



NATURAL HEALTH

WELLBEING | BODY | BEAUTY | DIET | YOGA | RETREATS

FIND YOUR CALM

Ease stress in just 5 minutes with EFT

+ The life-changing therapy you have to try

Gwyneth Paltrow's
FUSS-FREE MEALS

HOLISTIC GETAWAYS TO NOURISH YOUR SOUL

IS YOUR PHONE DAMAGING YOUR BRAIN?

see page 26

CHARCOAL: BEAUTY'S NEW MIRACLE CLEANSER

NO SLEEP? NO PROBLEM!

OUR NATURAL FIXERS WILL FAKE A GOOD NIGHT'S KIP



Plus: SHOULD YOU GO VEGGIE? • 8 OF THE BEST CHEMICAL-FREE FRAGRANCES • HOW TO BANISH JOINT PAIN • BOOST IMMUNITY WITH CHINESE MEDICINE





Doctor's Best High Absorption 100% Chelated Magnesium
- RRP £13.07, sold by HealthMonthly.co.uk at £9.15



Flexible Health Supplements
Vitamin Flex-K2 and Flex-D3
www.flexiblehealth.com



Magnesium Body Butter and Lotion - £9.95 each. Available from Holland & Barrett, independent health stores and www.betteryou.com



Gluten-Free Small Pasta Shells
RRP £2.93 - Available on NHS or www.generaldietary.com



Viridian Organic Scandinavian Rainbow Trout Oil - £24.70
www.findahealthstore.co.uk



Cuticle Moon Hand and Nail Butter - 50ml £6.95
www.akamuti.co.uk



Heavenly Organics Skin Care Clay Facial Cleanser with Free Muslin Cloth - £6.99
ichoosewhatyouse.co.uk



PUR aspartame-free gum with natural flavourings - £1.29, www.naturalorigin.com



Purely VEGAN Probiotics
- £24.00 for 30 Capsules
proviotic.co.uk

naturalhealthmagazine.co.uk

NATURAL HEALTH Hot Picks



Anti-ageing food supplement
- the RRP is £75 (month supply)
hairtodaymoretomorrow.co.uk



100% Organic Natural Flavouring Oils - Peppermint Oil £9.95, Orange Oil £5.95
www.foodieflavours.com



KISSA's Supermodel's Secret Matcha Tea
- 30 grams £14.95
naturisimo.com



NEW Puritions' Strawberry Wholefood Protein Shake
- From £1.30 per serving
purition.co.uk



Olympian Labs Biocell Collagen - RRP £45.99, sold by HealthMonthly.co.uk at £26.17



Madal Bal Natural Tree Syrup for the Lemon Detox 1000ml - £42.99
www.lemondetox.com



Base Formula Revitalising Overnight Mask with Neroli & Bergamot. 85ml £14.40
www.baseformula.com



Made from whole nuts, fruits and spices - £1.29
www.kindsnacks.co.uk



Solgar Liquid Vitamin E, 59.2ml - £11.75
www.solgar.co.uk

naturalhealthmagazine.co.uk