



SCAN HERE with your smart phone to visit our website



Alexandra WORSLEY's COLUMN



FEELING TIRED AND EXHAUSTED?

As my business grew I found myself losing the balance in my life. I want to share a few of my tips which helped get me back on track and explain how making time to take care of myself again, meant my life worked better. You deserve to become energised, clear headed and focused as it allows you to support your family and friends more.

At Christmas time we need high energy levels more than ever and I want you to enjoy the celebrations and feel fabulous! Here are my four simple tips to create free time for you by keeping things simple, after all Christmas is about lasting memories!

1 De-clutter - Especially if you clear the area in your office or house that you always ignore! Set a time and a date and just do it, don't make excuses!

2 Time for you - Get up half an hour earlier in the morning to set yourself up for the day. Take a bath with candles, cook yourself a good breakfast, make a smoothie, have a cuddle with your kids.

3 Cooking - Get ahead and freeze using simple easy recipes. We have lots of inspiration here at Alexandra Worsley if you want tasty ideas to support your health and wellbeing.

4 Get a good night's sleep - If you find that hard let us help you, we don't want you disturbing Father Christmas! There are lots of

nutrients that optimise sleep including Magnesium and B12 for example and we recommend you let us help you to get these in the right combination. When you are under added stress and strain you use up more essential nutrients than your diet can provide as you are not only supporting the physical body you are also supporting your emotional body and vice versa, they are very much related.

I hope this advice inspires you to give me a call for some free advice and coaching. Myself and my team really want to help you make a difference, you don't have to suffer, there are solutions!

My favourite product to help with tiredness, fatigue and to get you through the Christmas rush has to be Nature's Plus Mega Stress Multi Vitamin - just one a day for quick effective results - simple! As an incentive to support you I have a special offer of £10 for a month's supply. If you do just one thing, make it this one!

Take care of yourself
ALEX x



P.S. This Christmas why not give gifts that will enhance or help someone's life, instead of gimmicky presents which are forgotten by 1st January! Give a nutrition consultation appointment or a voucher to spend on well-being and let us offer support to find the right treatment or product - just a thought and it's the thought that counts!



Dr.Hauschka
Approved Outlet

viridian
Care for others as you care for yourself



SCAN BELOW
to download your
exclusive voucher

beacon voucher

Alexandra Worsley's Christmas/New Year Offer EXCLUSIVE to readers of the beacon magazine:
Buy an Express Organic Facial as a Xmas gift and we'll give you another for just £15 as a gift from us (or have them both yourself!)
Log on to www.thebeaconmagazine.co.uk to download your voucher (Valid until Jan 31st 2012)



Alexandra Worsley Health & Wellbeing Centre
19 Bramhall Lane South, Bramhall, Cheshire SK7 1AL | t: 0161 439 9856 | www.alexandraworsley.com