

Wellness Essentials for a Healthy Winter

7 Natural Cold Weather Must Haves

With winter chills come cold weather ills, from runny noses and lingering flus to dry skin and wet weather blues.

Whether your affliction to the cold weather is physical, mental or emotional, there are immune boosting, mood-lifting steps you can take to help you get through the season with your immunity in check.

“According to Traditional Chinese Medicine, winter is a time when our energy goes ‘in and down’. So it’s a time of introspection,” says Lifestream wholefoods ambassador and nutritionist, Janella Purcell.

“Cook and eat meals that require a longer cooking time and add in wholefood supplementation for that extra nutritional boost. Prepare meals that contain more water, that cook over a lower temperature for a longer time. So a long simmer instead of a throwing a quick salad together is ideal. Bake your veggies instead of a quick stir-fry. Pull out your slow cooker in winter and use your oven more. Everything should slow down.”

7 NATURAL WINTER MUST HAVES

Lifestream Spirulina Blue

What it is: Spirulina Blue is a winter superfood like no other thanks to its immune-boosting, energy enhancing properties. This powerful formula is also naturally rich in vitamins, minerals, antioxidants and essential amino acids.

Who it’s good for: Those who are under stress, immune compromised or need extra energy to get through the chillier months. It’s also a must-have for avid exercisers and athletes due to its ability to support muscle recovery and reduce oxidative stress.

How much? \$36.95 for 200 tablets.

Qsilica One-A-Day

What it is: A beauty favourite, thanks to its ability to foster healthy skin and vibrancy from the inside out. Formulated with essential mineral silica, Qsilica One-A-Day is an award-winner due to its nourishing and effective blend of colloidal mineral silica, selenium, zinc and biotin.

Who it’s good for: Those who understand beauty and wellness begin within and want to stay vibrant all year round, with healthy skin, shiny hair and strong nails. A must-have for those wanting to ward of chill-induced dry skin and keeping nutrition in check.

How much? \$34.95 for 30 tablets.

* Media note: Please refer to CHC information below.

Australian Bush Flower Essences Woman Organic Essence Mist

What it is: An award-winning gentle mist that may rebalance a woman’s emotional energies. Use it to pamper, cleanse and tone your skin with a synergistic blend of botanicals, exquisite oils and Australian Bush Flower Essences. Use on the skin or as a room spray.

Who it's good for: Women who need an infusion of calm, particularly during winter's drab days. This gentle mist may even out imbalances during menstruation, menopause or when you're simply rundown. Recommended for mood swings, weariness and times of change, including seasonal shifts.

How much? \$18.85 for 50ml.

Watson & Son Manuka Honey Lozenges

What it is: All-natural lozenges made with 91 per cent pure, genuine New Zealand Manuka honey, which boasts a natural antibacterial action to calm, soothe and heal irritated, sore throats.

Who it's good for: Those who are susceptible to winter-induced sore throats and need effective relief on the go.

How much? \$10.95 for eight lozenges.

Lifestream Biogenic Aloe Vera

What it is: A digestive, year-round tonic that soothes the stomach lining and intestines, while supporting smooth, natural digestion. It helps maintain healthy intestinal bacteria, assists with healthy digestive tract functioning and supports the immune system.

Who it's good for: Anyone who suffers from irritable bowel symptoms, stress-related leaky gut syndrome or simply wants to foster a healthier gut and strengthen immunity during the chilly months. As digestion naturally slows during winter, aloe vera is a go-to for a healthier gut.

How much? \$32.95 for 1.25 litres.

* Media note: Please refer to CHC information below.

Qsilica Paw Paw Rescue Ointment

What it is: An all-natural multi-use balm that's free of nasties such as petroleum. Formulated with skin soothing and repairing paw paw extract, mineral silica, shea butter, beeswax, macadamia oil and calendula extract.

Who it's good for: Women or men who want an all-natural alternative paw paw balm, which soothes and heals without toxins. Great for those who regularly suffer from dry, cracked lips and those who simply want a natural, protective barrier against the winter elements.

How much? \$8.95 for 25ml.

Efamol Pure Evening Primrose Oil

What it is: An easy-to-take evening primrose supplement rich in gamma-linolenic acid, an essential fatty acid that helps to maintain healthy skin.

Who it's good for: People who suffer from dry skin, which is often aggravated in winter, and want to address the cause and not just symptoms.

How much? \$29.95 for 80 capsules.

* Media note: Please refer to CHC information below.

#lifestreamwholefoods #qsilica #winterremedies

Potential Angles

- Winter wellness features and product pages;
- How to build immunity naturally;
- Essential winter must haves;
- Health and beauty winter trends;
- Health and beauty from the inside out.

Images: High resolution images available on request.

Availability: Lifestream, Qsilica, Australian Bush Flower Essences, Watson & Sons and Efamol are available at selected health food stores nationwide and online at www.planethealth.com.au

* Please note: These products are subject to CHC regulations for advertising of therapeutic products. Please contact Communeco for approved editorial copy.

ABOUT PLANET HEALTH

Planet Health was founded in 1996 by Mandy and Peter Harwood, who shared a vision to create a natural health distribution company like no other. By supplying innovative premium natural health products, supported by customer care exceeding all expectations, Planet Health is today the market leading national distributor and marketer of premium natural health and beauty products in Australia.

With a highly experienced team including qualified naturopaths, the company is a supplier of premium products as well as trusted source, by media and the public, of natural health and wellness information.

Planet Health distributes much-loved brands including Qsilica award-winning natural beauty supplements and skincare, Lifestream all-natural wholefood supplements, Efamol (essential fatty acid products), Australian Bush Flower Essences and Watson & Son Manuka Honey.

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