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Jan/Feb 2017

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## At last, a simple guide to the best natural therapies

120 different natural therapies covering over  
150 conditions, all in one easy to read book.



Dr. Shaun Holt & Emma Dalton

### ARTICLES

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Increased strength to enhance libido and support healthy testosterone levels P19

**IMPROVED**



### NEW 50ml SUNSCREEN

Our popular natural sunscreen is now available in a handy smaller tube P5



**NEW**  
50ml TUBE  
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**FREE  
RURAL  
DELIVERY**

**NEW  
SIZE  
PAGE 5**

# WHAT'S NEW AT HEALTH HOUSE

Dear Customers

Happy New Year to all our customers, I hope 2017 is a great year.

Dr Shaun Holt has enlisted the help of his niece Emma to create what I think is one of the best books on natural health I have read. Our regular readers will know that Shaun is all about evidence based and scientifically supported therapies, but the down side is that the studies are hard to read and understand.

This book is the exact opposite of that, it is written in plain simple english and gives you the information without all the 'boring sciencey stuff' that is sometimes just confusing. Some of you may not be aware that Shaun has a great sense of humour and this comes out in the book with lots of interesting facts and observations.

I also asked Nadia, Shaun and Denise to give us some insight into their favourite supplements in their articles.

Kind regards

*Mike Coory*

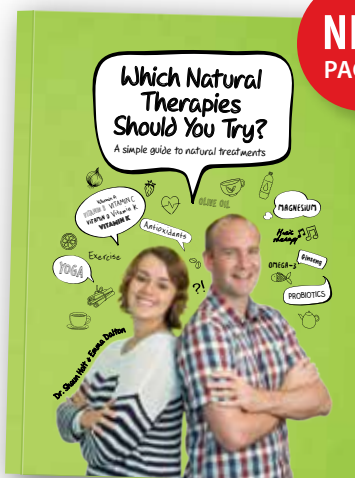
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**60 day right of return** - Return the product within 60 days for an exchange or refund.

## HOW TO ORDER

### 1 ONLINE

Visit [www.healthhouse.co.nz](http://www.healthhouse.co.nz)

### 2 FREEPHONE

Call toll-free on 0800 140 141 (NZ)  
Call toll-free on 1800 140 141 (AUS)  
Other countries call +64 7 543 0491  
Operators available 24/7 - 365 days

### 3 FREEPOST

Fill out the order form (pages 24 and 25) and send to:  
Freepost Authority Number 206782  
Health House  
Private Bag 12029  
Tauranga 3143  
(include your cheque or credit card details.)

### 4 DIRECT BANKING

**Step 1:** Call us to place your order.  
**Step 2:** Deposit payment into Westpac bank account 03 1548 0039888 00.  
**Please use your customer ID as the reference.** As soon as your payment shows, your order will be dispatched.

### 5 FREE FAX

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Open five days a week  
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## CONTACT US

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Tauranga 3143, New Zealand

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Prices valid until

**28 FEBRUARY 2017**

unless otherwise stated

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Article by Nadia McMorran

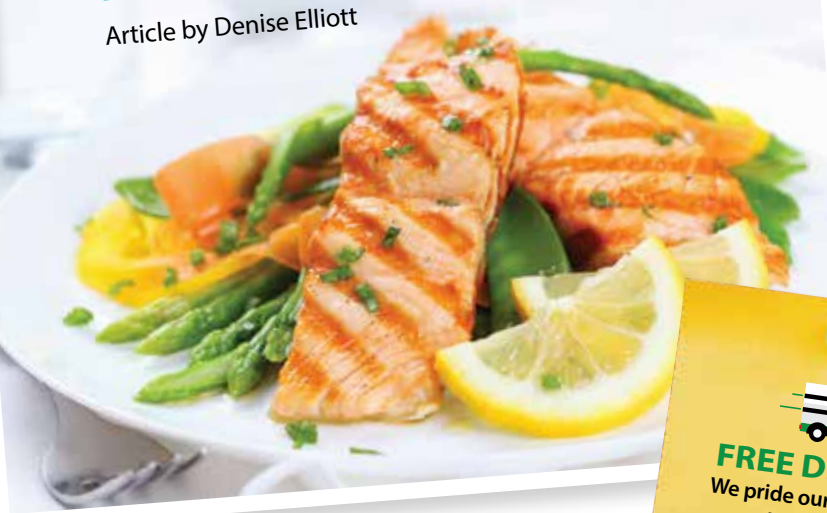


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All New Zealand and Australian orders are delivered free. For other countries, freight costs are charged.  
All prices are in New Zealand dollars.

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TAPS PP8965

## ABOUT THE AUTHOR

David Coory - Executive Director, Founder of Health House. Author of Stay Healthy by supplying what's lacking in your diet, New Zealand's top selling health book.



# Six months without milk

As a lifelong milk drinker, I decided, at the suggestion of the Auckland naturopath I visited back in May, to do a six month trial without milk.

I'd read for years, how cow's milk is only 'good for calves' and is not good for human adults. I've yet to come across scientific evidence for this and the arguments appear to be mostly emotional.

So anyway, I decided to give up milk for six months and see for myself if my health improved, especially my forehead hairline skin irritation.

I normally buy two litres of raw milk a week from an organic farmer in Rotorua, so to replace this I've been using coconut cream (Kara brand, 26% fat), diluted 50-50 with water. It actually tastes nicer than milk and

keeps longer in the fridge.

I continued this for four months and the skin on my forehead seemed to improve somewhat, but my weight steadily increased by three kilograms.

However, I became more concerned that my average saliva pH had dropped from its normal 7.0, to 6.6. So after four months I decided to end the trial early and go back to milk. Within two weeks my pH had risen back to a healthy pH 7.0 again.

Another reason for my decision to return to milk, is that milk is far richer in nutrients than coconut cream.

However I strongly believe our milk should be natural full cream and unhomogenised (ie. silver topped).

Pasteurisation is not too bad. Even though it destroys probiotics and enzymes necessary for baby calves, it does not significantly diminish the proteins, vitamins and minerals useful for human health.

If you have trouble digesting milk, try a course of Health House's Probiotic Multi 9 – each capsule contains more of the lactobacillus family of probiotics (necessary to digest milk) than a whole tub of yoghurt.

## My Sustain Fruit & Veggie experience

I've not been involved with the development of our two new Sustain fruit and veggie based protein mixes (part of the Women's Workout Range) but have been trialing them in my morning milk smoothies. I believe our Health House formulators have excelled themselves this time – I'm highly impressed with the smooth taste and how they blend and dissolve really well, better than anything similar I've tried in my life.

I particularly love the fruit one (mostly apple and mango). The veggie one (carrot and spinach) tastes almost as good, and is probably better for me, but as I like to mix my protein powder with milk, the fruit blend works better for me.



## The lacking New Zealand mineral

Cancer continues to raise its ugly head everywhere nowadays in New Zealand, but can we do something about it?

In every group of people worldwide, notable for living long, healthy lives largely free of cancer, blood levels of selenium are high. One Finnish study of 12,155 people with a high selenium intake found cancer incidence to be 600% lower.

Another 10-year study of 1312 (mostly men) by the California Cancer Centre, found when blood levels of selenium were increased by an average of 67%, the following reductions in cancer were found – colon cancer 58%, lung cancer 46% and prostate cancer 63%. Non-melanoma skin cancers were not however reduced to the same extent as other cancers.

An 8 year Swedish study of 10,000 men in their mid 40's by Malmö Hospital in Sweden concluded: "Risk for cancer death was 3.8 times (380%) higher in the lowest quintile (ie. portion

*of the men with lowest selenium intake) compared with the highest."* Cancer' 37(3):1384

We have a serious and widespread selenium deficiency in New Zealand, especially among older men (64% deficient) and older women (78%). The World Cancer Research Fund reports our New Zealand women as having the world's second highest rate of cancer – after Denmark, which like New Zealand also has selenium-poor soils.

The New Zealand RDI (Recommended Daily Intake) of selenium for men is 70 mcg and for women 60 mcg, but most nutrition researchers recommend a much higher RDI of about 175 mcg.

If you decide to have your blood level of selenium tested, the typical New Zealand range is 0.5 to 1.4 µmol/L. The American Journal of Clinical Nutrition recommends a minimum of 1.3 µmol/L for full immune system effectiveness – this normally means a minimum daily intake of 150 mcg of organic selenium each day.

# NATURAL SKIN CARE

## Aloe Vera Soothing Gel

Sunburn relief and soothes skin irritations

Assists with the fast healing of pimples and skin blemishes. The natural soothing and cooling ability of aloe vera gel manages skin irritations and mild sun damage spots.

**INGREDIENTS** | Water, organically grown Aloe Vera, gelling and preservatives.

**\$20<sup>ea</sup>** 100ml tube



## Aloe Vera Gel with Colloidal Silver

Improve skin tone and texture

The cooling, soothing effect of the aloe vera gel, combined with the antiseptic, healing properties of the colloidal silver gel repairs skin irritations and revitalises your skin. It can prevent sun damage, assist with the faster healing of pimples and is fantastic at soothing sunburn.

**INGREDIENTS** | Water, Colloidal Silver liquid, organically grown Aloe Vera, gelling and preservatives.

**\$16<sup>ea</sup>** 50ml tube **\$22<sup>ea</sup>** 100ml tube



## Colloidal Silver Cream

A natural moisturising and soothing cream with colloidal silver, avocado oil, calendula oil, aloe vera and lavender. It is ideal for problem skin or as a daily moisturiser.

**INGREDIENTS** | Pure Water, Coconut Triglycerides, Cetearyl Alcohol, Vegetable Glycerine, Glyceryl Stearate, Jojoba Oil, Meadowfoam Oil, Shea Butter, Cocoa Butter, Sodium Stearoyl Glutamate, Colloidal Silver, Aloe Vera, Calendula Oil, Avocado Oil, Tincture of Benzoin, Lavender Essential Oil.

**\$28<sup>ea</sup>** 10ml tube



## Salicylic Acid Gel

Sun damage spots are rough, scaly spots caused by years of exposure to strong sunlight. A pleasant, easy way of helping manage these spots on your face, head or hands is to use this gel.

**INGREDIENTS** | Water, Salicylic Acid Powder, Extra Virgin Cold Pressed Olive Oil, Xanthan Gum, preservatives.

**\$25<sup>ea</sup>** 50ml tube

Available as a combo with a 100ml Aloe Vera Gel Tube for \$39.



Always read the label and only use as directed.

Protect your skin with 100%

# NATURAL SUNSCREEN



**\$27<sup>ea</sup>**  
100ml tube

**NEW**  
50ml TUBE

**\$18<sup>ea</sup>**  
50ml tube

A sunscreen that protects you from UVA and UVB rays without using any nasty chemicals. SPF 25, water resistant, easy to apply and most importantly, uncompromisingly 100% natural.

Non greasy, non staining and with a pleasant light natural coconut fragrance, this all natural sunscreen is safe for the whole family.

Like all natural sunscreens, when you apply it you will be able to tell you have covered your skin due to the temporary colour change, but it soon becomes transparent.

All testing on the sunscreen was undertaken by the Dermatest Laboratory in Australia and meets the NZ/AUS standards.

### The 100% natural ingredients

- Sweet Almond Oil
- Zinc Oxide
- Coconut Oil
- Macadamia Nut Oil
- Shea Butter
- Silica
- Natural Fragrance
- Natural Vitamin E

Ingredients are only sourced from Europe, USA, Australia and New Zealand.



# MELSIP

By combining high grade New Zealand honey with zinc and vitamin C, this revolutionary product tastes so great you may even want to get a sniffle.

Eat off a spoon or add warm (but not boiling) water to make a great tasting, naturally flavoured lemon drink.

## INGREDIENTS

New Zealand Honey, Glycerin, Vitamin C, Zinc and Natural Lemon Oil Flavour.



# MELZING

The correct dose of ginger will settle an upset stomach and combining it with high quality New Zealand honey assists with blood sugar and energy levels.

Combat your stomach queasiness with a ginger impact you will feel in an easy, convenient and tasty way.

## INGREDIENTS:

New Zealand Honey, concentrated liquid ginger, glycerine.



Always read the label and only use as directed.

## ABOUT THE AUTHOR

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



# What supplements does Shaun take?

I give dozens of talks on natural products and therapies each year and one of the common questions I get asked is: "Well, what do you take then?"

This is a fair question and I'm happy to tell you which supplements I take and why. The information below and a lot more can be found in my new book (more details on page 7).

## Multivitamin

Despite trying to eat well, I don't know if I'm deficient in vitamin D, selenium, or any other vitamin or mineral. Odds are that I may have had several nutritional deficiencies, as almost everyone does. So the reason I take a multivitamin is for what I call "nutritional insurance" - if I take one, I am getting a top-up of dozens of essential nutrients and I can relax. There is very little risk associated with taking a good multivitamin as anything that is not used by your body just gets flushed out. They are particularly good for children who are "fussy eaters" who may well have low-grade vitamin or mineral deficiencies.

## Fish oil

It's hard to find a part of the body that is not helped by consuming plenty of fish oil. Eating plenty of oily fish in the diet is the best way to get it, but if you don't do this then a fish oil supplement is just as good. The main reason I take it is for heart health. Back in the 1970's scientists wondered why Eskimos had such a low rate of heart disease despite eating a diet that was so high in fat. It turned out that almost

all of the fat they ate was from oily fish. Since then many studies have been done, confirming that increasing your oily fish or omega-3 intake can lower your risk of having heart problems.

## Coenzyme Q10

This is a less well known supplement and I take it to keep my blood pressure down, which has a tendency to rise with looming deadlines to write articles such as this one! Studies of people with high blood pressure show that increasing their coenzyme Q10 levels can reduce their blood pressure substantially and in some cases even allow them to stop taking their prescribed drugs. It can also be taken as a supplement to reduce the muscle pain that is often a side effect of taking statins (a type of medicine which is often prescribed by doctors in order to help lower cholesterol levels).

It can be very hard to decide which supplements are the best ones for you to take, which is why I have co-authored a new book called "Which Natural Therapies Should You Try?" There are literally thousands of natural therapies and products and this book gives an overview of the ones with the best scientific evidence that can help your health.



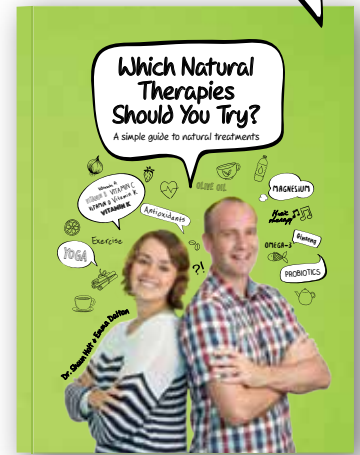
# At last, a simple guide to the best natural therapies for any health problems you may have.

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

This book gives an overview of the natural therapies with the most scientific evidence that can help your health. The aim of this book is to point you in the right direction to natural therapies that you can consider.

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.

**\$21<sup>ea</sup>** 136 pages



**120 THERAPIES COVERED**

**Things to watch out for**

**Helpful hints**

**Zinc**  
The first known use of zinc was 2500 years ago. Ancient Greek ornaments were made of a combination of zinc and other metals. It is now known to be an essential mineral for general health, with there being more of it than any other trace element in your body (except iron).  
Low levels of zinc can cause your immune system to not be able to properly fight off colds. A study found that when zinc lozenges were sucked regularly, people had shorter colds and the symptoms were not as severe.  
The best sources of zinc is from natural unprocessed food. Red meat (lamb and beef), whole grain food, oysters and nuts are all great additions to your diet if you want to increase your zinc levels.

**Warning:** Large doses of zinc should be avoided if you are pregnant.

**Exercise**  
Walking, running, swimming, cycling, team sports; however you like your exercise, you probably already know how good it is for you. There is a link between exercise and your risk of catching a cold.  
In a study, women who exercised for 45 minutes five days a week were three times less likely to get colds than those who only exercised for 45 minutes once a week. The exercise they did was 'moderate intensity'. This includes exercise such as brisk walking, playing tennis, pushing a lawnmower or even other chores around the house where you are standing or crouching.  
Exercising while you are sick will not reduce the length of your cold, but it may give you more energy and clear your head for a short amount of time.

**When deciding whether or not to exercise when ill, a good rule of thumb is that if all your symptoms are above your neck, then you're probably good to go.**

**Probiotics**  
Probiotics are good bacteria that work in your digestive system, breaking down food and releasing the vitamins you need. They also help your immune system to keep going strong, and may reduce your risk of getting an infection.

**INFO AND FACTS**

**Study Results**

**INTERESTING POINTS**

A lot of people do not know that our gastrointestinal tract is home to about seventy percent of the immune system.

A study of very ill people who needed help breathing from a ventilator found that those who received probiotic bacteria were less likely to get an infection than those who received standard treatments.

A range of probiotic rich yoghurts are available, but the level of probiotics in these is quite low. For a stronger dose, probiotic supplements are available.

**Vitamin E**  
Vitamin E was first used as a medicine in 1938 for premature babies who were not growing properly. Over half the babies who received it went on to grow normally. Vitamin E is an antioxidant that comes in eight different forms, with each form found in a different type of food.  
In a study of almost 1900 expectant mothers, having lots of vitamin E in your diet while pregnant, makes your child less likely to develop asthma or have breathing difficulties after they are born.  
Vitamin E is not naturally made in your body, and you can only get it by eating vitamin E rich food or taking a supplement. Nuts and seeds such as sunflower seeds, almonds, and hazelnuts are easy to snack on and have high levels of vitamin E. Other food sources include green leafy vegetables, kiwifruit, avocados, whole grains, eggs, milk, dairy products and meat. If taking a supplement look for the natural 'dl-alpha' vitamin E, the synthetic version is 'dl-alpha'.

**Magnesium**  
We all have around 25 grams of magnesium in our body at any time, most of it in our bones and skeletal muscle. Magnesium is an essential element in the life and death of the sun and other stars, but it is also essential in keeping another star healthy - you! Magnesium can also be used as a treatment for children suffering from asthma.  
A study gave severely asthmatic children magnesium supplements. These children had fewer asthma attacks, needed less asthma medication and had fewer allergic reactions compared to the children who did not have magnesium supplements.  
Magnesium is found naturally in green leafy vegetables, meat, starches, grains, nuts and milk. It can also be taken as a supplement and there are many forms. The cheaper magnesium oxide may not be well absorbed if you have stomach issues.

**150 CONDITIONS COVERED**

## STIFF JOINTS? Bee Venom - nature's relief

Now in a 30ml airless pump for easy application

Harness the traditional therapy of bee venom along with capsaicin (chilli pepper)

Always read the label and only use as directed.

- Rapid relief from joint stiffness
- 100% natural and unscented.

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

**\$35<sup>ea</sup>**  
30ml pump



# My five favourite natural remedies

## ABOUT THE AUTHOR

Nadia McMorran - BNatMed.  
Registered Naturopath and Medical Herbalist. Team member of our Tauranga call centre.



I find it hard to pick my top five natural remedies, I have so many! With my background as a naturopath and medical herbalist, I am very passionate about herbs, vitamins and minerals and how they can transform your health.

### Withania

Without a doubt, one of my favourite herbs is the ayurvedic herb withania, also known as ashwaganda. Withania is an adaptogenic herb, which means it helps our body to adapt to stress. It has a number of other wonderful properties and can help with sleep troubles, depression, anxiety, adrenal fatigue and hypothyroidism. It is also anti-inflammatory, modulates the immune system and is widely known as a whole body tonic. Withania is a wonderful addition to your daily regime and is an herb that is of great benefit to most people that take it.

### Vitamin C

Unfortunately, humans are one of the only mammals (along with fruit bats and chimpanzees) that are unable to produce our own vitamin C. It is something we must consume daily – whether in food or supplement form. When sick, it is important to be supplementing in much higher doses to increase the function of your immune system. Vitamin C works on many different functions of the body including immune function, skin health and collagen production, growth of bones and teeth, acts as an antihistamine and has a purpose in just about every area of the body.

### Iodine

Iodine is a mineral that has the added advantage of being able to be used both topically and internally. For skin wounds or anything that needs to be disinfected it works fantastically to kill bacteria and other organisms – while it stings when used neat, if you dilute it first you still get the benefit without the pain.

As we have come to realise, iodine is hugely deficient in our food in

New Zealand, so unless we consume large amounts of seafood on a daily basis it is important to be introducing this as a supplement (not iodised salt!).

Iodine is used in the body by hormone receptors, which enable the body to produce optimal amounts of different hormones. This is essential to healthy metabolism, body temperature regulation, detoxification, digestion, energy levels, development of a healthy baby in the womb, blood sugar management, hormonal regulation and maintaining a healthy weight.

A deficiency in this mineral makes such a difference to health that it is vital to supplement with it in one form or another.

### Manuka

Manuka is a New Zealand native herb. It is very similar to the Australian tea tree, however has much stronger medicinal properties. Those Manuka trees found in the East Cape of New Zealand hold the most potent characteristics of all Manuka found, so it is ideal to source from this area when possible. It works fantastically on conditions such as acne, eczema, colds and flus, fungal infections, mouth ulcers, gum disease, diarrhoea, irritable bowel syndrome

and can even help with sleep, act as an anti-inflammatory and break a fever. It is usually found as an essential oil or infused in honey, however can also be found in tincture form from an herbalist. I always have this in my cupboard as it is such a versatile, effective remedy, whichever form you have it in.

### Ginger

Ginger is warming, nutritious, helps with circulation, nausea, digestion, colds and flus, cognition and can even protect against cancer. Whether you take it as a supplement or use the root in cooking, smoothies or warm drinks, it is great to add to your daily routine to promote good health.

The five remedies I have talked about are just some of my favourites – I have many more! As with anything, not all of these herbs and supplements will suit everyone (and some forms are better than others), so speak to your naturopath or medical herbalist if you would like more information or to find out if they may be right for you.





# 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. The Ultimate Workout Range for Women is free from artificial sweeteners, flavours, colours, preservatives, additives and caffeine.



## PREPARE - PRE WORKOUT

Carnitine, Taurine and Beta Alanine are important nutrients (amino acids) that improve your exercise capacity and support fat burning. Carnitine helps the body transport fat to the cells to be burned to produce energy, Taurine is an amino acid with antioxidant properties and Beta Alanine is a pre-workout amino acid.

**\$32** 100 capsules (Take 2-3 capsules before you exercise)

## SUSTAIN - VEGGIE + PROTEIN

Combining pure New Zealand protein with freeze dried carrot and spinach from Australia, SUSTAIN is the perfect end to a workout. Giving your body the protein it needs along with one serving of vegetables and a pinch of appetite managing chromium.

**\$35** 200g (33 serves) / **\$21** 80g (13 serves)

## SUSTAIN - FRUIT + PROTEIN

Combining pure New Zealand protein with freeze dried fruit from Australia, SUSTAIN is the perfect end to a workout. Giving your body the protein it needs along with a 1/3 serving of fruit and a pinch of appetite managing chromium. Contains Apple, Mango and Super Fruit Juice Powder.

**\$35** 200g (33 serves) / **\$21** 80g (13 serves)

## RESTORE - POST WORKOUT

It is important to restore the key minerals (electrolytes) that are used by the body when exercising. RESTORE contains the key minerals that need replacing along with the key vitamins that help them to be absorbed into your muscles and bones. This combination, along with fennel for appetite management, ensures optimum results.

**\$32** 100 capsules (Take 2-3 capsules after you exercise)

## THE ULTIMATE WORKOUT RANGE FOR WOMEN STARTER KIT

A great way to trial the range or the perfect gift.

The starter kit contains: Prepare (100 capsules), Restore (100 capsules) Sustain Fruit + Protein (80g) and Sustain Veggie + Protein (80g).

Always read the label and use only as directed. Weight management products should not replace a balanced diet. Do not give capsules to children.

100% PURE NO ADDED SUGAR ZERO ADDITIVES



## ABOUT THE AUTHOR

Denise Elliott - N.D., Dip.  
Herb. Med., B.H.Sc.(Comp.Med.) Cert.  
Beauty Therapy.

*Registered Naturopath, Medical  
Herbalist and Beauty Therapist.*



# Five naturopathic choices

## Water

If you don't like it, please find a compromise. Clear fluids such as herbal teas can be counted as water, maybe add lemon juice, or even cold green tea, which is fairly palatable. Don't make it too strong if it puts you off. In my naturopathic clinic we could recommend all the pills and potions in the world, however without an adequate intake of water, the body will struggle to maintain a high level of wellness. Water is vital for the liver to detoxify correctly and to generate optimum energy. So "I'm tired all the time" could easily be inadequate water intake. Just imagine how hard the earth gets without water, now imagine your body hardening. The list of what water supports is endless. Learn to love it.



## Omega 3

Like water, what doesn't this special oil do? A quality fish oil with good levels of EPA and DHA can offer a natural anti-inflammatory action. This action supports many body systems because so many health concerns start with inflammation.

The added bonus is skin health, arterial health, heart health and fingers crossed it may help keep dementia at bay, because omega 3 is a major for anything neurological. We have a very fatty brain, so if someone calls you a 'fat-head' just say thank you. Always take with a cold drink and food.



## Lemons

Many health concerns start when the body is too acidic. To help alleviate this, a bit of lemon juice in water in the morning is a great way to start the day. There are so many other ways to use lemons too. From using the zest in dressings or in cooking, using the juice to freshen the fridge, to keep cut vegetables and fruit fresh or even to whiten your clothes.

## Smoothies

With a smoothie it is so easy to get a huge nutrient boost in a glass, which can support energy and wellness. Lecithin granules are a wonderful addition for those that are not so keen on smoothies. It makes any smoothie taste quite creamy and more palatable, with the added bonus of helping emulsify fats, so it's a great addition for cardiovascular health. The list is endless as to what can be added, from greens, to seeds. Seek advice from your local health food store for the best tailor made additions for you. A great start to the day.

## Vitamin C

One would think that with all these wonderful smoothies that no more vitamin C is required. However, as it is a nutrient that is not stored in the body, we must replenish it daily as

it is easily lost through stress and worry.

Without vitamin C we cannot make collagen correctly. Collagen is the primary protein involved in connective tissue. Skin, arteries, veins, bones, joints - they are all involved with differing connective tissue, so to age gracefully, vitamin C is a good choice. A large dose at once may be lost through the urine, so 1000mg is best seen as a maximum for one dose ie. 1000mg morning and night will be far more supportive than 2000mg with breakfast. Do not take high levels of vitamin C if on the contraceptive pill.

Basic naturopathic care is also based around 'Whole food, fresh food, and a variety in our diet'. In this way we are less likely to create nutrient deficiencies by providing a broad array of nutrients. A registered natural health practitioner in your area would welcome the opportunity to expand on any of this information with you.



# 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

**\$29<sup>ea</sup>** 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.

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 Powder

**\$35<sup>ea</sup>** 100g powder

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

PER 100g	WEIGHT	ACTIVE
Calcium Ascorbate	31.3g	31.3g
Ascorbic Acid	30.0g	30.0g
Sodium Ascorbate	27.5g	27.5g
Rosehips	5.0g	5.0g
Bioflavonoids	2.75g	2.75g
Rutin	1.25g	1.25g
Hesperidin	1.25g	1.23g
Grape seed extract	625mg	59.4g
Pine bark extract	323mg	15.3g
Quercetin	2.5mg	2.5mg

## Complete C Tablets

The world famous vitamin C blend

Contains all 3 forms of vitamin C and powerful bioflavonoids in a tangy orange flavoured tablet. Each chewable Complete C tablet gives you 220mg of blended vitamin C including pycnogenol and grape seed.

Vitamin C increases mental alertness, makes bones stronger and is necessary to expel harmful toxins. Complete C is well absorbed and gentle on your stomach.

### Benefits

- An important antioxidant
- Fewer ills and chills and faster recovery
- Helps keep your skin supple and elastic
- Supports production of collagen

**\$35<sup>ea</sup>** 200 chewable tablets with natural flavouring. **Gluten and allergen free**

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.

**\$49<sup>ea</sup>** 100g tub with measuring scoop

Available to New Zealand Customers only

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

## Throat Spray

100% natural - safe for children

- Soothes dry scratchy throats
- Prevents winter ills and chills

**\$29<sup>ea</sup>** 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.

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

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.

# THE ULTIMATE CLEANSE

**BUY 2 FOR  
\$85ea**  
AND DO THE  
ULTIMATE  
CLEANSE WITH  
A FRIEND.



The finest and most popular full-strength herbal detox, liver and bowel cleansing system. A complete internal clean and revitalisation. You choose whether to cleanse over a 10 or 25 day period. Give your body the refresh it deserves.

- 14 highly effective herbs
- Top selling detox - over 23,000 sold
- 10 or 25 day programme
- Clear instruction booklet
- Targets bowel, liver and the kidneys
- Look your best all year round

**\$99ea or buy 2 for**

**\$85ea saving \$28**

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

A full list of ingredients and instructions is contained in the booklet which you can review before you buy at [www.healthhouse.co.nz/pamphlets](http://www.healthhouse.co.nz/pamphlets) by clicking on the "The Ultimate Cleanse Booklet.pdf"

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.

## 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 for \$45**  
60 capsules



Always read the label and only use as directed.

## 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



# HEALTH AND WELLBEING



**\$29<sup>ea</sup>**  
25 capsules  
1 capsule weekly  
between meals.

## 7-day Iron

Easy to digest iron for high energy

- A clear mind
- Strong bones and muscles
- Alert quick brain

PER CAPSULE	WEIGHT	ACTIVE
Iron Amino Acid Chelate (Organic) 20%	175mg	35mg
Ascorbic Acid (Vitamin C)	235mg	235mg



**\$29<sup>ea</sup>**  
60 capsules  
**Adults:** take 1 capsule every second day.  
**Children:** under 14 take 1 capsule every third day.

## Kelp

Nature's best source of iodine

- Wonderful for your nails and hair
- Plays an important role in the function of a healthy thyroid gland
- Sourced from NZ waters

PER CAPSULE	WEIGHT	ACTIVE
Kelp	475mg	
Iodine		1000mcg



**\$34<sup>ea</sup>**  
90 capsules  
Best results occur when taken on an empty stomach. However, if this makes you feel queasy then we recommend you take with food.

## 5-HTP

Supports the production of serotonin in the brain

- Relaxing and calming effects
- Feeling of well-being

Do not take 5-HTP if you are currently taking medication for depression, any neurological condition, or if you are pregnant or breast feeding.

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

# WOMEN'S HEALTH



**\$33<sup>ea</sup>**  
60 capsules  
Take 1 or 2 capsules per day.

## Maca-X

Supports optimal sexual desire

- Promotes libido and supports healthy sperm production
- Support during menstruation/ menopause
- Extract for greater potency

PER CAPSULE	WEIGHT	ACTIVE
Organic Maca Extract 4:1	750mg	3000mg



**\$29<sup>ea</sup>**  
90 soft gel capsules  
Take 2 or 3 capsules per day.

## Evening Primrose and Flaxseed Oil

Beneficial for skin / hair / nails

PER CAPSULE	WEIGHT	ACTIVE
Evening Primrose Oil	500mg	
Flax Seed Oil	500mg	
Vitamin E	1mg	870mcg
Omega-3		283mg
Omega-6		505mg
Omega-9		114mg



**\$34<sup>ea</sup>**  
60 capsules  
Take 1 or 2 capsules per day for maintenance. Take 3 or 4 capsules per day in times of need.

## Harmony

Support during conception, breastfeeding and menopause

- Support for hormone balance
- Promotes libido

PER CAPSULE	WEIGHT	ACTIVE
Organic Maca Extract (4:1)	450mg	1800mg
Shatavari Extract (10:1)	250mg	2500mg
Boron Chelate 5%	20mg	1mg
Vitamin D	2mg	200IU

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.



**\$45<sup>ea</sup>**  
60 capsules  
Adults one capsule per day.



**\$49<sup>ea</sup>**  
60 capsules  
1 capsule daily with food.



**\$43<sup>ea</sup>**  
60 capsules  
1 capsule daily with food.

## 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.

- Optimum highest quality nutrition for maximum energy
- Brain alertness and clarity
- Relaxed body and mind
- Optimum blood sugar and cholesterol balance

CAA - Multi is also available in non-sulphur and non-iron formulations.

For a full list of ingredients check out [www.healthhouse.co.nz/product/caa-multi](http://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).

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

If taking Warfarin or any other blood or heart medication, please discuss this with your doctor.

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.

- Stronger more flexible bones
- Water soluble for better absorption
- Raises your cell pH to protect against common health problems
- A natural relaxant that supports normal sleep patterns

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

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.

# Improve your everyday health with THE OPTIMUM HEALTH TRIPLE PACK

Contains two months' supply of all your basic nutritional needs\*

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

## RECOMMEND TO EVERYONE!

"I feel stronger, happier, are more comfortable and sleep normally. Recommend to everyone!"

Jocelyn, Matamata

## PASSED WITH FLYING COLOURS

"I had to have a medical for my driving licence and passed with flying colours, all praise to the health tablets I've taken from Health House for quite a few years."

Till, Ohakune



## SLEEPING WELL

"The supplements I ordered in February have worked wonderfully well for me (Triple Pack), I'm sleeping well and David's book and articles are referred to constantly."

Nancy, Northland

## HEALTHY SKIN!

"The Triple Pack has helped my skin tremendously."

Rebecca, Lower Hutt

1 Triple pack

**\$119ea**

(save \$18 off the individual product prices)

2 or more Triple packs

**\$113ea**

(save \$48 off the individual product prices) Available with non-sulphur and non-iron CAA - Multi versions

1 Triple pack

+ 1 Probiotic

**\$154**

2 Triple packs + 2 Probiotics

**\$276**

(price includes the 4+ product discount)



Save \$20, when you buy any four products marked with the blue icon. See 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

# CLEAR YOUR SKIN FROM WITHIN

Natural support for clear, unblemished skin



**\$39<sup>ea</sup>**  
120 capsules

Take 2 capsules in the morning and 2 capsules each night, preferably with food.

Modern studies indicate that excess oil production by the body, causes a build up behind the pores, causing pimples and acne. Treating it topically (with cream) does not always seem to be effective. Skin Clear gives the body the tools it needs to deal with this excess oil in the form of pantothenic acid (vitamin B5) and carnitine.

Vitamin B5 converts the excess oil to coenzyme A, a natural enzyme that deals with fatty acids. The role of Carnitine is to take this excess oil to the cells so that the excess oil is burned off as energy. To support the body and skin during this process, Skin Clear contains the full range of B vitamins and vitamin C to support the healing of the skin.

## Benefits

- Support for clear, unblemished skin
- Addresses the cause of the problem, not the symptom
- Supports normal oil production and the breakdown of excess oil that can clog pores

**\$39<sup>ea</sup>** 120 capsules

Take 2 capsules in the morning and 2 capsules each night, preferably with food.

PER CAPSULE	WEIGHT	ACTIVE
Vitamin B5	372mg	372mg
Carnitine Fumarate	186mg	108mg
Vitamin C	22mg	22mg

Also included are vitamins B1, B2, B3, B6 and B9

# THE GIFT OF BEAUTIFUL SKIN

**\$39<sup>ea</sup>**

30ml cream  
- with CoQ10  
& marine collagen



**\$39<sup>ea</sup>**

60 capsules  
Take 1 capsule morning and night preferably with food.



**\$59**  
COMBO  
PRICE

## Turn Back Time cream

Our all natural, rich cream is made with organic jojoba oil, organic shea butter, organic cocoa butter and natural vitamin E. We then add a specially sourced liquid based CoQ10 and high quality marine collagen, along with a couple of drops of natural rose essential oil for a mild pleasant fragrance.

## Turn Back Time capsules

Formulated to help you have beautiful skin, working from the inside out. It contains the three types of vitamin C (for collagen production), quercetin, grape seed extract, zinc, organic silica, natural vitamin E and CoQ10. Together these ingredients create a potent anti-aging supplement.

# KEEP YOUR SKIN FEELING SOFT, SMOOTH AND YOUTHFUL

**\$19<sup>ea</sup> or 2 for \$30**  
Vanilla 50ml tube



**\$19<sup>ea</sup> or 2 for \$30**  
Orange 50ml tube



**\$30**  
for both  
save \$8

WHILE STOCKS LAST

Pure Skin has been specially designed to keep your skin feeling soft, smooth and youthful. It will nourish and improve skin texture, while hydrating and restoring critical moisture.

## What is in it?

Only natural ingredients (100% plant based) including apricot kernel oil,

peach kernel oil, raspberry seed oil, meadowfoam oil, vitamin E and rosemary leaf extract. The base is coconut oil and the preservative is the all natural Eco-Cert approved Microcare DB.

Apply daily after cleansing. Suitable for face and neck.

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.



# 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.



## Colloidal Silver Gel

50ml tube / 100ml tube / 250g tub

**Excellent for dry skin conditions**

- Effective for dealing with skin problems
- Assists with cuts, scratches and burns
- Effective against bacteria
- Sunburn relief

**INGREDIENTS** | Colloidal Silver liquid, Polymer Powder and Triethanolamine

Always read the label and only use as directed.

## Colloidal Silver Liquid

100ml spray / 500ml liquid

**Avoiding winter ills and chills**

- Supports acne prone skin
- Reduces bad breath
- Less dry flaky scalp
- Healthier eyes, ears and teeth
- Odourless and non stinging
- Suitable for the whole family

**INGREDIENTS** | 10 parts per million of 99.9% pure silver (0.001%) suspended in Ultra Distilled Pure Water

*"I have had so much success, not just for myself but also for others using Colloidal Silver."*

D'Arcy, Tauranga.

## Colloidal Silver Generator

- Make your own colloidal silver at home
- Costs less than commercial colloidal silver
- Easy to use
- Includes a pair of 99.9% pure silver rods

**\$133ea**

Colloidal Silver Generator  
One year guarantee

**\$48ea**

Replacement silver rods (pair)



## Colloidal Silver Meter

- Measures total dissolved solids (TDS)
- Take the guesswork out of making colloidal silver
- One year guarantee

**\$108ea** Colloidal Silver Test Meter



# OTHER TOP SELLING PRODUCTS



## Cranberry

### Normal prostate health and urinary flow

An all natural, full spectrum cranberry powder, which supports normal prostate function in men and normal urinary flow and urinary tract health in both men and women.

We have sourced a quality North American cranberry ingredient which is unique as it uses the entire cranberry plant (some use reconstituted juice) and also has a gold standard clinical study to support it.

**\$33<sup>ea</sup>** 60 capsules

Take 1 capsule per day.  
No additives, flow agents or fillers. If taking Warfarin we recommend you consult with your healthcare professional.

PER CAPSULE	WEIGHT	ACTIVE
Cranberry Powder (Flowens™ 100)	580mg	580mg

No preservatives, additives or flow agents. Gluten, soy and allergen free.

## Liver Cleanse

### Powerful milk thistle combined with essential vitamins and electrolytes for your liver health

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.

Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

**\$33<sup>ea</sup>** 60 capsules

Take 1 capsule per day, preferably in the morning.

**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.

## Magnesium

### 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.

PER CAPSULE	WEIGHT	ACTIVE
Magnesium Complex 16%	830mg	132mg

**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.

**\$29<sup>ea</sup>** **\$49<sup>ea</sup>**  
60 capsules 180 capsules

## Turmeric

### 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.

The key active in Turmeric is curcumin and it supports healthy cholesterol levels, joint mobility, digestive and bowel health, liver and skin health and normal brain health.

We sourced a maximum strength, high absorption Turmeric containing 95% curcumin (equal to a tablespoon of the Turmeric spice). We then blend it with Piper nigrum (black pepper extract) to further enhance absorption.

If taking Warfarin we recommend you consult with your healthcare professional.

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

**\$39<sup>ea</sup>** 60 capsules

Take 1 capsule up to three times per day.

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.

# MINERALS, HERBS AND VITAMINS



**\$37<sup>ea</sup>**

60 capsules

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.

## DHEA 7-Keto

### Natural youth hormone

- Turns back your body clock
- Feel full of vigour and enthusiasm
- Feel like exercising and eating healthy
- Retains your mental focus

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



**\$31<sup>ea</sup>**

60 capsules

Take 2 or 3 capsules with your evening meal. Not recommended for children. May cause drowsiness. Take care when driving or operating machinery.

## Relax

### Feel relaxed and calm

- Supports a deep restful sleep
- Reduces stress and worry

PER CAPSULE	WEIGHT	ACTIVE
Valerian Extract (4:1)	275mg	1100mg
Magnesium Complex 16%	250mg	40mg
Hops Powder	100mg	100mg
Kava Extract (7:1)	43mg	300mg



**\$45<sup>ea</sup>**

60 capsules

Take 2 capsules per day or as directed.

## Coral CAA

### Electrolyte restorer

- Complete mineral and vitamin blend
- High quality coral calcium
- All the benefits of CAA - Multi and the benefits of coral calcium
- Great for lighter people and children

For a full list of ingredients check out [www.healthhouse.co.nz/product/coral-caa](http://www.healthhouse.co.nz/product/coral-caa)

**NEW FORMULA**  
NOW WITH VITAMIN K2 AND D3



**ORIGINAL FORMULA IS BACK**

**\$39<sup>ea</sup>**

60 capsules

1 capsule daily. Preferably with evening meal.

## Boron & Selenium

### Original Formula Back

- Boron improves calcium absorption
- Boron improves magnesium absorption
- Selenium helps protect against serious disease
- Selenium is a powerful antioxidant

PER CAPSULE	WEIGHT	ACTIVE
Boron Amino Acid Chelate 5%	200mg	10mg
Selenium Amino Acid Chelate 2%	7.5mg	150mcg



**\$31<sup>ea</sup>**

90 capsules

1 or 2 capsules per day.

## Vitamin B5

### Healthy digestive system

- Supports artery and blood health
- May increase longevity
- Protects the friendly bacteria in the intestines from damage by antibiotics

PER CAPSULE	WEIGHT	ACTIVE
Vitamin B5 (Calcium Pantothenate)	490mg	
Pantothenic Acid		450mg
Calcium		40mg



**\$40<sup>ea</sup>**

60 capsules

For best results, take 2 capsules daily with food in the morning.

## Potion No.9

### Support both male and female libido

- Support healthy testosterone levels
- Increase long term sexual vitality

PER CAPSULE	WEIGHT	ACTIVE
Maca Root Powder (5:1)	340mg	1360mg
Damiana (5:1)	100mg	500mg
Horny Goat Weed (20:1)	60mg	1200mg
Zinc Citrate Powder (31%)	24mg	7.4mg
Tribulus Terrestris (50:1)	100mg	5000mg
Selenium Chelate (2%)	1.25mg	25mcg

**135% MORE HORNY GOAT WEED AND 850% MORE TRIBULUS**

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.

# HEALTHY READING

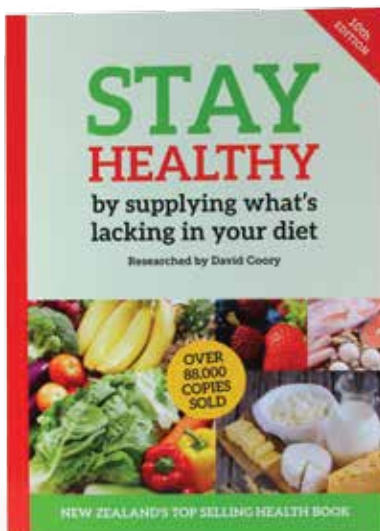
## NZ'S TOP SELLING HEALTH BOOK

With over 88,000 copies sold and now in its tenth edition, this book is the most popular health book in New Zealand.

The author, David Coory is constantly updating it with the most recent health related findings and this latest version is better than ever.

In this book you will find

- 40 sections covering all the common minerals and vitamins
- The role these nutrients play in your body and what foods to find them in
- How to prevent Alzheimers, heart attacks and strokes
- How to avoid or lower your risk of most cancers
- How to lose 3kg of fat in one week and keep it off

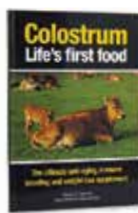


The ultimate health reference book, over 88,000 copies sold

**\$25<sup>ea</sup>** 288 pages

**\$20<sup>ea</sup>** when you purchase 2 or more Stay Healthy books.

### Colostrum - Life's first food



Colostrum transfers millions of antibodies into the gut and bloodstream, protecting against virtually every bacteria and virus known to man.

**\$20<sup>ea</sup>** 72 pages

### The DHEA Breakthrough



Discover all you need to know about DHEA the natural youth hormone that can turn back your body clock. Written by Stephen Cherniske, leading DHEA research biochemist.

**\$25<sup>ea</sup>** 348 pages

### Heal your Eye Problems



Max Crarer tells how he healed his Glaucoma (of 12 years) using minerals and vitamins. He then spent years finding natural cures for cataracts, macular degeneration and conjunctivitis.

**\$19<sup>ea</sup>** 109 pages

### Should I take... Probiotics?

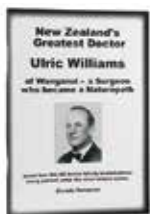


Well known NZ doctor Shaun Holt, explains to you in simple terms the exciting benefits of Probiotics – the fastest growing area of natural health.

**SPECIAL - \$15<sup>ea</sup>**  
If bought with "Which Natural Therapies Should You Try?"

**\$19<sup>ea</sup>** 82 pages

### New Zealand's Greatest Doctor, Ulric Williams



Dr Ulric Williams was a GP (1920's to 1960's) who had an exceptional mind and unorthodox treatment methods that healed patients dramatically.

**\$17<sup>ea</sup>** 96 pages

### Easy Way to Stop Smoking



Read this book to help achieve your New Year's resolution to quit smoking.

Limited stock at this price.

**\$18<sup>ea</sup>** 215 pages

### Laugh with Health



This book is your own personal nutritionist, dietician and naturopath combined in one.

**\$29<sup>ea</sup>** 224 pages

### What is Colloidal Silver?



This New Zealand book "Everything you need to know about Colloidal Silver" by Max Crarer, the New Zealand pioneer of Colloidal Silver, is extremely interesting.

**\$19<sup>ea</sup>** 79 pages

## Which Natural Therapies Should You Try?

AT LAST, A SIMPLE GUIDE TO THE BEST NATURAL THERAPIES FOR WHATEVER HEALTH PROBLEMS YOU MIGHT HAVE.

There are literally thousands of natural therapies and it's hard to get reliable information from the media and the internet. This book gives an overview of the natural therapies with the strongest scientific evidence, that can help your health.

**\$21<sup>ea</sup>** 136 pages Written By Dr Shaun Holt and Emma Dalton.



# MUSCLE AND JOINT HEALTH



**530mg OF OMEGA 3**



## Omega 3 Fish Oil

### For brain and artery health

These highly concentrated soft gel fish oil capsules come from responsibly sourced fish stocks (the fish oil supplier operates within responsible sourcing global standards IFFO).

Importantly the level of omega 6 is low, less than 60mg, making this an excellent supplement to raise your omega 3 levels and improve your omega 6/omega 3 ratio.

PER CAPSULE	WEIGHT	ACTIVE
Concentrated Fish Oil	1000mg	
Vitamin E	1mg	130iu / 87mcg
Total omega 3 oils		570mg
EPA		300mg
DHA		200mg
Others		70mg

**\$28<sup>ea</sup>**

200 soft gel capsules  
Take 1 or 2 capsules per day.

## MSM Sulphur

### Research shows nearly 50 separate health benefits

Sulphur is one of the most important nutrients in your body – it maintains the health of your joint cartilage, collagen, skin, muscles, nails and hair. It also promotes the health and vigour of good probiotic bacteria in your intestines.

You can enhance the effectiveness of MSM with vitamin C.

Refer to page 20 for our Complete C tablets /powder containing three different forms of vitamin C.

**\$39<sup>ea</sup>** 180 capsules

**Adults:** recommended dosage is 1 or 2 capsules up to three times per day.

PER CAPSULE	WEIGHT	ACTIVE
MSM Sulphur (Methylsulfonylmethane)	800mg	272mg

## Pain-Eze

### Soothes your muscles and joints

Pain-Eze is an all natural, warming cream with powerful oils and extracts to calm and soothe tired and stiff muscles. The pleasant wintergreen fragrance is also popular with our customers.

The 11 active ingredients in Pain-Eze are: six essential plant oils, four liquid plant extracts and a plant based preservative, all in a natural coconut cream base. The ingredients are 100% natural and there are no chemicals, perfumes or additives.

**\$19<sup>ea</sup>** 50ml tube

**\$29<sup>ea</sup>** 100ml tube

Massage gently into affected area 2 or 3 times daily or as required.

**INGREDIENTS:** Coconut Aqueous Cream, Comfrey Infused Oil, Wintergreen Essential Oil, Lavender Essential Oil, Camphor Essential Oil, Arnica Liquid Extract, Peppermint Essential Oil, Clove Essential Oil, Turmeric Liquid Extract, Ginger Liquid Extract, Benzoin Tincture, Cayenne Liquid Extract.

## Healthy Joints 90 & 180

### Uncompromising, well balanced joint formula

We combine a sulphur based marine glucosamine with an equal amount of chondroitin (from shark cartilage) plus MSM sulphur, boron, organic silica and natural vitamin D.

**\$89<sup>ea</sup>** When you buy 2 or more Healthy Joints 180, save \$20

3 capsules a day. When joints feel more comfortable this can be reduced to 2 capsules a day.

PER CAPSULE	WEIGHT	ACTIVE	
Glucosamine Sulphate	400mg	400mg	<b>\$66<sup>ea</sup></b> 90 capsules
Chondroitin Sulphate	400mg	400mg	
MSM Sulphur	70mg	70mg	<b>\$99<sup>ea</sup></b> 180 capsules
Boron (Amino Acid Chelate 5%)	20mg	1mg	
Silica (Bamboo Plant Extract 70%)	7mg	5mg	
Vitamin D3 (Natural Cholecalciferol 200IU's)	2mg	5mcg	

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.



# PROBIOTIC MULTI 9

Unique 'capsule in a capsule' technology so the probiotics survive your stomach acid

## 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 \$10 credit.

All we ask is that you let your friend know what your Customer ID number is, so that when they register we can record in our computer system that you referred them. When 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 want to thank you for your loyalty and choosing Health House. We will automatically give you a \$30 credit towards your next order, after you have spent a total of \$300 with us.

No need for loyalty cards or codes or anything complicated, it will be automatically monitored by our computer system.

We will let you know how you are tracking towards your discount on your invoice, or when you order from our website. Any questions, or to find out how close you are, please do not hesitate to phone us to check with our friendly sales team.



White inner capsule contains nine strains of probiotics (4 billion CFU's)

Probiotic Multi 9 contains nine important strains of good bacteria, surrounded by prebiotics. Scientifically proven to safely reach your intestines.

The minerals and vitamins that our bodies need, are absorbed through the intestinal walls. If there is an imbalance of bacteria, it will reduce the body's ability to process these minerals and vitamins.

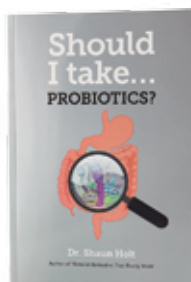
Restore this balance and you get the most out of the good food you eat or the supplements you take.

**\$39<sup>ea</sup>** 60 capsules

Adults: Take 1 or 2 capsules per day.

Children: Take 1 capsule per day.

PER CAPSULE	WEIGHT	ACTIVE
Outer Capsule Prebiotics	55mg	
Fructooligosaccharides		
Inner Capsule Probiotics	94mg	
Lactobacillus acidophilus		1200 million
Lactobacillus casei		600 million
Lactobacillus rhamnosus		600 million
Lactobacillus salivarius		600 million
Lactobacillus bulgaricus		200 million
Bifidobacterium bifidum		200 million
Bifidobacterium lactis		200 million
Bifidobacterium longum		200 million
Bifidobacterium infantis		200 million



Buy Dr. Shaun Holt's book "Should I take... Probiotics?" for only \$10 when you purchase a bottle of Probiotics.

Normal retail price \$19<sup>ea</sup>

Always read the label and only use as directed.

# REAL SALT, REAL TASTE, REAL HEALTH

RealSalt is exactly the way nature made it



## RealSalt Original 283g / Refill Unrefined, mineral rich sea salt

- Rich in colloidal minerals
- Vital for optimum health
- Award winning taste
- Imported direct from Utah, USA

**\$10<sup>ea</sup>** 283g RealSalt Shaker

**\$23<sup>ea</sup>** 737g RealSalt Refill pouch

**\$28** RealSalt Combo (283g Shaker & Refill)

## RealSalt Seasoned Organic

This is a combination of RealSalt with zesty organic flavours including, coriander, mustard, black pepper, onion, paprika, herbs and spices.

**\$16<sup>ea</sup>** 234g Seasoned salt shaker

## RealSalt Garlic Organic

This is a combination of RealSalt and organic garlic. Now you can enjoy the great taste of RealSalt together with a hearty garlic flavour.

**\$16<sup>ea</sup>** 234g Garlic salt shaker



## Yerba Maté - A refreshing, rejuvenating tea that's also good for you.

Yerba Maté is a nutritious and beneficial tea containing 196 active compounds, compared to the 144 found in green tea.

It has over twice the antioxidant activity of green tea. Yerba Maté also contains vitamins (A, C, E, B1, B2, B3, B5), minerals (calcium, manganese, iron, selenium, potassium, magnesium, phosphorus, zinc) as well as antioxidants and amino acids.

- One of the healthiest teas in the world
- Zero calories
- Full of vitamins, antioxidants and amino acids
- Supports calorie burning
- Helps manage appetite
- Increases energy



**\$19<sup>ea</sup>**

30 unbleached tea bags

**INGREDIENTS** | Organic Yerba Maté (Ilex paraguariensis) tea leaves.

Always read the label and only use as directed.

## STEVIA TABLETS

- Healthy blood glucose and balanced blood sugar levels
- Does not contribute to tooth decay
- Supports insulin production



**\$20<sup>ea</sup>**

200 tablets

1 tablet is approximately equal to a teaspoon of sugar. Just stir into your drink.

## Stevia Tablets

PER TABLET	SUGAR EQUIVALENT	WEIGHT
Stevia Rebaudiana Leaf Extract	8g	85mg

Tabletting aids

## IS YOUR pH AFFECTING YOUR HEALTH

Find out if your pH is at an optimum level for maximum health with this simple Saliva Test kit

You can easily check your pH at home with this simple Saliva Test kit. For optimum health and immunity, your saliva pH should be between 6.8 and 7.0.

For best results, wait about two hours after eating or drinking, before taking this test.

**\$15<sup>ea</sup>**

50 individual test strips in packs of 10



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

# ARE YOU CONCERNED ABOUT YOUR EYES?



**\$45**ea

60 capsules  
1 capsule per day.

Specific vitamins and minerals were identified as being vital for good eye health in published international studies. We included those vitamins and minerals identified 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.

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.

We have included vitamin C, bioflavonoids, vitamin E and betacarotene, 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. Have healthy vision and comfortable eyes with Eye Health.

- 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

If taking blood thinning medication, please consult with your healthcare professional. For a full list of ingredients check out [www.healthhouse.co.nz/product/eye-health](http://www.healthhouse.co.nz/product/eye-health)

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.

# PROMOTE EASY, DAILY BOWEL MOVEMENTS

## Mild herbs that lubricate the colon and benefit the bowel

Easy-Lax promotes easy, regular bowel movements without straining.

It contains five herbs proven to be beneficial to the bowel. Easy-Lax works gently over a twelve hour period. For best results take one or two capsules a day, with a glass of water, after your evening meal.

### The five effective herbs are

**Psyllium seed** is the finest source of soluble fibre. It swells in water and stimulates movement of stools. At the same time it lubricates and soothes the mucous membranes of the digestive tract. It is soothing for disorders of the digestive system.

**Wormwood** invigorates the entire digestive process and helps eliminate intestinal parasites.

**Cascara sagrada** stimulates the large intestine and supports regularity.

**Fennel seed** is a mineral rich herb that soothes digestive disorders.

**Slippery elm** soothes the digestive tract and relieves stomach rumbling and wind.

### Benefits

- Natural soft bowel motions without straining or damage
- Promotes a soft, regular motion
- Has a soothing, lubricating effect on the colon tract
- Improves digestive functions
- Reduces wind and bloating
- Soothes an acid stomach
- Helps balance uric acid levels
- Supports production of good cholesterol

**\$30**ea  
100 capsules



To be effective you must increase your intake of water and we also recommend you increase the amount of fruit and vegetables in your diet especially if using long term.

Take 1 or 2 capsules with a glass of water after your evening meal.

If symptoms persist or you are pregnant or breastfeeding, please consult your health professional before taking.

Health House  
Private Bag 12029,  
Tauranga 3143, New Zealand

New Zealand  
Permit No. 193050

Permit 

Jan/Feb 2017



# Order form and price list

Prices valid until 28 February 2017



Customer ID

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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) <b>2 for 1 Special</b>	\$45		\$
Colloidal Silver (book)	\$19		\$
Colloidal Silver Cream (100ml tube) <b>New</b>	\$28		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$17		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) <b>4 or more</b>	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum - Life's first food (book)	\$49		\$
Colostrum Powder (100g tub) <b>(NZ Only)</b>	\$35		\$
Complete C (100g powder)	\$35		\$
Complete C Chewable Tablets (200 tablets)	\$49		\$
CoQ10-Omega3 (60 capsules)	\$45		\$
Coral CAA (60 capsules)	\$33		\$
Cranberry (60 capsules)	\$37		\$
DHEA 7-Keto (60 capsules)	\$25		\$
DHEA Breakthrough (book)	\$30		\$
Easy-Lax (100 capsules)	\$18		\$
Easy Way to Stop Smoking (book) <b>Clearance special while stocks last</b>	\$29		\$
Evening Primrose & Flaxseed Oil (90gel/capsules)	\$45		\$
Eye Health (60 Capsules) <b>New</b>	\$29		\$
Garcinia (60 capsules)	\$34		\$
Harmony (60 capsules)	\$19		\$
Heal your Eye Problems (book)	\$66		\$
Healthy Joints (90 capsules)	\$99		\$
Healthy Joints (180 capsules)			

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Healthy Joints (180 capsules) <b>2 or more</b>	\$89		\$
Helfee - 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.) <b>Special</b>	\$99		\$
Helfee - Get some Culture in Ya (30 capsules)	\$20		\$
Helfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helfee - Kick up the Backside (30 capsules)	\$20		\$
Helfee - Love Potion Number 9 (30 capsules)	\$20		\$
Helfee - My Jeans have Shrunk (30 capsules)	\$20		\$
Helfee - Poop like a Trooper (30 capsules)	\$20		\$
Helfee - 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		\$
Melsip Travel (100ml) <b>New</b>	\$30		\$
Melsip (250ml)	\$34		\$
Melzing Travel (100ml) <b>New</b>	\$32		\$
Melzing (250ml) <b>New</b>	\$45		\$
MSM Sulphur (180 capsules)	\$39		\$
New Zealand's Greatest Doctor, Ulrich 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) <b>2 or more</b> <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$113		\$
Pain-Eze (50ml tube)	\$19		\$
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$

