



FEEL GREAT AFTER CHRISTMAS!

By Dr. Bo M. Nielsen

The Christmas season is drawing to an end. For many of us this means suffering the effects of overindulgence, a few (too many) extra pounds, and feeling so run down we wish we could spend the next week tucked warmly in bed instead of having to drag ourselves back to work and our daily chores.

January is a tough month to get back into the swing of things; but don't worry because we can help you feel healthy and great again! In this newsletter issue find out all about how to cleanse your body

from the excesses of Christmas, how to shed those recently acquired pounds, and how to feel like you are bursting with energy and ready to tackle the world!

To help you with these concerns, we have devised exclusive supplement packages: a chlorella package to cleanse your body naturally; a weight loss package featuring our star product Metabolism+ to help you lose weight safely and effectively; and an açai berries package to boost your energy and enhance your

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well-being. As a special treat, we also offer you an exclusive all-in-one post Christmas wellness package featuring all three supplements above at an unbeatable price!

RID YOUR BODY OF CHRISTMAS EXCESSES WITH DOCTOR'S NATURAL CHLORELLA

OK, so you binged on food and drinks this holiday season and feel like the Michelin Man - minus the enthusiastic smile - with a bad case of indigestion. What can you do to feel better and prevent

future health problems and nuisances? Well, the first step is to neutralise the harmful effects of rich food, alcohol and a good dose of couch potatoing, with a natural detox treatment.

What is meant by detox?
Detox is cleansing the body of substances that are harmful to us.

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In essence, these substances are free radicals - unstable highly reactive chemicals. Free radicals can result from environmental pollution such as tobacco, radiation and other toxic chemicals. A lesser known fact is that overeating, an unhealthy diet and excess alcohol also cause free radicals. What makes them so harmful is that they damage our cells' structure and function, which

in the long-run can lead to chronic disease.

Our body has a natural detox system involving our liver, kidneys, blood and intestines; but if we are constantly feeding it with free radicals, our body needs help to get rid of accumulated toxins. And this is where a fantastic microscopic fresh water alga called chlorella comes onto the scene.

Why you need chlorella more than ever after Christmas

Chlorella is only about the size of a human blood cell, but it is jam packed with vitamins, minerals and amino acids. These nutrients are great at neutralising free radicals caused by our Christmas splurge. Chlorella is so amazing it can even eliminate heavy metals such as aluminum, mercury, cadmium, lead, arsenic and uranium from our body.

CHLORELLA BENEFITS AT A GLANCE

- Improves general health
- Boosts energy and promotes vitality
- Supports weight loss
- Reduces sugar cravings
- Stabilises blood sugar
- Normalises blood pH from acidic to alkaline
- Improves digestion
- Eliminates bad breath and body odour
- Reduces inflammation
- Lowers the risk of infections
- Strengthens the immune system
- Removes heavy metals and toxins from your body

WHY DO WE NEED TO DETOX?

Short-term effects of free radicals:

- Low energy
- Bloating and indigestion
- Headache
- Bad breath and body odour
- Skin imperfections
- Problems sleeping
- Excess weight
- Lowered concentration and mental performance

Long-term effects of free radicals:

- Allergy/hay fever
- Asthma
- Recurrent infections
- Heart disease
- Arthritis
- Infertility
- Miscarriages
- Inflammation
- Alzheimer's disease
- Parkinson's disease
- Acid reflux disease
- Respiratory problems
- High cholesterol
- Crohn's disease



CHLORELLA SPECIAL OFFER PACKAGE

Chlorella is laden with nutrients; but unless we take 20 grams a day (40 tablets) we still need to take a multi-vitamin and multi-mineral supplement to cover *all* our nutrient needs. This is why we have created a special package consisting of our organic Super Chlorella, Multi-vitamins and Multi-minerals for a special price of:

£38.50 - 1 month's supply!

Purchase this special offer from our website www.doctorsnatural.co.uk or call one of our health advisors on 0207 043 1256 for more information.

Our tips for supporting an effective detox with chlorella

- Drink at least 8 glasses of water per day.
- In the mornings on an empty stomach, drink a glass of warm water with freshly squeezed lemon.
- Avoid excess sugars, refined food, salt, alcohol and caffeine.
- Do moderate exercise 3 to 5 times a week.
- Try and get fresh air and sunshine as much as possible.
- Make sure you get at least 7 hours of sleep a night.
- Reduce nicotine intake or better yet, quit.

SHED THOSE CHRISTMAS POUNDS EASILY AND SAFELY!

After Christmas most of us find ourselves trying to squeeze into those trousers we wore only a couple of weeks ago with ease. Considering that on average we gain 6.5 pounds in the period between Christmas Eve and New Year's Day, it's no surprise!

If you are thinking about going on a crash diet or the latest fad diet, stop right there! They can be potentially unhealthy and deprive you of essential vitamins and minerals. Why not opt for a healthy, natural and effective way to lose weight instead!

Metabolism+ can help you

The 100% natural ingredients in Metabolism+ are combined in a proprietary blend that works with your body to help you lose weight. Keep in mind you still need to put a little effort and make slight lifestyle changes (see weight loss tips in the box at the right).

Weight loss tips

- Eat a healthy balanced diet and cut down on sugars, refined and processed food.
- Eat smaller and more frequent meals.
- Eat slowly and chew food properly. It takes about 20 minutes for our brain to realise we are full; so we eat less if we eat slower.
- Eat home-cooked meals more often instead of eating out.
- Don't skip breakfast. Breakfast helps speed up your metabolism. Also, we burn most calories during the day so ideally your heavier meals should be at breakfast and lunch with a light dinner and snacks in between.
- Walk more. Take the stairs instead of the lift and park further away.
- Serve portions of food on smaller plates.
- Don't eat in front of the television because we tend to eat more while watching television.
- Try to get at least 7 hours of sleep. A study found that cutting back on sleep reduces fat loss by 55%.



SAVE OVER 20% WITH OUR WEIGHT LOSS PACKAGE!

Many vitamins such as B2, B3, B6, B12 and D as well as minerals like chromium, zinc and calcium are known to support weight loss. Because Metabolism+ is more effective when combined with vitamins and minerals, we have put together a special package at an irresistible price!

The ingredients in this weight loss package help:

- Suppress your appetite by enhancing your sense of fullness.
- Reduce calorie intake and burn more calories.
- Fight your sugar cravings and help digestion.
- Prevent excess carbohydrates from being turned into fat.
- Prevent fat from being stored in your body.
- Lower blood glucose, cholesterol and triglycerides.



SPECIAL OFFER!

ONLY £39 for 1 month's supply!
Offer valid while stocks last so don't miss out on your chance to look and feel fantastic!

Purchase this special offer from our website www.doctorsnatural.co.uk or call one of our health advisors on 0207 043 1256 for more information.

GET OUT OF THE HOLIDAY ENERGY SLUMP WITH AÇAÍ!

Feeling drained of energy? Now that the holiday season is drawing to an end it is normal to feel lethargic and just not quite 100% there. Fear not because we have just the thing to perk you up and have you feeling on top of the world!

Boost your energy and increase your well-being with açai berries

These dark purple berries native to the Amazon rainforest are packed with beneficial substances such as:

Antioxidants: açai berries have one of the highest content of antioxidants that help to protect cells from the damaging effects of free radicals.

Protein: açai berries contain high quality proteins and amino acids, which are vital for energy, muscle strength and endurance.

Fatty acids: açai berries are rich in omega-3, omega-6 and omega-9,

which are good for brain function and cardiovascular health.

Vitamins and minerals: açai is a good source of vitamins A, B1, B2, B3, and E; and minerals such as calcium, magnesium and zinc.

Dietary fibre: dietary fibre is necessary for a healthy digestive and cardiovascular system.

Phytosterols: these are natural plant compounds that help regulate cholesterol levels.

AÇAÍ BERRIES PACKAGE SPECIAL OFFER!

Revitalise your body and feel great with our special package of Açai Berries, Multi-vitamins and Multi-minerals for



ONLY £36.50! (Monthly supply).

What can Doctor's Natural Açai Berries package do for you?

- Boost your energy levels.
- Keep your immune system healthy.
- Improve your digestion.
- Improve your sleep.
- Regulate your cholesterol levels.
- Improve your cardiovascular health.
- Improve your skin's appearance.
- Improve your libido.

Purchase this special offer from our website www.doctorsnatural.co.uk or call one of our health advisors on 0207 043 1256 for more information.

EXCLUSIVE ALL-IN-ONE POST CHRISTMAS WELLNESS PACKAGE!



Want the detox, weight loss *and* energy boost all in one package? Try our limited Christmas offer package containing Chloro, Metabolism+, Açai Berries, Multi-vitamins and Multi-minerals all for the incredible price of **£60** a month for the first three months!

Purchase this special offer from our website www.doctorsnatural.co.uk or call one of our health advisors on 0207 043 1256 for more information.

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