



NEWSLETTER NO. 1 January 2010

Your road to health....

A Happy New Year to you all.

The festive season is such a lovely time. We get to share the time with family and friends and enjoy some delicious and comforting foods and drinks.

When the party is over though, I always feel like clearing out my house and give my body a break with simple and fresh foods. Maybe some of the courses on offer might tempt you to make a fresh start too.

Here is some advice from the author of "The 10 Secrets of 100% Healthy People", *Patrick Holford*.

Secret One: Perfect Your Digestion

„We tend to take digestion for granted. After all, it just happens. But how efficiently you digest food makes all the difference between feeling energised and feeling tired. This is because we derive energy from food, and one of the main purposes of digestion is to turn the food you eat into fuel for your body cells. By taking in the right food and nutrients that help you build a healthy digestive tract you can rapidly recover from digestive problems.“

If you feel like you have overdone it, this Christmas, who not try a simple Detox to give your digestive health a boost. This is a good way to make a fresh start and give you renewed energy.

If you suffer from digestive problems, it is likely to have an impact on and be connected to your overall health and wellbeing. **Allergies, headaches, skin problems, cholesterol, weight issues, tiredness, muscle and joint pain** may all improve by addressing digestive problems.

Upcoming Courses and Workshops !

Allergies – Hayfever - 22.1.2010 (German language)

7.30 pm to 9.30 pm at the Centrum for Iyengar Yoga, Neuss

Low-GL Diet (Weight Loss++) – 19.1.2010

7.30 pm to 9.30 pm at the Chiropractic Health Center, Kaiserswerth

Liver Detox – 14.1.2010

7.30 pm to 9.30 pm at the Chiropractic Health Center, Kaiserswerth

Menopause – 26.3.2010 (Neuss - German)

Liver Detox – 26.2.2010 (Neuss- German)

Nordic Walking

Every Tuesday from 9 am to 10 am in Kaiserswerth – beginners are welcome

Hata Yoga (Iyengar)

Mondays : 9:15 - 10:45 English

Tuesdays: 9:00 - 10:30

Thursdays: 9:00 - 10:30

Thursdays: 18:00 - 19:30

Thursdays: 20:00 - 21:30 Men

@ the Chiropractic Health Center, Kaiserswerth.
Registration and information: 02131 512 1775 or re@das-centrum.de.

*Times and venues may be subject to changes.

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:
Tove Cecilie Schränkler on 0211 1584 293 or info@scandinavian-health.de

Don't change your medication or start a supplement regime without consulting a health professional.