



Season's greetings. Welcome to our first newsletter for 2022. We hope you enjoyed your break and are making plans for a happy, and healthy year ahead.

This year, many have made a resolution to improve their general health, and immunity in particular. Your immune system can be strong, weak, or somewhere in the middle, depending on your diet and lifestyle choices, stress, and environmental factors. Don't leave it to chance - join the thousands of our customers who rely on [Total Balance](#).

We all know the importance of building immunity to protect you physically, but have you thought about your mental health?

Stress and anxiety are on the increase. And not only are they linked to physical problems including high blood pressure, diabetes, and heart disease, they can also lead to mental health conditions including depression and anxiety.

We have some ideas that might help, including scientifically-proven ways to reduce stress by making small changes to your lifestyle (see our blog below). Customers are also telling us they're finding relief with [Serene Saffron](#) (a natural blend including Safr'Inside™ Saffron Extract, KSM-66 Ashwagandha® and L-Theanine) to manage their stress levels, mood and sleep.

So whether you want to build resilience, boost immunity, or just get a good night's sleep, we're here to help you stay on top of your health.

In good health,

Your Team

Xtend-Life Natural Products (Intl.) Ltd

Looking after your mental health in 2022

Three Ways to Reduce Stress that are Backed by Science

We've done the research and come up with the goods; a list of the three best ways to reduce stress that are backed by science.

[LEARN MORE](#)



How we can help you in 2022



Serene Saffron From Stress to Serenity

Feeling stressed or anxious? Dr. Amanda Wiggins, PhD, explains how you can find your new happy place with Serene Saffron to help manage stress and support mood and sleep.

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Total Balance Foundational Health and Immunity

The immunity blend contained in Total Balance is just one way this unique product supports your foundational health and helps fight the signs of aging.

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