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## BE YOUR HEALTHY BEST THIS WINTER

May is my favourite month in Durban - we have had glorious sun-filled days with mild evenings. A few chilly days remind us that winter is on the way - and the sniffles and sneezes signal the onset of winter colds and flu.

It is no secret that the stronger your immune system the more protected you will be against the winter bugs that make you sick. Flu vaccinations will not boost the immune system and they are often ineffective against new strains of viruses that seem to appear every year.

### WINNING THE WINTER WARS

The best defence is through correct nutrition and sensible supplementation. Cooler weather provides an ideal opportunity for healthy soups and stews filled with a wide variety of vegetables. It is important not to forget a daily selection of fruit and especially citrus which is abundant in this season.

Good health starts at cellular level - if your cells are well you are well. Vitamins and minerals alone are not the answer - each cell needs to be fed lipids and sterols to keep the cell walls soft and supple allowing nutrients in and, more importantly, allowing waste out. Modern food processing removes these vital grain concentrates from wholewheat, rice, soya and safflowers with the result that more and more people today are feeling "so tired" and suffering all manner of "diseases".

Vitamin and mineral content in fruit and vegetables is a fraction of what it used to be and food additives and colourants are rising at an alarming rate. Add to that the high levels of pollution and stress and it becomes obvious that a daily comprehensive whole food supplement delivering a broad spectrum of key vitamins, important minerals and trace minerals is essential to maintain good health.

As nature's antioxidants, extra Vitamin C, A&D and E will enable the body to protect itself against attacks by the "winter bugs". Garlic contains potent antioxidants and is regarded by many as a natural antibiotic that helps to keep the "bugs" at bay when included in the daily routine.

Winter can be a particularly miserable time for the little ones - and Mom - without proper diet and whole food supplementation to protect them against the scourge of winter

ailments. Help them to enjoy a "flu free" winter by ensuring that their little bodies have good cellular nutrition and plenty of antioxidants.

## DON'T LET COLDS AND 'FLU GET YOU DOWN

Imagine a winter without colds and 'flu and then take the action to make that a reality. Plan a diet program for the whole family that includes lots of whole grains, vegetables and fruit - make it fun with lots of variety, and don't forget the supplements to boost the immunity.

For more details  
and to find out how you can boost your immune system by 37% in just 20 days  
give me a call on 0828941393 or contact me on [norma@visualconcepts.co.za](mailto:norma@visualconcepts.co.za)