

Bare Health Newsletter Issue 2 : Jan 2012

A Very Happy and Healthy New Year to you all from Bare Health!

We have had a great response from our customers since opening in October and have been made to feel very welcome in Congleton. Each week is getting busier for us and we have more exciting plans for the year ahead!!

We now have a Winter events diary in place with several events on over the next month starting with our new Saturday Homeopathic Clinic, so please take a look and pencil us into your diaries!!

Look out for our website coming very soon!! www.barehealth.co.uk

PRODUCT OF THE MONTH



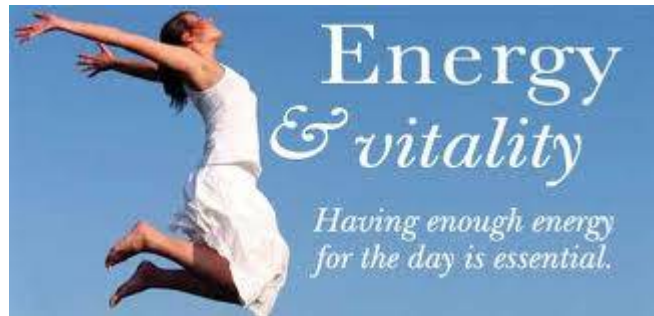
Life Mel Honey – developed for those going through chemotherapy/radiation treatment helping to combat the harsh side effects.

Clinically tested and has been shown to increase red and white blood cell count as

well as haemoglobin and platelet levels, whilst rehabilitating & enhancing the immune system

This month our feature topic is:

New Year. New You – Ways to increase energy & vitality



- Engage in regular exercise – make sure that this is an activity you enjoy, whether its a Zumba class, walking or swimming if you don't enjoy it, the chances are you wont stick to it
- Get at least 8hrs quality sleep, nightly
- Set time aside to do the things you enjoy – TAKE TIME OUT – even if it's only 20 minutes just for yourself
- Eat a healthy, nutritious diet packed with lots of energy giving superfoods & wholegrains that will give you a steady release of energy throughout the day. Try and incorporate the following:
- Essential fatty acids

Eat oily fish regularly (3x/week) and take a quality supplement such as Udos Oil.

- Drink plenty of water. At least 1 ½ litres/day
- Reduce your coffee, tea & alcohol intake. Swap your tea for herb/fruit teas
- Cut out sugar, processed foods & harmful hydrogenated fats
- Eat smaller amounts but more often to maintain a constant energy level and balanced blood sugars
- Support your immunity:

This can be done by adding a variety of immune boosting foods to your diet. Berries for their antioxidants and vitamin C, pumpkin seeds – zinc, Brazil nuts – selenium, Vegetables – Broccoli & sprouts for vitamin C, Garlic well known for its beneficial effects on the immune system.

Additional support can be gained through supplementation. Echinacea tincture, Elderberry, Beta glucans Immune Support all help to maintain a healthy immunity.

- Make your meals as colourful and varied as possible – include lots of veg so to ensure you're obtaining the broad spectrum of nutrients that your body needs.

- Maintain a healthy digestive System
 - Avoid eating late at night
 - Chew your food thoroughly and slowly
 - Avoid heavy proteins that the body struggles to digest e.g red meat/dairy. Instead vary your protein intake – eat more chicken, fish, tofu, tempeh, nuts, seeds, pulses, beans & grains such as quinoa which has a high protein content
 - Eat foods, spices & herbs that aid your digestion – pineapple, papaya, turmeric to name a few.
 - Take a good quality probiotic to ensure you have good levels of friendly bacteria in the gut.



SUPPLEMENTS TO AID ENERGY LEVELS:



Chlorella has the highest content of chlorophyll of any plant on the planet, which helps to detoxify, cleanse and protect the

body, while improving energy levels, sleep and healthy bowel function. Your hair, nails and skin also reap the benefits.

Considered by many, to be the ultimate completely natural multivitamin.



Bio-Strath

Research has shown that Bio-strath can help optimise immune function, sustaining your resistance and provide that much needed feeling of vitality.

Taken regularly it can also help maintain mental alertness and sustain concentration.



Cherry Active – A tumbler of 250ml diluted cherry active offers better protection against heart disease and stroke than more than 20 typical portions of fruit & vegetables. It has also been shown to prevent the breakdown of collagen in the body, making the

complexion more youthful whilst also helping to regulate sleep patterns due to its high content of melatonin. This 'wonder fruit' also helps to reduce uric acid levels in the body which causes the painful condition of gout. Research in the British Journal of sports medicine has also highlighted anti inflammatory agents in the fruit which can help repair muscles that have been damaged and stressed by exercise.



A new range of organic & natural power foods, healthy & enjoyable to help you find the perfect balance. Designed to be incorporated into the recipes you love. They'll invigorate & revitalise your daily diet and give the healthy boost only nature can provide.



This nutritionally concentrated formula of Vitalise is high in antioxidants and anthocyanins to help protect the body and provide essential nourishment for regeneration. When used daily you should notice improvements in your energy levels and immunity.

Vitalise is a powerful formula of 22 nutritionally concentrated foods to help maintain energy levels and deal with the stresses of modern life. This colourful blend contains a full spectrum of organic

extracts from 3 fruits, 4 vegetables, 6 herbs and spices, 3 seaweeds, 2 freshwater plants, 2 grass juices and flower pollens and so helps broaden the spectrum of energising foods you consume.

100% organic and ethically sourced and suitable for vegetarians.



Udos Choice Super 8 Probiotic is a powerful therapeutic formula of eight specific strains of friendly bacteria. Specially formulated for rectifying serious flora imbalance or disruption. Probiotics are the beneficial friendly bacteria that occur throughout the digestive tract. They are absolutely essential for proper digestion, strong immune function, and overall health. New research is establishing how important the supplementation of probiotics can be for a variety of degenerative conditions.

Udos Choice Super 8's contain 30 billion active bacteria in every capsules which is 3 times more than a typical probiotic drink.

At their optimum when refridgerated, however can be kept out of the fridge for short periods and so are ideal when travelling abroad.



Clean Greens contains antioxidants, chlorophyll, vitamins, trace minerals and

enzymes, all of which can help you cope better with our polluted environment and diet. When using Clean Greens daily, you should notice improvements in your digestion, skin appearance and general wellbeing.

Clean Greens is a nutritionally concentrated formula which purifies and strengthens your body, preventing the build up of toxins and helping you maintain good health. It contains 12 chlorophyll-rich green foods including organic spirulina, chlorella, kale sprouts, wheat grass juice, nettles and arctic fresh seaweed.

100% organic and ethically sourced, suitable for vegetarians and vegans.



B¹²oost is a highly effective and completely natural daily oral spray to help increase daily energy and concentration levels. Containing an optimum level of vitamin B12 together with Chromium and Green Tea extract, the combination is delivered orally under the tongue, quickly entering the bloodstream for the ultimate in bio-availability and convenience. Delivering 1,200mcg of vitamin B12 per dose the bottle lasts an impressive 40 days. Ideal for those with an active lifestyle, if you're feeling increasingly tired or for those who travel.

FOR MORE INFORMATION PLEASE CALL BARE HEALTH on 01260 408413

<p>BARE HEALTH EVENTS DIARY</p>	<p style="text-align: center;">WINTER EVENTS at Bare Health</p>
<p>Saturday 7th January</p>	<p>Homeopathy Clinic – with Bare Health Homeopath Jane Bowdenleigh Msc LNWCH SRHOM</p>
<p>Monday 9th January</p>	<p>Clinic with Cheshire Medical Herbalist – Amanda Cutbill</p>
<p>Saturday 21st January</p>	<p>Sports Nutrition Advisor - Jonathon Fox Instore 10am till 3pm answering all your sports/training related questions. He will also be sampling & advising on the Kinetica Sports nutrition range www.kinetica-sports.com</p>
<p>Saturday 28th January</p>	<p>‘Finding Your Voice’ 9.30am – 4pm Womens full day personal development workshop £50 inc lunch. How do our beliefs limit us and how can we challenge them effectively? How powerful is our fear and how does it prevent us pursuing our dreams? How do we set goals for ourselves that reflect our inner values? INTERESTED? Book now to avoid disappointment – limited places available</p>
<p>Saturday 28th January</p>	<p>Food Intolerance testing with experienced practitioner – Maggie Cope. Taking bookings now.</p>
<p>Saturday 11th February</p>	<p>Bare Health Holistics – Launch Day Come along and meet our team of therapists. Introductory taster treatments of Indian Head Massage, reflexology & guided relaxation sessions. Talks throughout the day with our Homeopath, Hypnotherapist, Life Coach & Medical Herbalist. Please book your session early to avoid disappointment.</p>
	<p>For More Information please call the store on 01260 408413 or email Me at mel@barehealth.co.uk</p>