



Nevdon® Newsletter

www.nevdon.com

Bi-Monthly Newsletter

October 2011 Issue



Wishing all a Merry Christmas

Be Safe. Stay Healthy. Be Happy.

We will be closed from the 22nd December 2011 and will re-open 23rd January 2012. During this time all contact will be via email or phone.

Please refer to our website for our Distant Help service and remedies.

Reminder: Our fax has been disconnected as of the 1st December 2011.

We are what we eat

Christmas is a hard time of year, facing food saturated in sweetness and flavours. We are what we eat, so make smart choices about your food intake. We can still enjoy this fabulous time of year if we follow a few simple rules:

Water: Do not forget to drink it. At least 1.5ltrs (two pump bottles) a day will help your body flush out the excess toxins you are taking in, keep you hydrated over the warmer weather, and even help soften your celebratory hangovers.

Fresh foods: Are a great way to feed your body the nutrients you need to stay healthy. Think about your choices before you put food on your plate (or order out). Try new salads, mixing vegetables and fruits, add avocado for a great source of healthy fats in your diet, and use vinaigrette dressings like balsamic if you want to watch your waistline.

Exercise: Keep your body moving to help eat up the excess calories of your Christmas lunch (or lunches as many of us now have). You don't have to go to a gym, go for a stroll along the beach and soak up that fresh summer breeze while on holiday, or keep the kids entertained by going on a short bush walk, pack a lunch and make a day out of it. You can find some great local walks on the doc website. www.doc.govt.nz

Current Special



One free bottle of Super G+A-E

With any two or more 10 ml bottles of Genopathic® remedies purchased per single invoice on www.nevdon.com

This special is current at time of distribution, and is subject to change at the discretion of Nevdon®. Please see website for up to date specials.



For more information on our full range of products, current specials, and place your order visit www.nevdon.com today.

Words of Wisdom

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.

Buddha