

# Health & WELLBEING

with Alexandra Worsley



## Winter Wellness Expert Advice

Hello Inside readers, I hope you are taking care of yourself! If not, can we help?

To boost your immune system for the winter we suggest you make some changes now.

Autumn is a great time to support the body and set it up for Winter Wellness.

### Biocare D3

This is our top tip for your winter health. Choose D3 over D2, research shows it is more effective. Known as the “sunshine supplement,” this is what our body produces from being in the sun. Five per cent of its action is in the bones and the remainder in the rest of the body, most notably the immune system. It may also help get rid of winter blues.

### Manuka Honey UMF 15+

This is the strength you want to go for in winter or when you feel under the weather; it has extra immune strength. Take it neat off the spoon - if you put it in hot water it destroys some of the important enzymes that do all the good work!

### Napiers Echinacea Complex

This prevents and treats, containing more than just Echinacea. The combination of herbs works better together and it comes in a liquid form which can get into the blood stream quicker than tablets.

### Natures Aid Immune Support

All round cover, this is really great for students back to university. Just one a day. Simple.

## Lamberts Immune Strength

This is great if you have catarrh symptoms, ear, eye, nose and throat stuff and it's great for children too so a good one to have in the family cupboard.

## Take care of yourself

### Alex x

## Let Us Help You

Pop in and we will match the right immune support to you. We will put together a Mini Winter Wellness pack that will be unique to you and your family. We will also give you a free pamper gift with your Winter Wellness pack.

Finally, pop in store for a FREE copy of Dale Pinnock's Winter Flu Fighting Soup from his book Medicinal Cookery. It is so yummy we want to share it with you...  
For Inside Magazine readers only!



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