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UK's top alternative wellbeing magazine

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MEDITATION | BODY | BEAUTY | DIET | THERAPIES | RETREATS

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BOOST YOUR IMMUNITY

Keep your body healthy this winter to fight off colds, says Elicca de Vazirani from Flexible Health



A healthy immune system is the best defence we have against microbes, bacteria and viruses that would otherwise invade the body and destroy our health. On a daily basis, we use antioxidant vitamins to boost our health but because winter is an especially hard time on your immune system, this is the season to help enhance our natural defences, and support and nurture our bodies.

One of the most important antioxidants for this is vitamin C, while vitamin D can also help aid this process. *The Daily Telegraph* has recently reported that “vitamin D ‘triggers and arms’ the immune system” and researchers believe that vitamin D3 in particular plays a key role in boosting it. It is important therefore to have enough vitamin C and D3 to maintain a healthy body.

While vitamin C, and vitamin D to some extent, can be gained from the foods we eat, it can also be important to supplement these. **Flexible Health’s** products contain just the optimum amount

of nutrients to help your immune system. Here’s why you should try them...

FLEX-D3 | OPTIMUM STRENGTH VITAMIN D3 SUPPLEMENT

- **CONVENIENT:** These easy-to-take, one-a-day softgels are simple to swallow and give you a healthy balance of vitamin D3.
- **OPTIMUM STRENGTH:** The Department of Health recommends that you do not take more than 25 micrograms (1000 I.U.) of vitamin D a day, for normal supplementation, and these supplements contain just the right amount.
- **FREE-FROM:** These supplements are free from artificial colours, flavours, preservatives, milk, lactose, gluten, wheat, fish and porcine.
- **SUPPORTIVE:** Vitamin D is not only important for the immune system, it also helps build and maintain strong muscles and bone and is needed for proper functioning of the muscles.

FLEX-C | DELAYED RELEASE VITAMIN C SUPPLEMENT

- **DELAYED RELEASE VITAMIN C:** The delayed release enteric coated formula is designed to provide targeted action right when you need it.
- **GENTLE ON THE STOMACH:** These vitamin C supplements are released over a 12-hour period and therefore avoid irritation of the digestive system.
- **CONVENIENT:** These easy-to-take one-a-day tablets mean that supplementing with vitamin C has never been easier.
- **FREE FROM:** The supplements contain no corn, milk, lactose, soya, gluten, wheat, fish or porcine.
- **RELIABLE & TRUSTED:** Vitamin C contributes to collagen formation for the normal function of bones and cartilage. It also contributes to the normal function of the immune system.

READER OFFER

This winter Flexible Health is giving *NH* readers a special offer – when you buy the 360 pack of FLEX-D3, the company will give you a **FREE** pack of FLEX-C, which contains 120 Delayed Release Vitamin C tablets worth £9.99. Hurry and grab this deal exclusively on flexiblehealth.com/immunity

**Terms and conditions apply.*

