

BREAKING NEWS: The 20% Discount off Consultation Charges is extended through to the end of April 2014. Consultation Diary is filling up fast so book now to avoid disappointment.

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NATURAL MANNA

APRIL 2014 *Change your Plate, Change Your Fate*

You ARE what you EAT!

Our bodies are in a constant state of repair and renewal and I came across a really interesting article recently published in 2009 written by Angela Epstein for the Daily Mail.

I have always been aware that the skin cells renewed themselves at a rate of between 2 and 4 weeks, and that it is possible to reverse liver damage as long as deterioration has not progressed too far. What I was not aware of, and now I am, having checked these facts out for myself is that our taste buds can renew themselves every 10 - 14 days. There is a rider to this, and that is that damage from smoking or infections can prevent the renewal of these and reduce sensitivity.

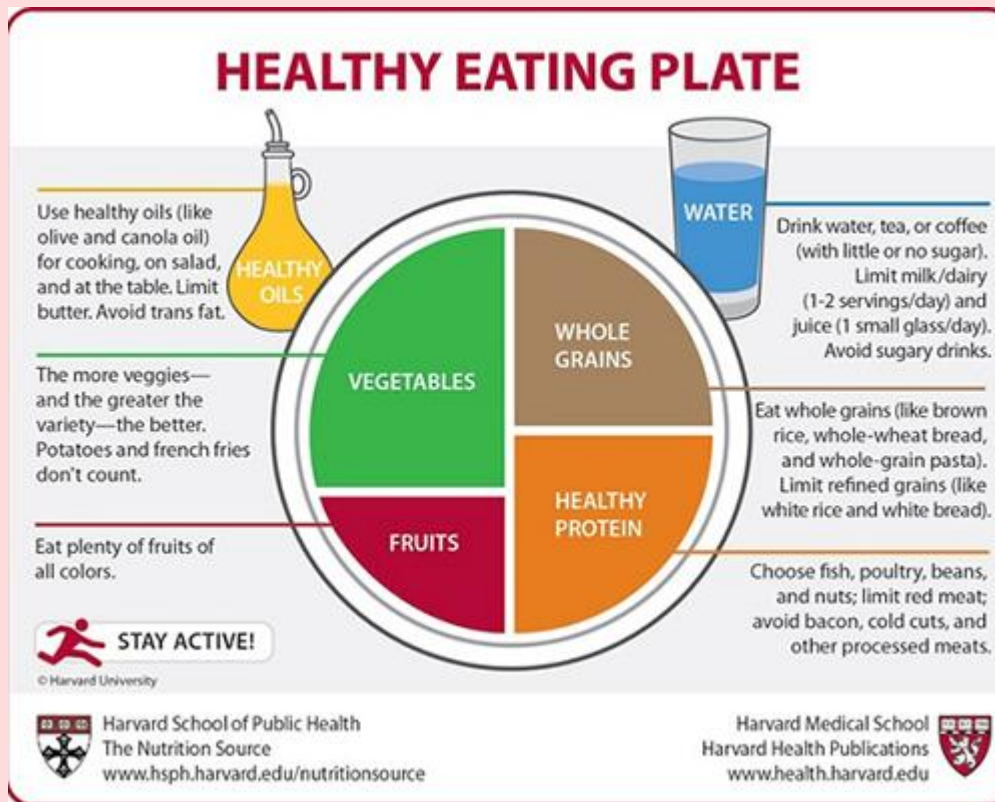
There is more information on the wonderful cell renewal systems in our bodies in the article, so do check it out by following this link:

<http://www.dailymail.co.uk/health/article-1219995/Believe-lungs-weeks-old--taste-buds-just-days-So-old-rest-body.htm>

We can support the optimal renewal of our body cells to prevent those body systems actually having to work harder than they need to in order to achieve cell regeneration. Yes, you got it in one - DIET! See how the simple formula below



can help you make eating healthfully easy.



RECIPE

SPRING SALAD

Grated Carrot
Shredded Red Cabbage
Sliced Red Onion
Sliced Celery
Orange Segments
Sliced cooked Beetroot
Juice of 1 Orange
Drizzle Olive Oil

Just combine the ingredients in any quantity you like, and use the orange juice and olive oil to dress.

TIP: Make double or treble what you need for 1 meal and you have a side salad ready for a meal or a snack.

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