

Choice

Health & Wellbeing



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The Leading Publication for Complementary Health, Education and Wellbeing

Truly Organic?

What do we know about our 'organic products'?

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Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Letter from the Editor



You may have heard it said, "If you don't know where you are going, any road will get you there." The results we achieve – bad, good, or significant – depend on what we focus on in each moment. Focusing our time, energy or money on the wrong things in these times is something we should avoid. Do you know what you are focused on in each moment? Are you focused on what you want? Or on what you don't want?

Do you even know what you want? In my experience, most of us are not aware of what we want in each moment. We haven't even thought about it. We are busy reacting – in fight, flight, or freeze – and not focused on what we want. And most times, particularly in challenging times, we are focused on what we don't want – and we don't even know it.

The investment we make in focusing on what we want brings returns to us as individuals and as organizations are thousand fold. We have a tremendous opportunity to cement our character and culture, focus on what truly matters, improve performance, achieve greatness, and thrive.

Happy reading

Angela

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Printers
Produced by Printech

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Testimonial

Dexsil-Vitasil



confirmed the polyp was non-cancerous. A few months later bone density tests were carried out as I had previously undergone the radiotherapy treatment. They were amazed to find that my bone density results were at the top end of the scale without any prescribed medication. The tests were repeated several times and all results confirmed the initial findings. I put this down to my taking the Dexsil-Vitasil Silicium Range of Articulations product.

I have been so impressed with the Dexsil-Vitasil range of products that I use them consistently for the face (Silicium Gel,) neck and chest (Buster Gel), pigmentation (AntiTaches), joints (Articulations Liquid and Gel), muscle (Sport Gel), broken veins (Vein Gel), snoring (Breathing Gel), circulation (Light Legs Gel), post-operative stitches (Peau Gel), slimming (Silhouette Gel)

I would highly recommend these products to anyone as I honestly believe they have played a very large part in my recovery from the many serious medical conditions I have suffered from over the last few years. **Mrs E.M.T CHW**

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Products for osteoporosis, healing wounds and the reduction of inflammation

I am a 69-year-old female and I was diagnosed with osteoporosis, acid reflux, pancreatic issues following removal of my gallbladder, and joint pain. I have been a smoker since I was in my mid-twenties. You can imagine my horror when I was further diagnosed with breast cancer. My medical specialists all agreed that I should undergo a partial mastectomy together with a lumpectomy, followed by radiotherapy. Treatment for the osteoporosis would be undertaken at a later stage.

I started taking Dexsil-Vitasil Bio-activated Organic Silicium Articulations with MSM, Glucosamine, Chondroitin supplement when I was first diagnosed with the osteoporosis and I found it was also an excellent product for the relief of my joint pain.

I was operated on for the breast cancer and had a course of radiotherapy which was successful and I am now in remission. I continued taking the Articulations product to overcome inflammation and heal the surgery wounds. I was also using Silicium Gel to build collagen and hydrate and plump up the skin. I felt good and happy during this difficult time and I received many compliments on how well I looked. This was very helpful as I was fighting cancer and had I looked ill, it would have affected my morale and the cancer would have destroyed me.

Three days after I had received the good news about my cancer, I went for a gynaecology check-up and was told that I would have to be admitted to hospital once again to have a small polyp removed from my womb. To my relief tests

Free Health Checks

at Macdonald Hotels 'Spa Collection' Leading the way to improved wellbeing

Getting serious about wellness this year? So is Macdonald Hotels & Resorts and to help the UK reach new levels of health and fitness in 2013 the company has introduced free Vital Health & Wellbeing Checks from globally pioneering FITECH UK Ltd.

Since January 2013, Vital Health & Wellbeing Checks have been available at 17 Macdonald Spa Hotels nationwide. Macdonald Hotels is one of the first hotel groups to introduce the handy wellness tool for its members and guests, as part of exclusive packages, to combine soothing spa treatments with the chance to review lifestyle choices and learn how small changes to diet and exercise can lead to big results!

During the initial consultation, the expert team will go through a 1-2-1 Lifestyle Review, which covers areas such as stress, nutrition, drinking habits, smoking, activity levels and most importantly talk through current health status,

wellness goals and motivation.

The physical checks go through blood pressure, resting heart rate, body mass index (BMI), body fat percentage, Peak Flow lung function, flexibility and aerobic fitness. It sounds daunting but the assessments are designed to be as friendly and helpful as possible. After all the aim is to provide guidance and support, rather than a military style regiment!

When all the information has been gathered, it's time to start the journey towards a better way of living. Assessment results and responses to lifestyle questionnaires are evaluated against the national average and presented in a report format that becomes a working 'bible! The quick and



easy to understand document follows a simple traffic light system indicating: Green = Good, Amber = Need for improvement and Red = Below Average. Areas that need work can easily be identified and advice will be given on how to make amends with realistic tweaks to current lifestyles taking into consideration work and family commitments.

Knowing that old habits die hard, the support won't end there; Macdonald Hotels will be there for an initial twelve-week review, followed by 6 monthly progress updates and motivational boosts such as detailed graphs that show positive improvements and the chance to discuss areas that might be more of a challenge or need tweaking. The professionals at Macdonald Hotels are stepping up to help and recommend the best ways to achieve individual health goals. **CHW**

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