

# your healthy living

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**FREE**  
magazine

## WIN!

a weight  
management  
and life coaching  
programme  
worth £340

Running tips  
from Vassos  
Alexander

Keep your  
immune  
system on  
top form  
*naturally*

Our guide  
to good  
gut health

Delicious  
recipes for  
Veganuary



Denise  
**van Outen**

*"My healthy New Year's resolutions"*



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# IN THE PRESS

**YHL takes a look at new and newsworthy natural products to support your health and wellbeing.** We will also be trying and testing these products on our social media channels, so look out for them on Twitter, Facebook and Instagram this month!



## FEEL-GOOD TEA

Whether you're looking for a morning energy kick, an immune-boosting pick-me-up or a night-time relaxer, **Ahmad Tea's Natural Benefits** range of herbal infusions has something to suit your needs. There are six all-natural blends to choose from including Immune, Energy, Sleep, Beauty, Slim and Digest, all priced at **£3 per pack**.



## IT'S EASY BEING VEGAN

**Human Food** makes it easy to be vegan and not be deficient in any essential nutrients. Priced at £9.90, these bars are the most nutritionally dense food in the world, used by top sports people to enhance performance. Choose from orange, featuring orange oil, white with added nuts and yellow with added turmeric.

## NATURAL PROTECTIVE POWER

Formulated with SLS-free and natural ingredients, **ZENDIUM** toothpaste, £4.80, helps enhance your mouth's protective power. ZENDIUM is clinically proven to strengthen your mouth's defences with natural antibacterial enzymes and proteins that deliver a probiotic benefit, boosting good bacteria in the mouth and reducing bad bacteria for whole mouth protection.



## TIME FOR A REBOOT?

If you're struggling with your gut health and need a fresh start, why not try the new **90 Day Gut Reboot from Microbz?** Priced at £75, it includes a three-month supply of Bio-Live, a 100 per cent natural liquid probiotic fermented with traditional herbs and minerals, plus tips on gut health and a chart to record your progress.

## PLANT-POWERED PROTEINS

**Naturya's** new range of organic **SuperProteins**, £9.60, are the perfect way to top up your protein intake throughout the day. Available in three great-tasting, superfood-infused natural flavours, these plant-based proteins are perfect as a high-protein pick-me-up or as an addition to bakes, smoothies and snacks. Choose from acai-strawberry, banana-baobab and cacao-maca flavours.



## NEW LIPOSOMAL VITAMIN C

**Youth & Earth's Liposomal Vitamin C**, £34.99, contains 1,000mg of vitamin C per adult dose. This great-tasting orange-flavoured supplement is available in a new liposomal delivery system which enables the vitamin C molecules to bypass the digestive system and be delivered exactly where they are needed in the body.

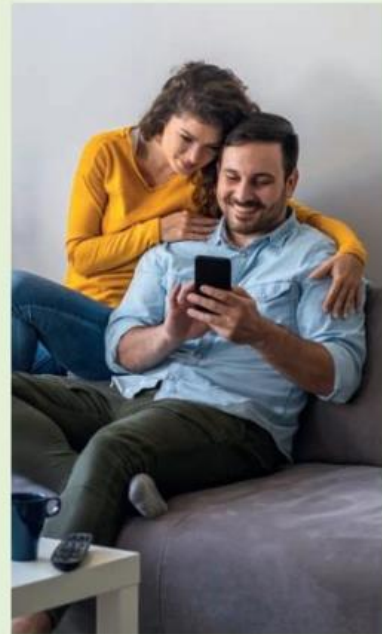
## PLANT-BASED GOODNESS!

We all want to eat healthily but sometimes we just don't have the time to cook from scratch. That's why we love the restaurant-quality range of plant-based ready meals from **The Brook**. The range includes a hearty black bean chilli, a sumptuous lime and coconut dal, a decadent double chocolate brownie and, our particular favourite, the deliciously smoky Mac & Cheese.



# IN THE PRESS

# Hope for those with Parkinson's Disease



New research has shown that a cognitive-training app is helping to improve the lives of those with Parkinson's Disease. The research, carried out at Radboud University Medical Center and Maastricht University Medical Center in the Netherlands, revealed that patients who used the MyCognition app regularly for 24 weeks reversed the decline in their global cognition - that is their memory, their ability to concentrate, make decisions and learn new things. This was when compared to a controlled group of patients in a similar condition who didn't use the app. For more information, visit [mycognition.com](http://mycognition.com)