

# NUTRITION NEWSLETTER

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The purpose of a newsletter is to provide specialized information to the public on interesting facts about nutrition.

## Surviving the festive season!

So, how has your year been so far? Do you have better health than last year this time? Did you reach all your health goals for the year, or do you have one month left to get there and you may as well leave it for 2008 as December is coming and that is just an impossible time to be healthy.. or is it? For some of us it is the busiest time of year, for some it is time to take a well deserved break and for others it is time to PARTY!

Here are a few tips to help you thought the festive season.

If you are having a break, also give your body a break from unhealthy food patterns:

Eat more regularly

There are such a variety of summer fruit and vegetables around, make sure to eat your 5 plus portions per day

Drink lots of water.

If you are drinking more alcohol, take a good multivitamin with lots of B-vitamins

The following foods helps your liver detox: watercress, broccoli, asparagus, kale, basil and pomegranate

**So, eat caprese salad with lots of fresh basil, add watercress and steamed green asparagus and broccoli to delicious summer salads and drink pomegranate juice!**



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## Supplement your diet

- Are you spending more time outdoors? Supplement with Carotenoids (yellow pigment in plants) to protect skin and eyes.
- Are you drinking more alcohol than usual? Take detoxifying nutrients such as those found in Nutrilite Double X, or take some extra B-vitamins if you are eating lots of greens
- Increase your energy levels with more B-vitamins instead of Red Bull or Coffee
- Take lots of anti-oxidants to help your body recover from the year's stress: vitamin E, vitamin C, Selenium, and loads of other plant based nutrients called flavonoids and carotenoids and omega 3 fish oil
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## Season Specials valid until 31 Dec 2007



Nutralite Double X premier multivitamin, mineral and phytonutrient supplement.

Double x offers you a completely recalibrated balance of vitamin, mineral and plant concentrate protection. It can assist with DNA stability, stimulation of protective liver enzyme activity and heart, skin, bone and eye health. It provides 12 vitamins and 10 minerals and features 20 plant concentrates for even broader antioxidant protections and unbeatable health benefits.

Usual Price R611.00 (183 tablets)

Special price: R 560.00

Nutralite Omega 3 Fish oil complex:

90 capsules : 180mg EPA; 120mg DHA per capsule)

Usual price R342 Discount price R299



Nutralite Natural multi-carotene:

90 capsules Containing alpha and beta carotenes as well as zeaxanthin as it occurs naturally in nature

Usual Price R 342 Discount price R 299.00



Nutralite Natural B-complex (100tablets)

Usual price: R 127 Discount Price R115

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## Food of the month: Berries



Packed with antioxidants, detoxification nutrients , vitamin C, manganese and dietary fiber, these little gems are more than just a pretty picture.

### Five ways with Berries

1. In a salad, blackberries and raspberries cubes of papaya orange segments, fresh mint and a squeeze of lime juice
2. As a dessert, with raspberries, strawberries and balsamic vinegar, shredded basil leaves and cracked black pepper
3. As a refreshing drink, blended with lime juice, mint leaves and sugar (to taste ) and water, and served on ice with a splash of soda water
4. Mixed into low fat cream with a little vanilla sugar and spread generously between slices of a Madeira cake
5. As a compote, poached with a mix of other berries in a sugar syrup to which has been added a sprinkle of cinnamon and vanilla pod

## Nutrition Assessments:

(Full nutritional assessment and diet plan)

Usual Price R570 Discount price : R 450

(Follow visits are charged at R250.00 per session)