



So, what is Pharmac?

All drugs that come into New Zealand have to be approved by Medsafe. Pharmac then go through the approved drugs and decide which they will fund within their allowable budget. By choosing to fund a particular drug it makes it much more affordable (and in some cases it provides the drug free of charge) to the general public.

The Pharmaceutical Management Agency is a Crown entity. PHARMAC's objective, as outlined in the New Zealand Public Health and Disability Act 2000, is for eligible people in need to secure pharmaceuticals and the best health outcomes that are reasonably achievable from treatment and from within the funding provided (www.pharmac.govt.nz).

Pharmac is a political football and there are always dozens of stories in the media about the drugs they don't fund. Keytruda being one of the most publicised drugs that isn't funded.

— Article supplied by nib

“Just once I would like to read a medication label which says: WARNING: May cause weight loss, remove wrinkles and increase energy.”

Covid-19 claims

Swiss Re reported a net loss of about US\$1.1 billion in the first half [of 2020], driven by claims related to the coronavirus pandemic.

Covid-related claims and reserves totalled US\$2.5 billion in the first six months, the

company said in a statement. That includes US\$476 million of losses booked in the first quarter, mostly from cancelled events.

Lloyd's of London has estimated that the insurance industry suffered about US\$203

billion in losses from the pandemic this year, with about US\$107 billion coming from underwriting claims and the rest from insurers' investment portfolios.

— Article supplied by Insurance Business NZ

Healthy eating and the brain

A review published in 2008 looked at different studies investigating the effects of nutrients on brain function. They found that ‘influences of dietary factors on neuronal function and synaptic plasticity have revealed some of the vital mechanisms that are responsible for the action of diet on brain health and mental function’. Additionally, they looked at evidence from research on the power of certain foods and diets to protect the brain and body against diseases.

A number of studies have found that certain nutrients and foods affect cognition and emotion. For example, a diet abundant in omega-3 fatty acids has been shown to reduce cognitive decline in the elderly and is used to treat patients with mood disorders. Foods like salmon, flax seed, krill, chia, kiwifruit, butternut squash and walnuts are good sources of omega-3 fatty acids.

The review identified certain nutrients that may affect cognition. The brain is vulnerable to oxidative damage and many of these nutrients are antioxidants.

Curcumin—has been shown to reduce cognitive decay in animal models with Alzheimer's disease and traumatic brain injury. The main source of curcumin is turmeric and it is a powerful antioxidant.

B, C, D and E Vitamins—B vitamins has been shown to have positive effects on memory. Folate is an important B vitamin. Vitamins C, D & E have shown promising results for preserving cognition in the elderly. Vitamin C is one of the easiest to obtain from—citrus fruits, plants and vegetables. Vitamin D is found in fish liver, fatty fish, mushrooms, milk, soy & cereal grains. Vitamin E is found in asparagus, avocado, nuts, olives, seeds, spinach and vegetables and are good antioxidants.

Choline—is essential for many processes in the body including making the neurotransmitter acetylcholine. Research indicates that there's a relationship between dietary choline & cognition. Common food sources are egg yolks, soy, beef, chicken, veal, turkey, liver & lettuce.

In a 2020 review for the Royal Society of NZ, Associate Professor, Liana Machado from the Department of Psychology at Otago University, suggested that although there's a lot of work to be done between diet & cognition, studies have been successful using beetroot juice and the positive effects on blood flow which can have positive effects on brain function. Positive effects from studies such as decreasing sodium as well as walnuts & hazelnuts, also showed positive effects on the integrity of the brain and the types of fats that are beneficial to brain cells.

— Supplied by Neurological Foundation

At any sign of STROKE — CALL 111

A stroke will strike suddenly and affect around one New Zealander every hour. The damage caused by a stroke will move through the brain quickly and can affect someone's ability to think, walk, talk, eat, see, read and do many other things. Knowing the signs of a stroke and acting fast will result in a greater chance of recovery.

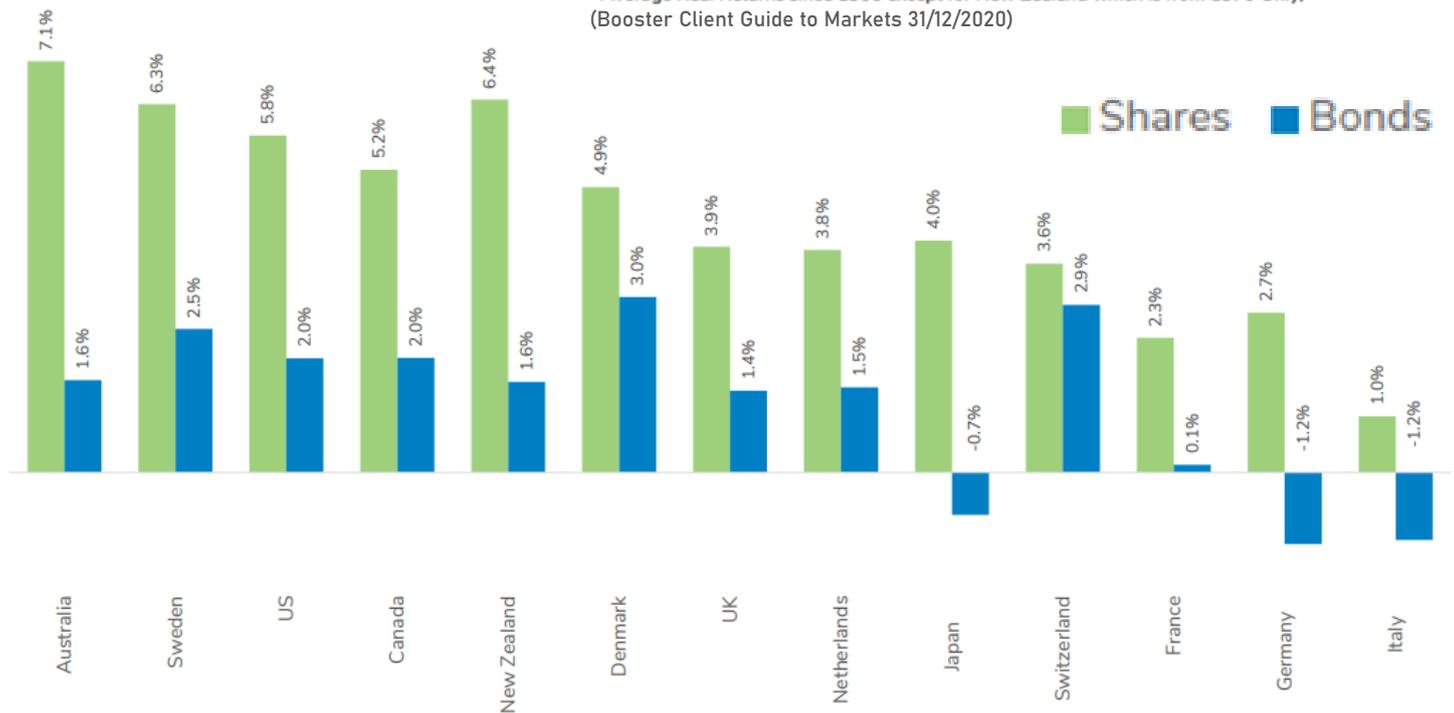
— Supplied by Stroke Foundation NZ



World Shares & Bonds Markets Performance

Average Real Returns Since 1900* (As at 31 December 2020)

Data Sources: Dimson, Marsh and Staunton – ABN Amro/London Business School, Bloomberg, Citigroup
 * Average Real Returns since 1900 except for New Zealand which is from 1970 Only,
 (Booster Client Guide to Markets 31/12/2020)



“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.”

—Theodore Roosevelt

“Making money is art and working is art and good business is the best art.”

—Andy Warhol

Spotlight on investing—PLPF

Investment Objective and Strategy

The Booster Private Land and Property Fund's (PLPF) investment objective is to provide investors with a complementary and enhanced risk / return outcome compared to traditional listed property investments. It aims to generate average annual long-term returns of about 6.50% (before tax and after all fees, charges and costs) over rolling 7 year periods from a combination of income distributions and capital growth. The fund aims to invest primarily in a diversified range of agricultural and horticultural land and property in New Zealand, which may be supplemented with investments in industrial, commercial and retail properties. The fund obtains its property exposure by buying units in the Private Land and Property Portfolio managed by Booster. The underlying fund, may borrow to invest in more land and properties or to develop land or properties already held. The level of gearing can vary between 0-65% of the fund's asset value.

Key Facts (as at 31 January 2021)

Fund Size	\$59 million
Inception Date	7/01/2019
Manager	Booster Investment Management Ltd
Supervisor	Public Trust
Fund Type	Portfolio Investment Entity (PIE)
Suggested Investment Timeframe	7 years +

Ask your Adviser for a Product Disclosure Statement

“If I had my way, I would write the word insure over every door of every cottage and upon the blotting pad of every public man, because I am convinced that, for sacrifices that are conceivably small, families can be secured against catastrophes which otherwise would smash them forever.”

—Winston Churchill

“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

—Michael Jordan

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George MacKay

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“I refuse to let anyone walk through my mind with their dirty feet.”

— Mahatma Gandhi

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Our Disclosure Statement required under new legislation commencing 15 March 2021 is available on our website www.mackay.co.nz