

Hello,

I really don't want to add to all the excess of media hype surrounding swine flu at the moment - but I've had so many people coming into the shops who want good advice on what natural remedies they can use to help avoid it.

So I've put together a quick podcast with all my recommendations.

In a nut shell it's all about keeping your immune system firing on all cylinders, so here are my absolute favourites to really help with this – (including one very recent discovery which I'm very excited about).

All is revealed on the podcast, which is shorter than normal - Just click here to have a quick listen:

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

As always, if you have any questions – just email them to me or call me on: 01707 392020 (WGC) Or 01992 55010(Hertford).

Wishing you the best of health,

Julie

Join me on Facebook at <http://www.facebook.com/JulieNaturalHealth>