

Experience The Natural Way

Helping you feel relaxed and rejuvenated

Anxiety-free
life

Improved
mental focus

Outsmart the cold and flu season!

It's cold out there; did you know that the flu and cold virus can live longer in the dry, cold conditions of winter?

Coughs, colds and flu make you feel miserable, tired and lethargic, so maybe it is time to try something different this year.

The best way to stay healthy is to build your immune system.

- 1 Wash your hands regularly with soap and water, rub your hands together vigorously especially between the webs of your fingers, for at least 30 seconds
- 2 Stay hydrated; drink half your body weight in oz. per day. That's clear fluid, not coffee or tea with milk. Try green tea is an excellent anti-oxidant; Total Tea helps to detox the body at the same time.
- 3 People who exercise don't get sick as often, so bundle up and go for a walk. Indoors..... use a treadmill or bike. Exercise increases the body's immune system.
- 4 Manage your stress level. Have a regular aromatherapy massage or reflexology treatment to help reduce your stress level, remove toxins and build your immune system.
- 5 Take a quality multi vitamin and mineral supplement
- 6 Eat fruit and veggies from all colour groups, red, orange, green, blue, yellow, daily.
- 7 Dark green veggies, e.g. Algae/ spirulina, strengthen the immune system.
- 8 The pro-biotic found in yoghurt and capsule form, may promote a healthy immune system and result in fewer sick days.
- 9 Happy people don't seem to get as sick as often, it seems they produce a protein called cytokine, which boosts the immunes system.
- 10 Tri-guard Echinacea taken at the first sign has been found to help and possibly prevent a cold.

Whenever I attend a function/conference/seminar, or will be in contact with a number of people, shaking hands etc, I will take, Tri-guard Echinacea, a slow release Vitamin C, along with my immune system boost drink, the day before, the day of, and the day after. I also take this when I am travelling. It seems to work for me.

For further information on any of the above contact me,

*Yours in good health,
Christine*

Ease of
digestion

Pain-free
activity



Aromatherapy
Spa Facial



Reiki ∞



Aroma-
Reflexology



Aromatherapy
Massage



Supplements



Health ∞
Mobility
∞
Serenity