

Sun Sea &...Podcasts! - Our New Summer Podcast is here!

Hello - it's Julie here from Natural Health.

Well - Summer is well and truly in full swing and I've been putting together a summer podcast for you packed with great ideas & tips on all things to do with Summer health including:

- Sun causing you uncomfortable swelling? My No: 1 top tip for swollen legs or feet..
- Thinking about 'Back to School'? Natural ways to beat classroom bugs, nits & nasties!
- Plus my absolute favourite recommendation for keeping your immune system tip top.

We also have a great interview with Amanda from Bush Flower Remedies on the vibrational healing qualities of flowers - (these have been described as Bach remedies on steroids!)

Just click here to listen:

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

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

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

info@naturaltherapycentre.co.uk

See you soon :-)

Julie

Ps Here's the link again for our new Summer Podcast, just click on it now, press play or you can download and listen to it later (at the beach hopefully!)

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

Come & join me on Facebook too:

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