



News

It's been a while since our last Natures Corner News, for which we apologize and hope you **have** missed us. This month we have an exciting **Taste & Try Day on Thursday 31st March** - details are attached. We would love to see you and any of your friends – so please support your local and independent health store and join us in our day of fun and opportunity. We are also celebrating National Bed Month with a window dedicated to those among us who have trouble sleeping. Look out for Anita and I in our PJ's on Friday this week! Our News will be short and sweet and more often from now on – we hope you enjoy it.

Jet Lag

For the fortunate amongst us who are looking to jet off this spring or summer, we'd like to give you a few holiday tips. Jet Lag is characterised by feelings of sluggishness and fatigue after long haul flights. Travelling to different areas of the world across time zones can mean the body's natural cycle called the Circadian rhythm is disturbed causing us to suffer sleepiness at the wrong time of day. From recent studies it is now accepted that exposure to free radicals and radiation in the pressurised cabins of aircraft can cause some of the symptoms.

Diet

- **A light diet during the flight**
- **Plenty of water – 1 glass per half hour**
- **After the flight a healthy diet with plenty of fruits and vegetables**

Further help

- **5-HTP tablets**
- **Jet Lag homeopathic remedy**
- **Travel aromatherapy essence**

Perfect Papaya

Going down a storm in Australia, our new **Papaya Ointment** is set to do the same in the UK.

100% Natural...100% petrochemical free

- ❖ **Moisturise dry chapped or sunburnt lips**
- ❖ **Soothe cracked nipples**
- ❖ **Calm and protect against nappy rash**
- ❖ **Care for dry, cracked and irritated skin**
- ❖ **Protect against and relieve the effects of wind and cold**
- ❖ **Promote skin elasticity**

The **papaya** fruit (also known as the Paw Paw in Australia) is a fantastic source of vitamins, minerals, amino acids and enzymes. This ointment is perfect for topical use on most skin problems.

And don't forget papaya is also a fantastic digestive aid. Solgar produce a small tube of papaya pulp (called **Caricol**) that can be eaten straight from the wrapper or frozen to make an ice pop and is ideal for both adults and children. Perfect for holidays when our tummies tend to behave in a different way.

A hug for Mother's day

Nothing says 'I love you' like a hug.....and nothing hugs like a **haramaki**. This Japanese tummy wrap has proven extremely popular as a gift and is ideal for health conscious mums who enjoy gardening, pilates, yoga, sports and any outdoor activity.

March 2011



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What's on 'in store'.....

Taste & Try Thursday
31st March 10am – 4pm

TASTE & TRY THURSDAY

Thursday 31st March
10am - 4pm



Do you have trouble sleeping?
Are your joints aching?
Do you suffer from hot flushes?
Are you bloated?
Do you want to lose weight?

Call in for **FREE** Nutritional and Skincare advice
FREE Therapy taster sessions (see reverse for full details)

COLLECT MONEY OFF VOUCHERS TO THE VALUE OF £55!

Janet Gray - Massage
Gray's Therapies -
Injury Treatment & Stress Relief
Contact Details: 07980 974333

Amanda-Jane Harley -
Hypnotherapy
www.ajh-hypnotherapy.co.uk
amanda-jane@ajh-hypnotherapy.co.uk
Tel: 07801 332012

Barbara Murray - Acupuncture
Contact Details: 01635 869291
Mob: 07941 100511

Theresa Millman - Nutritional
Therapist

Also....TASTE Provamel desserts
and New Nakd bars

TRY our Hemp Lavender
Cream and new bamboo
socks

Natures Corner
12 Bartholomew Street
Newbury
RG14 5LL
Tel: 01635 33007
www.naturescorner.co.uk

No Need to Book. **Taste & Try.**

Any further questions please feel free to speak to a member of staff.
We look forward to seeing you!

Free Nutritional Consultations
Tuesday 5 April Orley Moyal
Wednesday 4 May Kim Knight
Wednesday 18 May Andy Fox



What to look out for.....
Get ahead of the game and be prepared
for the hayfever season.

It's far better to start taking your
remedies in advance of any symptoms,
so consider Luffa Complex to prevent
sneezing and itchy eyes without the
side effects of conventional
medication. If the symptoms are upon
you then Bromelain and Quercitin are
good recommendations to reduce
inflammation and as a natural anti-
histamine.

Our store will also be keeping people
 updated through Facebook and Twitter,
 so please join us on
www.twitter.com/natures_corner

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