20



BUY 2 FOR \$85ea and do The Ultimate Cleanse with a friend.

A spring clean and detox for your insides

This complete inner body cleanse system is made from the purest herbs. The ultimate treat you deserve, refresh your mind and detoxify your body.

The finest and most popular full strength herbal detox and liver and bowel cleansing system available in New Zealand. The same original formulation with our unique Probiotic Multi-9 (pouch of 10 capsules), for a complete internal cleanse.

How The Ultimate Cleanse works

The Ultimate Cleanse contains 14 highly effective herbs, in capsule form, to be taken at different times, either over a 10 or 25 day period.

Four easy steps to cleanse your system

Step 1: Begin by implementing gradual dietary changes for three to seven days.

Step 2: Compacted matter from years of eating unhealthy processed foods is softened by powerful herbs and flushed out of your entire 7m length of intestines.

Step 3: The wholesome herbs and the nourishing diet recommended during the cleanse, detoxifies and cleans your upper and lower colon, liver, kidneys and lymph system.

Step 4: At the end of the cleanse, your bowel flora (healthy bacteria) is

restored to its optimum balance with high quality probiotics. Many cheap imitations leave out this important step or make you pay extra for the probiotics. Not so with our original Ultimate Cleanse.

By this time you should be feeling like a new person and will have a whole new outlook on healthy eating.

For more info read the booklet available on our website under 'downloads'.

Weight management programmes should be used in conjunction with a balanced diet, exercise, and takes time and personal commitment to be successful. Individual results may vary.

Benefits

- 14 highly effective herbs
- Top selling detox - over 23,000 sold
- Clear instruction booklet
- Targets bowel, liver and the kidneys
- Look your best all year round

\$99ea 400 capsules, plus 10 capsules of Probiotic Multi-9 and an easy to follow instruction/recipe booklet.

\$85ea **MULTI BUY**

Buy 2 or more of The Ultimate Cleanse Kit and save \$28



Free the energy in your fat cells

Carnitine does what no other nutrient can do. It acts like a forklift, picking up fats and dropping them off to the cells where the body burns them.

This supports the body's process of converting fat to energy and can greatly increase overall daily energy, with its powerful anti-oxidant properties.

SPECIAL

Buy 2 Carnitine for

\$45 60 capsules



Help manage your appetite and food cravings

Garcinia cambogia is extracted from an Indian fruit which contains a key active ingredient called hydroxycitric acid (HCA) which supports appetite management.

Our Garcinia is a 6 to 1 extract, meaning you get 6 times the amount of garcinia in each capsule. This is equal to 3000mg of the standard garcinia.

\$29ea 60 capsules



Always read the label and only use as directed.

Following through on your resolutions

- Specific**
- Measurable**
- Attainable**
- Realistic**
- Time Bound**



How many of our resolutions are achieved rather than being put in the too hard basket. If you are still going strong after a few months, congratulations, well done! For others, ask yourself, were they SMART goals?

To support you in achieving your goal, ideally create a "Statement of Intent" that is Specific, Measurable, Attainable, Realistic and Time bound.

Goal: Lose weight

While "I am going to lose 5 kilos" may be SPECIFIC, you are not quite finished with the goal setting, because is it ATTAINABLE without an exercise program? A weight loss goal may not be REALISTIC or ATTAINABLE if you are sick or carrying an injury. However maintaining a degree of flexibility may make it ATTAINABLE, with a REALISTIC plan resulting.

Is it REALISTIC - yes if you do have 5 kilos to lose, but not if you are underweight and need support with a healthy body image. Our losses are not always best measured on the scales, however there does need to be a way to MEASURE, even if it is how your clothes fit. If you choose to weigh, make it the same time, ideally first thing in the morning. A slow and steady weight loss is more likely to stay away longer.

Is your goal TIME BOUND - If your goal seems far away, break it down into smaller ATTAINABLE steps. While it is important to bind your goal to a time (have a finish line) it can help to have one small steady step at a time.

What if you want to raise your level of energy and improve your eating choices. Ideally dietary changes should be slow and steady not involve huge dramatic changes overnight.

Goal: Increase my water intake

I am going to increase my water intake

from 4 to 6 glasses of water a day - SPECIFIC AND TIME BOUND - I will do this by including an extra glass prior to my mid-morning and mid-afternoon cup of tea. This regularity will make it more REALISTIC as it will become a habit. It is ATTAINABLE with a time line of 3 weeks for this to be part of my routine.

Goal: Exercise regularly

I am going to walk four times a week for 40 minutes each time. This is not REALISTIC and probably not ATTAINABLE without building up to this slowly, and cutting it down to simpler steps, the TIME BOUND may take 3 months to achieve, dependent on your level of fitness at the start. It could be an event or marathon that sets your TIME BOUND date - and then work your training schedule back from that date.

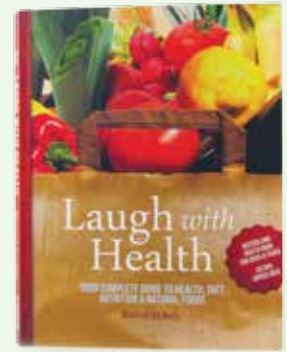
Set your final goal and then create REALISTIC smaller goals to achieve the bigger picture. It is good to document your goals with each week itemized and ticked off as achieved. Maybe a small reward to keep that motivation going, we all move forward in life easier with praise.

At the end of the day BE KIND TO YOURSELF - and sometimes when you are confused and are unsure of a pathway, ask yourself about your choice. Asking whether it is SMART can sometimes help you make your decision.



ABOUT THE AUTHOR

Denise Elliott - N.D., Dip. Herb. Med., B.H.Sc. (Comp.Med.) Cert. Beauty Therapy. She is a Registered Naturopath, Medical Herbalist and Beauty Therapist.



Laugh With Health

Your complete guide to health, diet, nutrition and natural foods.

\$29ea 224 pages



Pain-Eze

An all natural, warming cream.

\$21ea 50ml tube

\$29ea 100ml tube



Relax

Reduces stress and supports a more deep restful sleep.

\$31ea 60 capsules

Aloe Vera Gel

Sunburn relief and soothes skin irritations.

Our Aloe Vera Gel is made from organically grown, soothing Aloe Vera with an all natural, paraben free, Eco-cert approved preservative.



\$20ea 100ml

Aloe Vera with Colloidal Silver

This combination of ingredients repairs skin irritations and revitalises skin.

It can prevent sun damage, assist with the faster healing of pimples and is fantastic at soothing sunburn.



\$16ea 50ml

\$22ea 100ml

Salicylic Acid Gel

Manage common sun spots on your face, head or hands.

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight.



\$25ea 50ml

Always read the label and only use as directed.

Why is protein important for exercise?

When we hear about protein being a necessary supplement for exercise, it often invokes thoughts of large bodybuilders downing protein bars and shakes in order to bulk up during their many hours at the gym. Protein is not just reserved for the likes of Arnold Schwarzenegger - it is a necessary macronutrient for anyone taking part in any kind of exercise, and it is also necessary at a cellular level in the body.

It helps to repair both internal and external damage, supports the immune system, provides sustained energy, helps to transmit signals between different cells, tissues and organs, carries out chemical reactions, provide structure to cells and carries atoms and molecules throughout the body. Optimal protein intake can also help to prevent obesity, diabetes and heart disease, while improving your mood and promoting healthy brain function.

While protein is a necessary component of everyone's diet in order to be healthy, people that exercise regularly require more than those who don't. When you exercise, you are actually tearing and breaking apart your muscle fibres, so in order for them to be successfully repaired by your body you need to have an adequate intake of protein. Protein is full of amino acids and enzymes which specifically rebuild muscle and help your body to adapt to exercise.

Consuming protein after exercise also promotes muscle growth during this crucial 24 hour time period, so helps with recovery, prevents muscle wastage and restores energy levels. While we do get protein from foods such as meat, eggs and nuts, when exercising it can be much simpler and more effective to get additional protein through foods such as wholesome smoothies with added whey protein, which can reach your bloodstream in as little as 15 minutes after consumption.

It's also important that this protein is consumed within an hour of completing any exercise regime, so it is much easier to drink a protein shake than try to eat a protein filled meal.



Here's an idea for a tasty post work out smoothie – this can easily be altered with different fruit or vegetables to suit your tastes (however, berries are low in sugar and leafy greens have a higher nutrient content than other vegetables)

- **1 CUP COCONUT WATER** (this is full of electrolytes and other nutrients)
- **¼ AVOCADO** (potassium, fibre and good fats to stabilise blood sugar and appetite)
- **2 SCOOPS PROTEIN + VEGGIE OR PROTEIN + FRUIT POWDER**
- **A HANDFUL OF FRESH OR FROZEN BLUEBERRIES** (full of antioxidants, nutrients and fibre)
- **2 HANDFULS OF LEAFY GREENS SUCH AS SPINACH, KALE, COLLARD GREENS, BEET GREENS OR SWISS CHARD** (extremely rich in nutrients and fibre)
- **ICE** (optional)
- **WHIZZ** all the ingredients together in a blender and serve.



ABOUT THE AUTHOR

Nadia McMorran - BNatMed is a registered Naturopath, and Medical Herbalist and team member of our Tauranga call centre.



Are you concerned about your eyes?

Many of us are spending far too much time staring at our computer or phones and our eye health is suffering. Our Eye Health formulation can help you.

A number of vitamins and minerals were identified as being vital for good eye health in published large international studies. We included those vitamins and minerals identified in the study along with lutein, zeaxanthin and bilberry.

Xangold®20 is sourced from specially grown marigold flowers and contains the antioxidants lutein and zeaxanthin. These are necessary in high concentrations for a healthy macular and to help protect the eye from free radical damage. The suppliers of Xangold manufacture in Japan and have conducted scientific studies to validate their product.

We obtained the strongest bilberry fruit extract we could find (one hundred times the potency of the fruit). The potency in just one capsule is equal to 12 grams of dry bilberries. This ingredient is extracted in the USA from plants grown in Europe.

We have included vitamin C, bioflavonoids, vitamin E and beta-carotene, all powerful antioxidants to help maintain the connective tissue found in the cornea of the eye, the capillaries in the retina and support healthy eyesight.

The minerals zinc and copper are important eye nutrients and play a significant role in defending against free radical damage in the macular region,

retina and lens of the eye. Eye Health is a comprehensive natural product for your eyes.

Benefits

- Supports lens and macular health
- Healthy retinas and macular pigment density
- Protection of the macular region of the eye from free radical damage
- Less eye fatigue, improved night vision and helps with adapting to glare

DIRECTIONS: Take 1 capsule per day.

If taking blood thinning medication, please consult with your healthcare professional.

\$45ea 60 capsules



Heal Your Eye Problems

This book explains how to heal and prevent eye disorders naturally.

\$19ea 109 pages



Evening Primrose and Flaxseed Oil

Omega oils for glowing skin and a healthy heart.

\$29ea 90 soft gel capsules



Omega 3 Fish Oil

Triple strength fish oil for brain and artery health.

\$28ea 200 soft gel capsules

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Always read the label and only use as directed.

Your nutritional insurance

Take the guess work out of your supplement decisions with these three specially formulated products, to cover most of your nutritional needs.



\$45ea
60 capsules



\$49ea
60 capsules



\$43ea
60 capsules

CAA – Multi

The most effective multi-mineral-vitamin

The development of CAA was inspired when David Coory read a book written by Percy Weston (an Australian sheep farmer) called "Cancer: Cause and Cure".

Percy Weston's book detailed his life experiences, which began when his sheep started suffering from serious illnesses. He traced the problem to a lack of minerals in the soil and the highly acidic super phosphate fertiliser, which had upset the soil's mineral balance. After much experimenting, Percy was able to save his sheep with a salt lick containing the depleted minerals.

CAA - Multi is specially formulated by New Zealanders, for New Zealanders. It contains all the minerals known to be lacking in our soil and also important vitamins and antioxidants that are missing from our food and diet.

Benefits

- Maximum energy
- Brain alertness and clarity
- Relaxed body and mind
- Optimum blood sugar and cholesterol balance

INGREDIENTS: For a full list of ingredients check out www.healthhouse.co.nz/product/caa-multi

CoQ10-Omega3

Supports your heart, artery and brain health

CoQ10 is a powerful antioxidant, which is vital for life long muscle energy and a healthy, alert old age. It supports blood health and mental clarity.

We also include cod liver oil, which has 360IU's of all natural vitamin A and 25IU's of all natural vitamin D3. The traditional evidence of the benefits of cod liver oil is well known and respected.

We looked for a well researched fish oil, with the highest levels of omega 3 we could find. (The concentration process not only increases the omega levels, it also removes unpleasant odours).

Benefits

- Heart and artery health
- Emotional well-being
- Mental clarity and focus
- Weight management
- Joint health

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Concentrated Fish Oil	700mg	
Cod Liver Oil	225mg	
CoQ10 (Ubidecarenone)	75mg	
Vitamin D3		25IU
Omega 3		500mg
Vitamin A		360IU
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg		

Bone Health

Absorb calcium into your bones not your arteries with vitamin K2

Bone Health uses the power of vitamin K2 and vitamin D3 to obtain optimum bone absorption of calcium.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D3, vitamin K2 and magnesium).

Bone Health provides the correct balance of these four nutrients to keep calcium in your bones and out of your arteries.

Lack of balance between these four nutrients is why some calcium supplements became associated with an increased risk of heart attacks or strokes.

Benefits

- Stronger more flexible bones
- Water soluble for better absorption
- Raises your cell pH to protect against common health problems

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Coral Calcium	500mg	
Calcium		170mg
Magnesium		7mg
Magnesium Complex	485mg	82mg
Vitamin K2 (Menaquinone-7)	22mg	44mcg
Vitamin D3 (1000 IU)	10mg	25mcg

Improve your everyday health

By taking one of each of the three Triple Pack supplements daily, along with the average New Zealand diet, all your nutritional needs should be met*. Each Triple Pack contains two months supply of CAA-Multi, Bone Health and CoQ10-Omega3.



CAA - Multi - A New Zealand formulation of minerals and vitamins. **Bone Health** - A calcium supplement that won't build up in your arteries. **CoQ10-Omega3** - An energy boost with support for heart and artery health.

1 Triple Pack

Save \$18 off the individual product prices.

\$119ea

2 or more Triple Packs

Save \$48 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

\$113ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$154


MULTI BUY

2 Triple Packs + 2 Probiotics

Save \$76 off the individual product prices (multi buy price already includes the 4+ product discount).

\$276

MULTI BUY

 Save \$20, when you buy any four products marked with the blue icon. See the order form for full details. Please note that the Optimum Health Triple Pack only counts as one item towards the discount.

Always read the label and only use as directed. **Free 7 day capsule case available by request** *Assuming the average NZ diet

High quality, easy to digest iron for high energy.

Our 7-Day Iron has remained very popular as our customers experience real improvements in the Iron levels of their blood. Iron containing red blood cells carry energy giving oxygen to every part of our body. Yet iron deficiency is the world's most common nutritional disorder. 25% of the

world's population is Iron deficient. This is a major cause of low energy.

We formulated 7-Day Iron to overcome this deficiency. This high quality, chelated Iron, gives you a net 35mg of energy producing iron, plus 60mg of vitamin C, to boost absorption up to 300%.



\$29ea

25 capsules
Take 1 per week

Colloidal Silver prevents bacteria spreading

Use our scientifically proven Colloidal Silver to heal your body in an all natural way. It supports your immunity, helps avoid winter illness, is a great healer and prevents the spread of bacteria.

Use our scientifically proven Colloidal Silver to enhance the health of your body. Colloidal Silver is recognised as nature's antiseptic and all round general healer. Silver has been used for thousands of years for a variety of purposes ranging from keeping food and liquids from spoiling, purifying water and recently to coat medical dressings.

Colloidal Silver and bacteria

Hundreds of health disorders have been documented in medical journals as being successfully helped by taking or applying Colloidal Silver and more are being added to the list all the time.

Colloidal Silver allows the body's immune system to heal the body in an all natural way. It also helps the body cope with seasonal chills and ills especially when sprayed in the nose and mouth.

How do I take Colloidal Silver?

Colloidal Silver can be taken several ways - by drinking it, by holding it under the tongue, by a sprayer for the

nose, throat and ears or a soaked pad for skin ailments. It does not sting.

Is it safe?

It is very well tolerated and to our knowledge does not interact with any medical drug. It is odorless, nonstinging and suitable for the whole family when used as directed.

Colloidal Silver gel

It is excellent for dry skin conditions, cuts and scratches, burns and other skin disorders. It is odourless, non stinging and suitable for the whole family.

\$15ea 100ml liquid spray

\$21ea 50ml tube

\$24ea 100ml tube

\$35ea 500ml liquid

\$39ea 250g tub

\$28ea 4 or more 500ml bottles

MULTI BUY



Colloidal Silver Generator

\$133ea one year guarantee

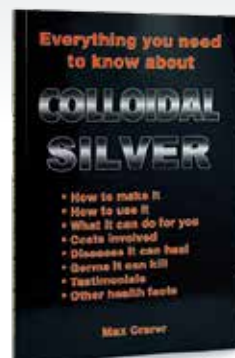
\$48ea replacement rods



Silver Meter

Measures the content of your homemade silver.

\$108ea test meter



Colloidal Silver book

This book answers everything you wanted to know about Colloidal Silver.

\$19ea 79 pages



Colloidal Silver Cream

A 100% natural soothing and moisturising cream.

\$28ea 100ml tube

Always read the label and only use as directed.

Natural youth hormone

DHEA is a natural 'feel alive' hormone, made by glands in your body. It is the most abundant hormone in your body in your youth.

DHEA peaks around age 25 and then steadily declines, more rapidly after age 35 in both men and women. As it declines, so does your youthful vigour, mental focus and clarity of mind.

Pure DHEA can now be made from a natural plant extract

A natural extract from the Mexican yam plant can be modified to produce an exact copy of natural DHEA. However pure DHEA, when taken in excess, can raise sex hormone levels.

Our 7-Keto variety of DHEA, has been further modified so as not to affect the stability of the sex hormones. DHEA 7-Keto retains full effectiveness in all other regards - youthful energy, enthusiasm, clarity of mind and mental focus.

Support for artery and blood health

According to a report in the New England Journal of Medicine, normal levels of DHEA supports blood health.

Enjoy energy and passion

DHEA can make your later years energetic and passionate, improve your

mental focus and generally improve your overall well being.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
DHEA (7-Keto)	40mg	40mg
Encapsulating aids		

Always read the label and use only as directed. Do not take if pregnant or breastfeeding without first seeking advice from your healthcare professional. Professional athletes should be aware that this substance is listed by the World Doping Agency.

DIRECTIONS: 25 to 35 years of age, one capsule every second day. Over 35 years of age, one capsule daily. Not generally required for people under 25 years of age.

\$37ea
60 capsules



135%
More horny
goat weed and
850%
More tribulus



Potion No.9

Our new enhanced formula for long term sexual vitality.

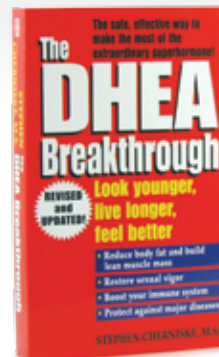
\$40ea 60 capsules



Easy-Lax

A mild stool softener, with herbs that are beneficial to your bowel.

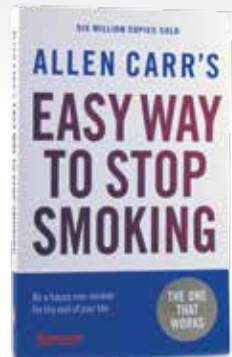
\$30ea 100 capsules



The DHEA Breakthrough

Discover all you need to know about DHEA.

\$25ea 348 pages



Easy Way To Stop Smoking

SPECIAL

\$18ea 215 pages

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

Optimum health begins in your bowel

Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health.

There is about a kilogram of different types of bacteria lining your small intestine. These bacteria are necessary to convert and break down your food so it can be used in your body. If any of these strains of bacteria are missing, various kinds of foods will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the improvement in your health and ability to digest all types of foods can be dramatic.

Dissolves in your intestines not your stomach

Another big advantage of super dry HPMC capsules, over regular gelatin capsules, is that they do not dissolve in your stomach acid. They dissolve over several hours in the lower pH environment of your small intestine. Scientific testing has verified this.

So 'capsule in a capsule' technology

overcomes both the need for refrigeration and the need for enteric (acid resistant) coating of gelatine capsules to prevent the probiotics from being destroyed by stomach acid.

Food preservatives and antibiotics are like weed killers

Intestinal bacteria are destroyed by food preservatives and antibiotics (which are fully intended to kill bacteria). But they kill both good and bad bacteria indiscriminately, just like weed-killer destroys plant life.

Optimum health begins in your bowel

Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health. Health begins and ends in your bowel.

Your small intestine, where these useful probiotic bacteria live, is located just below your stomach. It is about seven metres long and the internal area is enormous - about the size of a tennis court and contains about a kilogram of bacteria.

When all the required strains of healthy bacteria are present and in balance,

your small intestine is able to fully extract all the minerals and vitamins from all kinds of food as it passes through. You should be able to eat any common food, such as wheat, milk and eggs without allergic reactions.

Some health problems can simply vanish when all strains of healthy bacteria in your intestines are present and balanced.

\$39ea 60 capsules

\$49ea Probiotic Multi 9 & Probiotic Book

MULTI BUY

INGREDIENTS:

For a full list of ingredients check out www.healthhouse.co.nz/product/probiotic-multi-9

DIRECTIONS:

Take one or two capsules per day.



pH Test Strips

Find out if your pH is at an optimum level for maximum health.

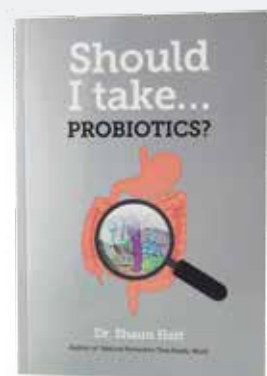
\$15ea 5 packs of 10



Sweet Stevia Tablets

Low calorie, natural sweetening tablets for hot and cold drinks.

\$20ea 200 tablets



Should I take Probiotics?

Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.

\$19ea 82 pages

Always read the label and only use as directed.

Immunity Support

Antioxidants, vitamins and bioflavonoids for all the family.



Immunity Support

Defence against seasonal ills

- Potent immune support and antioxidant properties
- Support for faster recovery

\$29ea 60 capsules

Adults: As soon as you feel a chill coming on, take 5 capsules, 3 times daily with food, for 2 days. Then take 2 capsules, 3 times daily until symptoms have gone.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Olive Leaf Extract (10:1)	300mg	3000mg
Echinacea Root Extract (4:1)	200mg	800mg
Zinc Ascorbic Acid	7mg	1mg
Vitamin C	150mg	150mg
Garlic Extract (50:1)	5mg	250mg

Complete C Tablets

Contains all 3 forms of vitamin C and powerful bioflavonoids in a tangy orange flavoured tablet.

\$35ea 200 chewable tablets with natural flavouring. Gluten and allergen free.

INGREDIENTS

PER TABLET	WEIGHT	ACTIVE
Vitamin C (Calcium Ascorbate, Ascorbic Acid and Sodium Ascorbate)	222mg	222mg
Rosehips	12.5mg	12.5mg
Bioflavonoids	7mg	7mg
Rutin	3mg	3mg
Hesperidin	3mg	3mg
Grape seed extract	1.5mg	75mg
Pine Bark extract (Pycnogenol)	0.8mg	39mg
Quercetin	6mcg	6mcg

Natural flavour and tableting aides.

Colostrum Powder

Contains millions of immune antibodies to optimise health.

These antibodies mirror human antibodies and when the colostrum from hundreds of different cows is combined, its effectiveness is multiplied.

Bovine colostrum contains more immune antibodies than any other form of colostrum. It is great for supporting your immunity.

\$49ea 100g tub with measuring scoop

Available to New Zealand Customers only

INGREDIENTS: American Colostrum Powder (20G), Natural Cream Flavour, Stevia.

Throat Spray

100% natural - safe for children

- Soothes dry scratchy throats
- Prevents winter ills and chills

\$29ea 100ml liquid

Spray as often as required, or take 1 teaspoon (5mls) 2 or 3 times per day. It is recommended that you do not exceed 20mls (80 sprays) per day. Contains honey, so not recommended for infants.

INGREDIENTS

PER 100ML	WEIGHT	ACTIVE
Colloidal Silver	32.5ml	32.5ml
Marshmallow Glycetract	25ml	5ml
Honey	20ml	20ml
Echinacea Glycetract	17.5ml	9ml
Blackcurrant Syrup	5ml	5ml
Peppermint Essential Oil	0.02ml	0.02ml

Complete C Powder

All three types of vitamin C and six powerful antioxidants.

\$35ea 100g powder

Adults: ¼ to ½ teaspoon daily. **Children:** Half the adult dosage. Stir into water or juice.

INGREDIENTS

PER 100G	WEIGHT	ACTIVE
Vitamin C (Calcium Ascorbate, Ascorbic Acid and Sodium Ascorbate)	222mg	222mg
Rosehips	12.5mg	12.5mg
Bioflavonoids	7mg	7mg
Rutin	3mg	3mg
Hesperidin	3mg	3mg
Grape seed extract	1.5mg	75mg
Pine Bark extract (Pycnogenol)	0.8mg	39mg
Quercetin	6mcg	6mcg

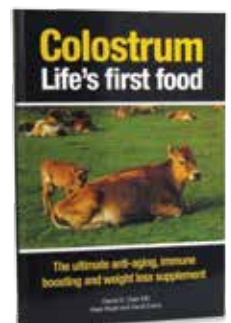
Colostrum - Life's first food

Read about all the benefits of colostrum.

Colostrum's benefits have been proven over and over again in numerous scientific studies. All these benefits work in adult humans. Colostrum 'kick starts' the body's own immune system, with billions of healthy gut microflora, so it can function with full strength on its own.

\$20ea

72 pages



Reduce stress and manage appetite



5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid made from seeds of the plant Griffonia simplicifolia, that supports the production of serotonin in the brain.

Serotonin is neurotransmitter generally thought to be the contributor to feelings of well-being and happiness, along with regulation of mood, appetite and sleep.

5-HTP by supporting the generation of serotonin can have a relaxing and calming effect, along with a feeling of well-being.

It can also help manage food cravings and support weight management.

Because 5-HTP is thought to support normal serotonin levels, it may support normal sleep patterns.

This allows you to wake up refreshed every morning with a relaxed calm and

cheerful outlook on life. It is best to consume 5-HTP on an empty stomach at least half an hour before meals or two to three hours after a meal.

However some people may find that taking 5-HTP on a empty stomach makes them feel a bit queasy, if this happens we recommend you take it with food.

DIRECTIONS: Take between two and four capsules per day.

Always read the label and use only as directed. Do not take if you are currently on medication for depression, a neurological condition, or if you are pregnant. If symptoms persist or you are on prescribed medication, please see your healthcare professional.

Benefits

- Feeling of well-being
- Relaxing and calming effects
- Helps manage food cravings
- Support for weight management
- Supports the production of serotonin in the brain

“I take 5-HTP and Magnesium before going to bed and sleep beautifully.”

Valerie, Whanganui

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
5-HTP (5-Hydroxytryptophan)	75mg	75mg
Encapsulating aids		

\$34ea 90 capsules



RealSalt Refill

Easily refill your shaker.

\$23ea 737g pouch

\$28ea 283g shaker and refill combo



RealSalt Shaker (Original)

Mineral rich, pure sea salt from Utah in a convenient salt shaker.

\$10ea 283g shaker



RealSalt Shaker (Seasoned)

Mineral rich, pure sea salt from Utah with added seasoning.

\$16ea 234g shaker



RealSalt Shaker (Garlic)

Mineral rich, pure sea salt from Utah with added garlic flavouring.

\$16ea 234g shaker

Always read the label and only use as directed.

Powerful milk thistle combined with essential vitamins and electrolytes

Your liver is the largest internal organ in your body. It removes waste and toxins from your blood and plays an important part in the process of absorbing vitamins and minerals.

With all the toxins and poisons that you absorb through your food and the atmosphere, it is important to help the liver do its job. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

Milk thistle is the main ingredient in Liver Cleanse and works to protect and restore the liver from toxic damage, while also aiding liver regeneration.

Liver Cleanse contains B vitamins for energy and stress relief, vitamin C for protection, cell regeneration and additional antioxidant activity.

The ginger in the Liver Cleanse, supports good circulation, digestion and fat management around the liver.

Benefits

- Aids in liver regeneration
- Cleanses the blood
- Assists with detoxing
- Protects and restores the liver from toxic damage



INGREDIENTS: Milk Thistle Extract 25:1, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacinamide), Vitamin B5 (Calcium Pantothenate), Vitamin B6 (Pyridoxine), Vitamin B9 (Folic acid), Vitamin B12, Vitamin C, Potassium, Iodine (from Kelp), Magnesium Complex (16%), Ginger Extract 10:1.

DIRECTIONS: Take one capsule per day. If taking Warfarin or any other blood thinning medication please discuss this with your health professional.

\$33ea 60 capsules



Sunscreen

Protect your skin with this 100% Natural Sunscreen.

\$27ea 100ml

\$18ea 50ml



Pure Skin **SPECIAL**

\$19ea 50ml orange

\$19ea 50ml vanilla

\$30ea Combo **MULTI BUY**

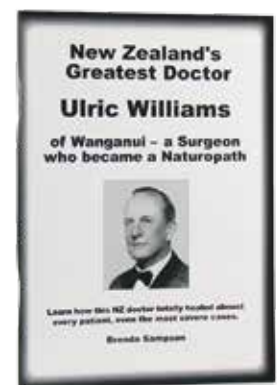
A refreshing, rejuvenating tea

Yerba Mate (pronounced 'martee') is a well known South American herb made from the leaves of the subtropical Yerba Mate tree.

Yerba Mate tea contains vitamins, minerals, amino acids and beneficial antioxidants. These reduce fatigue, increase energy levels, and assist weight management naturally by supporting calorie burning and helping to manage appetite.



\$19ea 30 tea bags

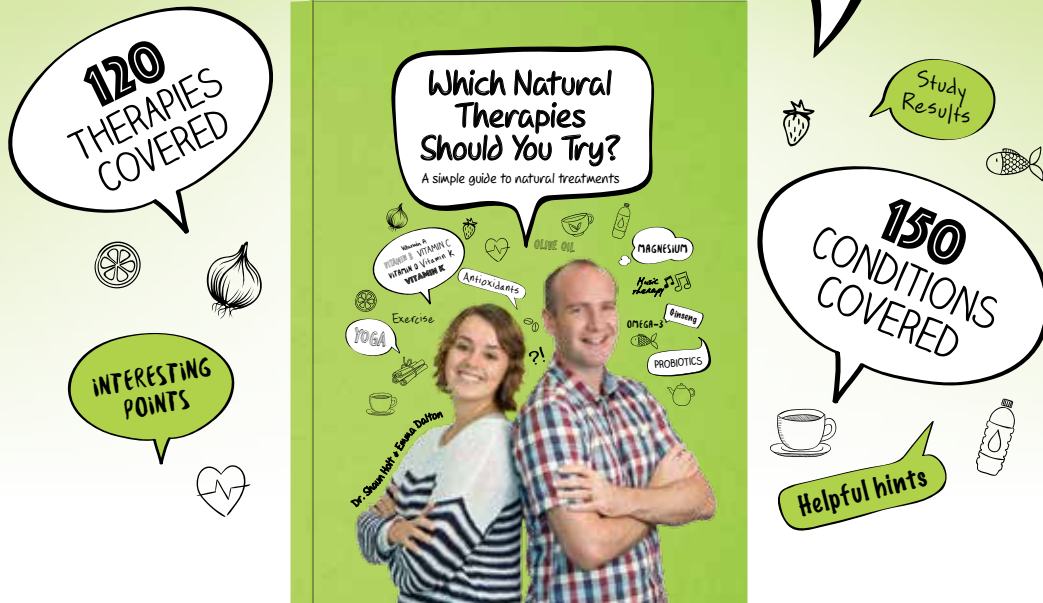


Dr Ulric Williams book

The famous NZ surgeon who became a naturopath

\$17ea 96 pages

At last, a simple guide to the best
natural therapies
 for any health problems you may have.



There are literally thousands of natural therapies and it's hard to get reliable information from the media and the internet.

Dr Shaun Holt and Emma Dalton have spent many hours going through hundreds of scientific papers to bring you an easy to read guide to the best

natural therapies for a wide range of medical conditions. This book is not an encyclopedia and readers are advised to look further into any therapies that they

may want to try, but after reading this book you will know exactly where to start.

\$21ea 136 pages

BALANCED BONE NUTRIENTS

Bone Health provides the correct balance of calcium, vitamin D, vitamin K2 and magnesium to keep calcium in your bones and out of your arteries.

\$43ea
60 capsules



FOR MORE INFORMATION CHECK OUT WWW.HEALTHHOUSE.CO.NZ

Health House
 Private Bag 12029,
 Tauranga 3143, New Zealand

New Zealand
 Permit No. 193050



ORDER FORM AND PRICE LIST



Prices valid until 30 April 2017

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$34		\$
7 - Day Iron (25 capsules)	\$29		\$
Aloe Vera Gel (100ml tube)	\$20		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$16		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$22		\$
Bone Health (60 capsules)	\$43		\$
Boron and Selenium (60 capsules)	\$39		\$
CAA - Multi (60 capsules)	\$45		\$
CAA - Multi Iron free (60 capsules)	\$45		\$
CAA - Multi Sulphur free (60 capsules)	\$45		\$
Carnitine (60 capsules) 2 for 1 Special	\$45		\$
Colloidal Silver (book)	\$19		\$
Colloidal Silver Cream (100ml tube)	\$28		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$21		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum - Life's first food (book)	\$20		\$
Colostrum Powder (100g tub) (NZ Only)	\$49		\$
Complete C (100g powder)	\$35		\$
Complete C Chewable Tablets (200 tablets)	\$35		\$
CoQ10-Omega3 (60 capsules)	\$49		\$
Coral CAA (60 capsules)	\$45		\$
Cranberry (60 capsules)	\$33		\$
DHEA 7-Keto (60 capsules)	\$37		\$
DHEA Breakthrough (book)	\$25		\$
Easy-Lax (100 capsules)	\$30		\$
Easy Way to Stop Smoking (book) Clearance special while stocks last	\$18		\$
Evening Primrose & Flaxseed Oil (90gel capsules)	\$29		\$
Eye Health (60 Capsules)	\$45		\$
Garcinia (60 capsules)	\$29		\$
Harmony (60 capsules)	\$34		\$
Heal your Eye Problems (book)	\$19		\$
Healthy Joints (90 capsules)	\$66		\$
Healthy Joints (180 capsules)	\$99		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Healthy Joints (180 capsules) 2 or more	\$89		\$
Helpfee - Survival Kit (Poop like a Trooper, My Jeans have Shrunk, I'm Surrounded by Idiots, What Happened Last Night, Love Potion Number 9, Kick up the Backside) Special	\$99		\$
Helpfee - Get some Culture in Ya (30 capsules)	\$20		\$
Helpfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helpfee - Kick up the Backside (30 capsules)	\$20		\$
Helpfee - Love Potion Number 9 (30 capsules)	\$20		\$
Helpfee - My Jeans have Shrunk (30 capsules)	\$20		\$
Helpfee - Poop like a Trooper (30 capsules)	\$20		\$
Helpfee - What Happened Last Night? (30 capsules)	\$20		\$
Honevo - Acne (50ml)	\$30		\$
Honevo - Sore lip (10ml)	\$20		\$
Honevo - Nappy Rash (50ml)	\$30		\$
Honevo - Red (50ml)	\$30		\$
Immunity Support (60 capsules)	\$29		\$
Kānu Bee Venom Eye Lift (10ml)	\$39		\$
Kānu Bee Venom Gel (30ml)	\$89		\$
Kānu Bee Venom Lip Plumper (13ml)	\$29		\$
Kānu Bee Venom Serum (15ml)	\$59		\$
Kelp (60 capsules)	\$29		\$
Laugh with Health (book)	\$29		\$
Liver Cleanse (60 capsules)	\$33		\$
Maca-X (60 capsules)	\$33		\$
Magnesium (60 capsules)	\$29		\$
Magnesium (180 capsules)	\$49		\$
Melisp Travel (100ml)	\$30		\$
Melisp (250ml)	\$34		\$
Melzing Travel (100ml)	\$32		\$
Melzing (250ml)	\$45		\$
MSM Sulphur (180 capsules)	\$39		\$
New Zealand's Greatest Doctor, Ulric Williams (book)	\$17		\$
Omega-3 Fish Oil (200 capsules)	\$28		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$119		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$113		\$
Pain-Eze (50ml tube)	\$21		\$
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
<input checked="" type="checkbox"/> Potion No. 9 (60 capsules)	\$40		\$
<input checked="" type="checkbox"/> Prepare New	\$32		\$
Probiotic (book)	\$19		\$
Probiotic (book) 2 OR MORE	\$15		\$
Probiotic (book) Special with Probiotic Multi 9	\$10		\$
Probiotic (book) Special with Which Natural Therapies Should You Try?	\$15		\$
<input checked="" type="checkbox"/> Probiotic Multi 9 (60 capsules)	\$39		\$
<input checked="" type="checkbox"/> Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$35		\$
Pure Skin (50ml tube) Clearance special <input type="checkbox"/> Vanilla <input type="checkbox"/> Orange	\$19		\$
Pure Skin (50ml tube) Clearance special 2 for \$30 <input type="checkbox"/> Vanilla <input type="checkbox"/> Orange	\$30		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
RealSalt Wooden Gift Box	\$39		\$
<input checked="" type="checkbox"/> Relax (60 capsules)	\$31		\$
<input checked="" type="checkbox"/> Restore New	\$32		\$
Rubeeven (30ml pump)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$25		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$39		\$
Silver Rods (pair)	\$48		\$
<input checked="" type="checkbox"/> Skin Clear (120 capsules)	\$39		\$
Stay Healthy (book)	\$25		\$
Stay Healthy (book) 2 OR MORE	\$20		\$
Sunscreen (50ml tube) New	\$18		\$
Sunscreen (100ml tube)	\$27		\$
Sustain Fruit + Protein (80g) New	\$21		\$
Sustain Fruit + Protein (200g) New	\$35		\$
Sustain Veggie + Protein (80g) New	\$21		\$
Sustain Veggie + Protein (200g) New	\$35		\$
<input checked="" type="checkbox"/> Sweet Stevia Tablets (200 tablets)	\$20		\$
The Ultimate Workout Range for Women Starter Kit New	\$99		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Throat Spray (100ml)	\$29		\$
<input checked="" type="checkbox"/> Turmeric (60 capsules)	\$39		\$
<input checked="" type="checkbox"/> Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (30ml)	\$39		\$
Turn Back Time Combo (30ml cream and capsules)	\$59		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
<input checked="" type="checkbox"/> Vitamin B5 (90 capsules)	\$31		\$
Which Natural Therapies Should You Try? (book) New	\$21		\$
Yerba Maté Herbal Tea (30 tea bags)	\$19		\$
Younger Skin in 28 days (book)	\$29		\$

I have bought four or more of the icon products **- \$20**

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

Name

Address

Phone Post code

Email

We will send you an email to let you know when your order is dispatched.

Credit Card Number

Cheque Visa Mastercard Exp. date / Security code



Your credit card details are fully protected by New Zealand's largest online credit card service.

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Purchase four or more of any products with the blue icon and you will automatically save \$20. You can pick or choose, they do not all need to be the same product. If purchasing via the web, the discount will be automatically applied to your order. Please note an Optimum Health Triple Pack counts as a single item towards the four or more discount.