



Well - just as we all thought that warm weather had come early, nature has reminded us that it IS still Winter! It's still really important to keep up a healthy intake of nutrients - Zinc in particular is important, particularly with regard to immune health.

ZINC

Zinc is used in many different metabolic activities including growth & development, immune response, reproduction, & neurological function.

At risk of Zinc deficiency:- vegetarians/vegans; people with inflammatory bowel disease eg Colitis; pregnant & lactating women; infants & children.

"How do I know if I'm Zinc deficient?" Well, there's a simple test that I can do in clinic. It only takes about a minute & we can see immediately what your Zinc status is!

RE-USE vs RECYCLE

At nourishe I encourage the "re-use" option as much as possible. I will re-use all glass containers from the face & hand creams, & all glass dropper bottles (I don't re-use the lids or the droppers). I am happy to refill your own personalised remedy bottle. I don't have the facilities to re-use any of the oil bottles as they have proved to be too hard to clean properly (but they are recyclable)!

I also refill ecostore laundry liquid & dishwashing liquid. Shampoos, liquid soaps & body wash are all available in bulk refills, as are the

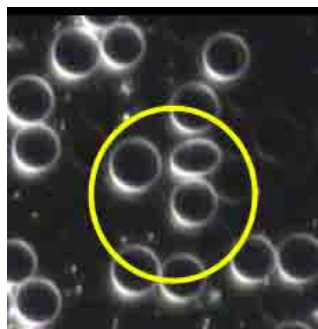
spray cleaners. Please contact me for more info on prices.

I encourage you all to re-use your household plastic bottles as much as possible. Plastic polymers use more energy & require more processing to be recycled. So before you discard that sprayer or shampoo bottle each week into your recycling bin give some thought as to how you can re-use it instead!

HEMA VIEW

I thought I'd include a snippet about Hemaview each month as it is now by far my most valuable assessment tool - & yours too!

Looking at the red blood cells within the yellow circle we can see that one is oval shaped & they are all different sizes.



This indicates potential Iron, B12, Folate deficiency. I've seen this often already, even in people taking Iron

supplements. What this can indicate is more likely oxidative stress (free radicals) & simply means the key nutrients just aren't hitting their targets.

I highly recommend using Hemaview as part of your Health & Wellness Maintenance plan to ensure you're in the best possible health you can be.

PRODUCT of the MONTH



Aroma-Go™ can be used anywhere, anytime, by anyone. Carry it with you in your bag or pocket & roll on to your skin to use the magic smells and relax or revive!

\$10

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website now live!

feedback welcome - there's a quick survey on the 'contact us' page

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