

Hello – It's Julie here from Natural Health.

Yes! Snow's gone Hurrah!

Bad news its lots of people seem to be finding it hard to get well after the winter cold - and flu viruses seem to be especially prevalent this year.

So here is our Special Winter podcast for you with all my favourite recommendations.

The podcast is full great tips on all things to do with Winter Health including:

- If you only do one thing to keep healthy in winter... do this!
- The truth about Echinacea
- S.A.D. and how best to overcome it
- If you're De-toxing this is very best thing to take

Just click here to listen to our Winter Podcast:

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

& If you haven't heard my special Swine Flu Podcast yet - you find that here as well.

If you have any questions or queries just get in touch - Here's my email address: info@naturaltherapycentre.co.uk Or call me on 01707 392020 (WGC) Or 01992 550101 (Hertford)

Enjoy the Podcast - See you soon :-)

Julie

Ps Here's the link again for winter Podcast, just click on it now, press play and it will start or you can download and listen to it later on your ipod/mp3 player.

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

Hey! - Come & say hello on Facebook too:

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