

Wellness and Wellbeing

Health is not merely the absence of disease, it is a vibrant state of wellbeing and enjoyment of life.

Nutritional care is now an integral part of the total care you need to consider for your health and longevity. Long term nutrient depletion can adversely affect health and vitality, also possibly contributing to serious degenerative diseases. Every bodily function depends on energy producing chemical reactions in the cells. These reactions depend on vitamins and minerals.

Without adequate vitamins and minerals, together with essential proteins, carbohydrates and fatty acids, energy is reduced, vitality diminishes, and illness may occur. Adequate nutritional intake has a large effect on your energy and vitality. In fact, without proper nutrients, the body is unable to continue the biochemical and metabolic processes which produce cellular energy.

Why should you supplement your diet?

Thirty years of research has shown that most chronic diseases in first world nations are nutrition related.' Statistics reveal that although people are consuming more nutrients per capita than ever, they seem to be receiving less nourishment!

This may be attributed to:

- soil depletion of over-worked farm lands
- unhealthy diet
- poor lifestyle choices
- pollution
- Stress



Many of us, even those who feel they eat well, do not eat a balanced diet. Almost 40% of the calories we consume come from highly processed convenience foods which are rich in fat and refined sugar. Environmental and lifestyle stresses can sometimes increase the need for essential nutrients to more than can be obtained from the diet.

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Multivitamins, Minerals and Herbs

Pollution, dietary habits and lifestyle factors may make it difficult to receive all the nutrients you need from food alone. Therefore, a multiple vitamin / mineral formula should provide a complete supplement, including all the valuable nutrients. An ideal dietary supplement should contain ample amounts of antioxidants, B vitamins, vitamin C, beta-carotene, vitamin A and minerals in specific ratios.

To compensate for digestive problems, an ideal multivitamin should use the most easily absorbed nutrient forms. Balanced nutrient ratios (often overlooked in multi formulas) are helpful in the absorption of other nutrients. A good multivitamin should also be hypoallergenic (free from common allergens such as yeast, soy, milk, egg, wheat, corn, sugar, starch, salt, preservatives, waxes and artificial colouring).

Supplements to achieve wellness

The concept of a tailored supplementation is not new, many companies in the complementary medicine area have developed evidence based ethical nutritional formulations. A range of products that brings to both men and women the complete solution to natural beauty and longevity, designed to nurture all aspects of inner and outer healing, are available through our centre. They consist of a herbal antioxidant/multivitamin supplement, to protect against the harsh effects of free radicals, an anti-ageing cream for use on the whole body, and a simple to use nutritional minerals to revitalize youthfulness. Together this scientifically proven combination is not unlike 'the fountain of youth'.

