



The Autumn News Letter

Dear Friends,

We have had a very busy summer with lots of exciting changes to progress Actwell forward to its true potential.

Over the summer we have completely revamped our website and it looks completely different even though it is not totally finished at present (there always seems more to add on a weekly basis).

Also we have launched our Virtual Health Clinic with a number of partner companies joining us to share their services so that not only can our customer visit our site to get the best nutraceutical dietary products on the market place*, but they can now also get great guidance and discuss any problems with a qualified practitioner in their own fields.

At present we have a great Former NHS Dietitian in Philippa Marshall who has worked in the medical field for almost 20 years and finally this year decided to branch out into the private sector. Philippa has advised me that a Dietitian is a qualified status that has the ability to work along side a medical practitioner giving true guidance as to a number of health issues, rather than a nutritionist who is self qualified and has no formal medical training.

We also have Annie Dawson with us, Annie being a Clinical Hypnotherapist who will work with patients to help them alleviate any stress or anxiety that life may throw at them. Annie's speciality is that she will help people diet via the aid of a virtual gastric band. The success with this method is great and extremely beneficial to the patient as it will help with your weight loss, but does it via a method that means you do not require any surgery (so no chance of infection or side effect is zero), it also is very

www.actwellintl.co.uk

+44 (0) 1277 37 27 29

easily reversible when you have reached your desired weight so again no problems should the band need to be removed.

Also we can report that the doctors in Harley Street are growing in their practice and utilising more and more of the Actwell products. Their greatest recommendation and biggest call on product is for the ResVante that includes trans-resveratrol a substance that is found in red wine, but is normally in a very low concentration. Researchers have found the amount of trans-resveratrol needed to significantly activate human genes in clinical studies vastly exceeded the amount of wine that would ever be healthy to drink, where as in Resvante you get the same quantity in 1 serving that you would find in 300 glasses of standard wine and also it is non alcoholic but still has the great taste..

So going into the autumn months means less sunlight and longer nights so make sure you don't start suffering from Seasonal Affective Disorder (SAD) by taking our vitamin D supplement. A recent study shown by the BBC (see our news items on the website) stated that fair skinned people need to increase their Vitamin D. We have made sure that everyone can use this by having 2 versions 1 for children and 1 for adults.

So as we go into the Autumn and soon winter we would all like to wish you a health time and make sure that you continue to use your dietary supplements correctly, if you miss a week you will notice a significant difference with you getting lethargic and feeling lazy, avoid this by taking a regular dose of Vibe the all in one vitamin supplement.



* This is the opinion of Actwell International only and other organisations may have alternative views.

www.actwellintl.co.uk

+44 (0) 1277 37 27 29