

Our New Autumn Podcast is here!

Boo!

Did I Scare you? No?

Ah well, anyway it's Julie here from Natural Health.

Well - clocks have gone back and autumn in full tumble - I've been putting together a new autumn season podcast for you including:

- Stiff joints from the change in weather? Try this for fast results.
- With December on its way, the one vitamin you really need to zap stress
- Plus the special herb that keeps the Siberians chipper in Harsh freezing conditions - so should work here in Herts!

We also have a great interview with our Hertford osteopath Julia, So if you put your back out break-dancing at the 'Halloween monster ball' you know who to contact :-)

Just click here to listen:

<http://www.naturaltherapycentre.co.uk/podcast.asp>

If you have any questions do drop me a line my email address is:

[info@naturaltherapycentre.co.uk](mailto:info@naturaltherapycentre.co.uk)

See you soon

Julie

Ps Here's the link again for our new autumn Podcast, just click on it now, press play or you can download and listen to it later

<http://www.naturaltherapycentre.co.uk/podcast.asp>

Come & say hello on Facebook too:

<http://www.facebook.com/JulieNaturalHealth>