

## Julie from Natural Health's first Podcast!

Hello – it's Julie here from Natural Health.

I just wanted to let you know that we have recorded our very first Podcast (its like a radio show on the website, if like me you didn't know what a podcast was!) and its ready for you to listen to now.

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!
- Do you need to take a break with Echinacea?
- S.A.D. and how best to overcome it.
- If you're de-toxing the very best thing to take
- Sage – so good it even fended off the plague!

Plus I interview Margella from our new clinic on acupuncture and herbal medicine.

Click here to listen to our Winter Podcast:

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

Listen in, drop me a line a win a £30 Voucher!

We are doing one podcast for every season and I'm just preparing now for the spring one. So drop me a line with any suggestions you would like to hear about on the spring podcast or any questions you would like me on answer - on air!

The best suggestion or question (or one that makes me laugh the most!) will win a £30 gift voucher for our Health shops. Because we have to record soon, the deadline for this is Friday 20<sup>th</sup> March – so have a quick listen and please do drop me a line.

Here's my email address: [info@naturaltherapycentre.co.uk](mailto:info@naturaltherapycentre.co.uk)

Enjoy,

Julie

Ps Here's the link again for our new 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>