

Live well & sleep well

YOUR GUIDE TO AGING WELL



Natural health &
wellbeing tips to feel
your best every day.



HealthPost

THE BETTER COMPANY



Taking care of your health is an important part of living a well, fulfilled life.

As we live longer and seek quality of life and good health for as long as possible, taking a preventative approach to our wellbeing is essential.

Want to experience healthy energy during the day and a good sleep at night? This guide explores the most common health concerns from day to night, and what you can do to feel better every day.

While there's some things we're happy to have passed during earlier stages of life, it's understandable to miss the energy, strength and youthful condition of our physical body.

Aging is a natural part of life but aging well and putting our wellbeing first takes work. Thankfully, there is plenty we can do ourselves and with the helping hand of herbs and nutrients to keep feeling fit, strong, mentally well, and full of energy.



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Liz is a Registered Naturopath with over 16 years' experience in natural health. As the Chair of the Naturopaths & Medical Herbalists of New Zealand, Liz is passionate about health education and helping others lead naturally healthy lives. At HealthPost, Liz approves the products we stock, based on the integrity of their ingredients and ethical values. Most recently, in 2020, Liz completed a qualification in Cosmetic Chemistry.

[Learn more about Liz McNamara](#)

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Daytime

Mobility

Physical activity is a crucial factor in thriving through the day with good energy and having a good night's sleep. In fact, small increases in exercise have been proven to support people manage and prevent some chronic diseases.

Good levels of physical activity are associated with people living more independent lives into their later years, and along with good nutrition can support a happier state of mind and good cognitive function. As exercise often leads to more social interactions, maintaining a mobile, agile physique can keep people more engaged in their communities.



TIPS

- Aim for 30 minutes of moderate intensity exercise that gets the heart pumping, five days per week. If you are mostly sedentary, build up to this amount gradually.
- Flexibility and balance are essential – incorporate some stretching and balancing exercises into your day.
- Make sure your muscles are active by having a couple of sessions each week to strengthen them. If you do not use them, you lose them.
- Work with a health practitioner to increase exercise appropriately depending on your situation.
- Increase activity in small increments, and view every opportunity for movement as valuable.



Joint health

Stiffness and discomfort can hinder movement, and ironically, using our bodies regularly can keep some of these issues at bay. If declining flexibility and range of movement in joints are a deterrent to leading an active life, the following three ingredients might be useful to consider, along with exercise and good nutrition:

TURMERIC

Turmeric has well and truly earned itself an impressive reputation in recent years. It has good reason to hold a top spot as a supplement, as the many health benefits of Turmeric are hard to ignore. One of Turmeric's unique qualities is its ability to offer broad support for our overall and everyday health. Turmeric contains the powerful antioxidant Curcumin, which is the most researched and known active ingredient within Turmeric. Its ability to support the body after a workout, soothing tired muscles and stiff joints, makes it the perfect supplement for sportspeople, as well as anyone who wants to maintain an active lifestyle.

TOP PICK:

Coyne Healthcare
Bio-Curcumin

30 vegecaps

Our price: \$30.90

Coyne HealthCare,
(Natural Health Trading), Auckland



BOSWELLIA

Otherwise known as Frankincense, Boswellia serrata is an excellent plant that supports joint comfort and movement. Boswellia contains Boswellic Acids, which have been shown in scientific studies to support key enzymes involved in the maintenance of healthy tissues. Through these mechanisms, Boswellia may help to support the immune system for a balanced response to the typical wear and tear of everyday life in joint tissues.

TOP PICK:

Solgar Boswellia
Extract 60 caps
Our price: \$36.90

Solgar (The Bountiful
Company), Auckland



COLLAGEN

Collagen is the most abundant protein in the body, acting like a 'glue' that holds us together. Making up around 75% of our skin's structure, collagen gives our skin that youthful bounce and plump appearance that is sought after as we age. Along with skin, collagen also plays a significant role in the health and structure of our hair, nails, joints, bones, and even our gut too. Within the joints, collagen supports comfort and lubrication within the joint capsule, supporting free-flowing movement. Unfortunately, things like age as well as diet and lifestyle factors can cause collagen levels to decline, and this can result in thinner skin, wrinkles, less firmness, and stiff joints.

Our body naturally produces collagen, however its ability to do so gradually declines as we get older. By our mid-twenties, our production of collagen starts to drop by about 1% per year and begins to break down faster than we can replace it. Unfortunately, this loss also accelerates as we age, so by the age of 50, we have lost around 40% of our body's collagen. It is these losses which can cause skin to sag as well as become lined, dry, and lose that youthful "bounce." Aging is a natural process, and while we cannot fight the clock there are many things that we can do to look after and protect our joints and skin for as long as possible. Along with avoiding smoking and reducing sun exposure, eating a nutrient-rich and wholefood diet plus supplementing with a high-quality collagen formula can help support healthy collagen production.



TOP PICK: **Nutra Organics** **Collagen Body**

225g powder

Our price: \$42.90

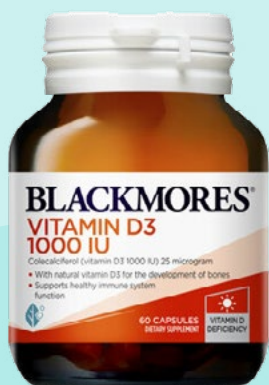
Nutra Organics (Natural Things Ltd), Auckland





Bone health

Taking care of our bones helps ensure we are physically robust in the years to come. There is no better time to think about supporting bone density because bones are one of the slowest parts of our body for cell renewal, taking around 10 years. Keeping our osteoblasts (bone builders) healthy takes good nutrition with Vitamin K rich leafy green vegetables, weight bearing exercise, good blood sugar balance, and healthy homocysteine (See heart section). Bone fragility shows no symptoms until a fall and consequential fracture, so it is easy to underestimate the importance of preventative care for the health of bones, but fractures impact 1 in 3 women and 1 in 5 men.



TOP PICK:

Blackmores Vitamin D3 1000IU

60 caps

Our price: from \$9.40

Blackmores, Auckland

VITAMIN D

Vitamin D has received a lot of attention recently for the way it can support the immune system, and did you know it is also one of the most essential nutrients for healthy bones? Found naturally in the edible bones of small fish and made when the sun hits our bare skin, Vitamin D supports the way that calcium is utilised and absorbed in the body. And don't just think of Vitamin D for bones – it also supports good muscle strength, making it a reliable choice for those prioritising bone health.

In New Zealand, Vitamin D research has shown that a third of us are low in Vitamin D. Things like drinking coffee (which further hinders absorption) and avoiding the sun to protect our skin, makes it all too easy to realise why, especially when food sources (sardines on toast, anyone?) may not be a regular feature on our menu.



TOP PICK:

BioBalance Calcium

Magnesium with Vitamin D3

120 vegecaps

Our price: \$28.90

BioBalance, Collingwood

CALCIUM

Calcium rich foods include dark leafy vegetables, celery, sesame seeds (tahini is a great option), dairy foods, and those same sardines we talked about with Vitamin D. For women, calcium metabolism is linked with oestrogen production which declines after menopause, leading to an increase in activity of the cells that break bone tissue down. Ensuring our diet is rich in bone supporting nutrients is important to reduce risks associated with weak bones in older years. Supporting balanced levels of glucose in your blood is even more important because there is a tendency for people with unbalanced blood sugar levels to also have an increased fracture risk, due to bone cells that break down bone tissue (osteoclasts) increasing inactivity.

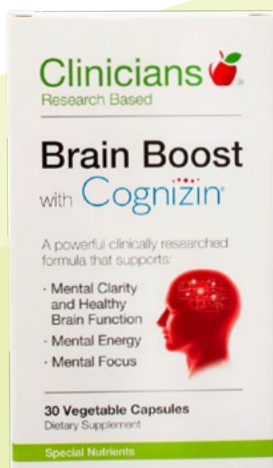
WEIGHT BEARING EXERCISE

When we exercise in a way that puts the weight of our body onto our bones, it triggers our bone cells to build new bone tissue, strengthening the bone tissue. Weight bearing exercise includes walking, hiking, walking upstairs, dancing, and weightlifting. Including any of these exercises on a regular basis will support good bone health.



Brain Health

Walking into a store and forgetting everything on your list is a frustrating event. The aging brain is not as flexible as it used to be, and as those neurons lose flexibility, the way messages are transmitted in our brain changes and some messages do not get through as easily.



TOP PICK:

Clinicians Brain Boost with Cognizin

30 vegecaps

Our price: \$24.90

*Clinicians (Douglas),
Auckland*

CHOLINE

Choline is made in tiny amounts by the body, and is found naturally in many foods, including egg yolk, and fatty substances like meat. In the body, choline is used for the structural foundations of a cell and is essential for good nerve health. This matters because the integrity of our cell walls reflects the integrity of our cellular boundary system, controlling how things enter and leave the cell. Choline is a precursor to acetylcholine - a neurotransmitter involved in how our muscles work, our sleep patterns, how our brain functions, and how messages are sent in the body. Choline should be thought of as a foundation nutrient for good mental function.



TOP PICK:

Arepa Nootropic Capsules

60 caps

Our price: \$65.50

Arepa, Auckland

MENTAL CLARITY & FOCUS

These days we rely on our brain more than ever to deal with the free and abundant access to information available at our fingertips. Our desire for peak performance of our brain function and mental clarity is high on our priority list because we have less patience for a slow processing speed in our brain.

A healthy brain is when our mental clarity and focus are all working optimally, and we do not have a lag. The function of these faculties is important for work and social interactions and ingredients like L-theanine are great to support a calm mind and clear thinking. L-theanine occurs naturally in green tea, and research has shown how useful it can be to quickly calm worries, ease tension, and support healthy mental function when performance is required. Whether you want a helping hand to get that crossword finished, or you're looking for support to ease worries with social interactions, or other parts of life, L-theanine offers excellent support.



TOP PICK:

Biotrace Cogni Complex

60 caps

Our price: \$43.20

BioTrace, Auckland

MIND SUPPORT

While some level of age-related mental clarity change can be a normal part of getting older, if learning new things and retaining information is important to you, additional support is available. Supporting a healthy brain throughout life is seen as an asset, particularly for those who have supported or seen parents struggle with mental clarity in older years.

For women in menopause, less oestrogen circulating can mean mental clarity challenges occur. While this can re-balance after menopause, it can certainly be an alarming and frustrating experience, so supplementary support can be a useful tool.

Herbs like Brahmi (*Bacopa monniera*) support healthy circulation within the brain and mental clarity and focus. Brahmi has been used in Ayurvedic healthcare for thousands of years, and more recently science has shown that this pretty plant can support healthy mental clarity and focus.



Skin health

Age is a funny thing - we might still feel 30 something until we look in the mirror and see that our skin is not as plump as it once was and the reality of the gap between the age you feel and the age you look sets in. Thankfully, there are nutritional support options for common complaints that can be useful to consider.



TOP PICK:
Coola Organic Mineral
BB Cream & Tinted

44ml

Our price: \$94.90

Available in 3 shades

“AGE SPOTS” A.K.A SUN DAMAGE

Sun and UV exposure throughout life causes damage to the skin at a cellular level, contributing to signs of aging and brown spots – also known as age spots. When our skin is exposed to UV light, it can cause a rapid breakdown of collagen due to the production of free radicals and DNA cell damage. UV exposure can also result in the production of certain enzymes in the skin, damaging collagen and elastin fibres and leading to fine lines and wrinkles. While we all want a bit of fun in the sun, the best way to protect your skin at any age is to limit your sun exposure, always wear **sunscreen**, and do not forget a wide brimmed hat and your sunnies.

Internally, consuming a diet rich in antioxidants can support a preventative approach to aging. A diet that supports a healthy immune response to wear and tear, provides good nutritional content, rich in plant-based antioxidants is a great mainstay. Aim for most of your diet to be rich in coloured vegetables and fruit, olive oil, nuts and seeds, legumes, and smaller amounts of protein.



TOP PICK:

Neocell Super Collagen + C

120 tablets

Our price: \$34.60

NeoCell (Natural Meds),
Napier



COLLAGEN FOR SKIN

A good skincare regime can make a dramatic difference to the appearance of lines and wrinkles because products like serums, oils, and moisturisers help the top layers of skin absorb the lipids that we tend to be lower in over time. Other ingredients in skincare, like humectants, help draw the ingredients deeper into the skin layers, but most do not tend to pass through the dermis into the bloodstream, so we need to consume skin supporters from the inside out. Similarly, to the age spots, an antioxidant rich diet supports a healthy complexion and the maintenance of normal collagen levels. Consuming collagen protein or protein rich in the amino acids found in collagen also means you are eating the ingredients that your body needs to produce new collagen.

Regularly drinking green tea, taking green powders, and omega oils are additional nutritional products that have been associated with protecting the skin from the appearance of aging due to their high antioxidant levels and cell membrane support.





Digestion

As people age, digestive processes are not as powerful as they once were, leading to a reduction of nutrients being absorbed from the food we eat. Symptoms of poor digestion can include:

- Feeling full and never really feeling hungry
- Bloating
- Burping
- Reduction in bowel motions
- Poor energy
- A bad sleep

Dental implants can also impact the way we chew, reducing the time that food spends being physically broken apart. The more we can break food down physically, the easier it will be when it comes to the chemical digestion from acids and enzymes further down in the stomach and small intestine.



TOP PICK: **Lifestream Advanced** **Digestive Enzymes**

60 vegecaps

Our price: from \$20.90

Lifestream, Auckland

BLOATING AND DIGESTIVE **COMFORT - ENZYMES**

One of the best ways to support digestion and get more from our food is to increase the enzymes in your diet. These are found in fresh foods like pineapple and raw fruit and vegetables, or in **capsule forms**. Adding a fresh vegetable juice or making sure there are raw fruit and vegetables consumed each day is a fantastic way to have an enzyme rich diet, as are naturally fermented foods like kombucha, kefir, or sauerkraut - easily made at home. Eating more fresh foods is usually a bit easier on the digestive system as well and can support digestive comfort.



TOP PICK:

Artemis Digestive Ease

100ml

Our price: \$27.90

Artemis, Dunedin



FIRED UP DIGESTION

Our stomach is supposed to be in an acidic state – a pH of about 1.5 - 2 to chemically break down the food we are eating. This acidic state has multiple functions including supporting our immune system by killing bacteria in the food we eat, activating pepsin, which is needed to break proteins into amino acids, helping our absorption of Vitamin B12 which is essential for brain function and energy, and preparing minerals for absorption by splitting them from up for easier absorption. Sometimes, food (and acids) goes in the wrong direction back up the oesophagus causing irritation to the tissues.



TOP PICK:

Nature's Way Primadophilus Reuteri

30 vegecaps

Our price: \$26.90

*Nature's Way
(PharmaCare), Auckland*

THERE'S A COUPLE OF WAYS TO APPROACH THIS:

1. Relieve and soothe the tissues in the form of soothing herbs like liquorice, chamomile, or slippery elm.
2. Support the way the stomach empties into the small intestine and support the sphincter between the oesophagus and stomach.

Within the diet and lifestyle, addressing common triggers for digestive imbalances are important – reduce alcohol, coffee, chocolate, and pay attention to other foods that might be a trigger. It might also be helpful for digestion and weight management (as we get older our energy requirements may reduce as our metabolism slows) to serve meals on smaller plates. As the saying goes, “our eyes are bigger than our bellies,” and so serving meals on a smaller plate can soothe both our eyes and our bellies as our plate still appears full, but with less food, our digestive system can work more effectively.



TOP PICK:
BioBalance Bowel
Balance

150g

Our price: \$38.90

BioBalance, Collingwood



BOWEL REGULARITY

It should take approximately 24 hours for food to travel from your mouth to the toilet. The longer it takes, the more by-products from the breakdown of bowel flora are produced which can result in discomfort. As well as being hydrated and paying attention to dietary triggers, having the right balance of intestinal flora is important for regular bowel motions. People over 40 tend to produce lower amounts of Bifidobacterium which can negatively impact the frequency of bowel motions.

HERE'S WHAT YOUR BOWEL MOTIONS COULD BE TELLING YOU:

If bowel motions:	Consider
<ul style="list-style-type: none"> contain food particles 	Your food is not being broken down properly, or it is not spending enough time in your digestive system. You might need to: chew it more, take enzymes, increase fresh foods, reduce stress.
<ul style="list-style-type: none"> are loose 	There has not been enough time in your bowel for the water to be reabsorbed. Slow the stress, look for food triggers, reduce caffeine, see the Dr if it is a tummy bug.
<ul style="list-style-type: none"> are dry and hard to pass 	There has been too much time in your bowel and too much water has been reabsorbed. Increase fibre from fruit and vegetables, increase water, reduce meat.
<ul style="list-style-type: none"> float 	You might not be absorbing fat as well as you could be. Try reducing gluten and taking a digestive enzyme that contains lipase.



TOP PICK:
Radiance Vitamin
B100 Complex

60 vegecaps

Our price: \$31.70

*Radiance (Pharmacare),
Auckland*



Heart health

Heart disease can affect nearly 50% of people 65 years old so taking an empowered approach to heart health can support energy, vitality, and better health outcomes. A Mediterranean diet rich in omega-3 rich oily fish, monounsaturated olive oil, fibre rich vegetables and pulses, and low amounts of sodium and processed foods, is considered a gold standard diet for cardiovascular health.

HOMOCYSTEINE

Another important marker of cardiovascular health is homocysteine. Circulating elevated levels of this amino acid are associated with an increased risk for cardiovascular disease. Homocysteine can also increase with insulin resistance, so supporting blood sugar balance and optimising your diet is key to wellness. Fortunately, **B Vitamins**, especially B6, B12, and folic acid are responsible for breaking down homocysteine in the body and finding other uses for the amino acid components. Vitamins B6, B12, and folic acid are commonly found in leafy green vegetables, legumes like chickpeas and kidney beans, and lean meats. B Vitamins are also associated with supporting bone health because of the role they play in the health and strength of the collagen fibres crosslinking. With B Vitamins being in such a variety of foods, we do not often see overt deficiencies of them, however we also do not tend to see people with optimal amounts either. It's important these nutrients are consumed regularly in the diet as they are not stored long term and are depleted by stress.



TOP PICK:
Ethical Nutrients Hi-Strength
Q10 Absorb

60 caps

Our price: \$56.80

Ethical Nutrients (Metagenics), Auckland

CHOLESTEROL, BLOOD PRESSURE, AND COQ10

When cholesterol is high and managed by a group of medication called statins, levels of **Coenzyme Q10** can be affected. CoQ10 plays a role in the Krebs's Cycle, which is how energy molecules are produced within the cells. We can get CoQ10 from food sources like beef, but if statins are being taken or there is a desire to support a healthy cholesterol balance and blood pressure range, additional CoQ10 can be taken in supplement form. As an antioxidant, CoQ10 supports healthy blood pressure by supporting the health of artery walls.

Night

Sleep

Having vibrant energy through the day is reliant on a deep, restorative sleep. Sleep can evade us for many reasons – hormones, less than optimal levels of key ‘sleep’ minerals, breathing difficulty, poor digestion, a full bladder, twitchy legs, stress, a busy mind.... the list goes on! When it is persistently difficult to get to sleep or stay asleep, getting the right help is important. The parts of the brain that are responsible to initiating sleepiness become less efficient as we age, interfering with our sleep quality and quantity.



SLEEP HYGIENE

The first step to improving sleep patterns is to ensure your bedtime routine (which you might not have thought about for a long time) is setting you up for success.

1. Reduce blue light exposure in the evening. Blue light is what the sun emits and triggers our wakeful hormones to get us going in the morning. Blue light is also what is emitted by electronic devices and in some sensitive individuals can interfere with the production of melatonin, the hormone that makes us sleepy when the sun goes down. Putting a blue light filter on your devices or limiting exposure to screens in the evening can support a good sleep.
2. Keep caffeine low. Keep caffeine and sleep at least 6 hours apart to reduce the risk of it keeping you up when you want to rest.
3. Go to bed when you are tired and get up if you cannot sleep, so that you are not creating negative thought associations of being frustrated whilst in bed.

MIDNIGHT BATHROOM VISITS

If your bladder is waking you up excessively at night, it can stop your ability to reach the deeper levels of sleep that give the restoration needed for the body to heal and recover from day-to-day life. Reducing large drinks in the evening and reducing alcohol, which is a diuretic, can help but it might not be enough.



TOP PICK:
Nature's Sunshine
Men's Formula

60 caps

Our price: \$36.70

*Nature's Sunshine
(NutriCom), Auckland*



PROSTATE HEALTH

Noticing increased frequency or reduced flow of your daytime "number 1s"? The health of your prostate could be investigated by your health professional and supported with appropriate herbs and nutrients. As men age, supporting a healthy prostate is important for the normal flow of urine to the bladder. Saw Palmetto (*Serenoa repens*) has been scientifically researched to support prostate tissue health and healthy urine flow.

Saw Palmetto, lycopene, and nettle have become favoured support for healthy prostates through supporting the health of the tissue around the prostate. For hormones, Saw Palmetto and Nettle (*Urtica dioica*) are thought to support healthy balanced levels of a metabolite of testosterone (dihydrotestosterone), supporting normal prostate health. Lycopene, found in considerable amounts in tomatoes, is a powerful antioxidant that has been researched in association with supporting prostate health. Lycopene has been shown to support the immune system response to healthy cell division.



TOP PICK:
Artemis Deep Sleep

100ml

Our price: \$27.90

Artemis, Dunedin

BUSY BRAIN

When a busy brain is stopping your ease of getting to sleep or staying asleep, minerals like calcium and magnesium are thought of as calming minerals, supporting the nervous system and muscles to enter a resting state.

Herbs like passionflower, kava, skullcap, and lemon balm are all soothing and nourishing for a busy brain. As well as supporting a healthy stress response, they can help calm the mind and ease worries making a solid sleep cycle easier to attain.




Sexual wellness

We all know intimacy, love, and companionship are needed by everyone. Sexual health is a component of our wellbeing, and interest in or the need for sex does not necessarily stop at a particular age, but it might change over time.

In women, a reduction in circulating reproductive hormones may mean that lubrication requires support to avoid pain. In men, the erection can take longer to arrive, be less full, and time between erections can increase. For both partners, in any gendered relationship, it can be more difficult to become aroused.

These changes can also be influenced by certain medications, which can be commonly taken by people 65 and older, which can decrease libido, the ability to achieve an erection, and decrease lubrication.



Sexual activity can improve mood, blood flow, and endorphin production, and can be a fantastic way to be physically active. Sometimes it is not as simple as just doing it - honest communication with your partner and removing expectations can help, but if there are regular unfulfilling sexual experiences happening, sharing with your trusted health professional is an important way to approach it to find a place for good sex in your life.



TOP PICK:

Clinicians Women's Intimacy

Support 20 softgels

Our price: \$12.20

*Clinicians (Douglas),
Auckland*

CHANGES TO VAGINAL TISSUE

After menopause, there are changes to the tone and tissue of the vaginal tissue, becoming thinner and more easily irritated, with less lubrication. If lubricants are making a difference, but you would still rather avoid penetration, outercourse can be a way for sex to be satisfying for both partners and can be a way of exploring a fresh approach to sex and connecting with your partner.

For libido, the biggest place of pleasure to support is the brain, encouraging confidence, removing pressure, making it fun, reducing expectation, seeing it as an opportunity to connect with your partner, not just have an orgasm. If libido needs a boost, support can come in the form of Shatavari, (Asparagus racemosus) which is famous in Ayurvedic culture for meaning "she who possesses a hundred husbands." While I am sure that is not a goal that many would have, it is a plant that can be taken right through a women's life and can support a balanced reproductive system, no matter the life stage.

TOP PICK:

Organic India

Shatavari

90 vegcaps

Our price: \$32.90

*Organic India (Good
Health Food), Auckland*



TOP PICK:

**Bonk Lube Certified
Organic Lubricant
Water Based**

75ml

Our price: \$22.60



CHANGES TO ERECTIONS

With declining testosterone levels, libido and the power of an erection can wane. It can take longer to become stimulated, or ejaculate, and time between orgasms and erections can increase. Regular exercise can increase energy making it easier to participate in the physical activity of sex, and circulation can be improved.

Maca, a Peruvian plant, has shown potential in studies to support a healthy sex drive and good energy levels. Maca can be taken by men and women, and supports stamina, wellbeing, and a happy mood in adults. It is important to select a high quality Maca that has had an additional step to its processing – cooking! Often referred to as gelatinized Maca, this process reduces the risk of the raw Maca growing mould.

TOP PICK:

**BioBalance Maca
Root Certified
Organic**

200 vegecaps

Our price: \$36.90

BioBalance, Collingwood



What's next?



You'll find all these products and more on our online store, **HealthPost**. We've got NZ's largest range of natural health and wellbeing products.

Want extra help selecting the right support for your unique health needs? Our team of naturopaths are here to help.

Here's all the ways you can get in touch.

Natural health products are supplementary and not to replace a balanced diet. Medication interactions should always be checked with your health professional. Always use the label and use as directed. If symptoms persist, see your healthcare professional.

Prices subject to change.

TAPS No: PP7690



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