

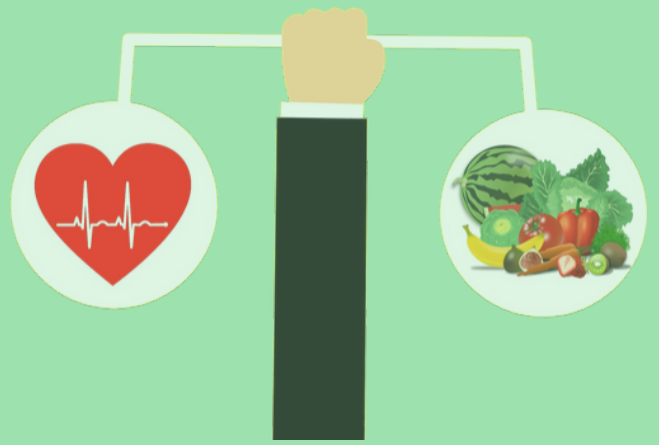
# HOW TO BE HAPPY & HEALTHY THIS YEAR

Top Tips To Help You Achieve This

## CONSIDER A DETOX TO KICK START METABOLISM

Start a two week detoxification program which includes:

- Supplements
- Dietary changes
- Healthy lifestyle changes



## DETOX YOUR HOME ENVIRONMENT

Reduce/removing:

- Toxins in the form of dust, dust mites, bacteria, moulds, chemicals from cleaning products etc
- Usage of electromagnetic radiation from wireless devices

## CONSUME ADEQUATE "REAL FOODS" & SUPPLEMENTS

Include these items in your diet:

- Antioxidants
- Super foods
- Purified fish or krill oil
- Eat more vegetables
- Add herbs and spices to your vegetables



## MAKE EXERCISE A PRIORITY

Improves:

- Cardiovascular health & fitness
- Bone density
- Brain function and feel good chemicals
- Immune functions and reduces cancer risk

Read more at [www.newage.net.au](http://www.newage.net.au)

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