



## JANUARY 2010 NEWSLETTER

**JAN DE VRIES HEALTH AND DIET CENTRE, 39 NEWINGTON ROAD , EDINBURGH**

### **Subject: A very happy and healthy new year ...**

Welcome to our first e-newsletter and a very happy and healthy new year to you!

We at Jan de Vries health are expecting an exciting year, as we are celebrating Jan de Vries' 55<sup>th</sup> anniversary in healing and there's certainly more to come!

### **What's new in store?**

#### **Get some sunshine!**

It's still winter, although the days are getting longer again. If you can't wait to get more sunshine and need an effective energy booster, we can help!

Vitamin D, the sunshine vitamin, was once considered to simply be involved in bone health, but this complex vitamin also has a hormone-like action and plays a vital role in many bodily functions – from regulating bone growth and boosting muscle strength through to a possible protective link in certain cases of cancer.

At Jan de Vries Health you can now get **Sunshine in a box by Solgar for £25** and it contains the supplements

- **5-HTP** (claims to improve mood),
- **Rhodiola** (research suggests it supports the immune system, is a powerful antioxidant and may also boost learning and memory skills) and
- **Vitamin D3** as well as the free vitamin D Cure Book (worth £9.99)

***Pop in and check out this fantastic offer yourself!***

## Better You promotion during January

**Fibre Detox, a three-day detox food supplement**, especially created for today's busy lifestyles has been **reduced from £9.50 to £7.50** in our fantastic January detox offer.



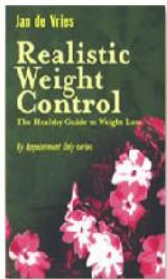
Why not give it a try? Detoxing your body can have many benefits and may help to regain healthy hair, complexion and energy levels.

Also, the **Total Nutrition Superfood, a complete nutritional formula** from natural organic sources that contains all known essential nutrients, is fast acting and offers stable energy release as well as an optimal absorption has been **reduced from £17.95 to £13.95**.

## New double strength Trim Secrets

If losing weight is your priority at this time of year, check out the **new double strength Trim Secrets**.

It's a 5 step slimming plan developed by Jan de Vries and it has already helped many people to lose weight. Michelle Mone, OBE, who invented the gel-filled Ultimo bra, said it has changed her life.



The new improved Trim Secrets include a 16 page diet booklet by Jan de Vries and you'll also get a free interactive diet coach at [www.trimsecrets.com](http://www.trimsecrets.com).

And if you want to explore the subject even further, we also recommend the book '**Realistic weight control**' by Jan de Vries.

## Wednesday, 13<sup>th</sup> January – a date for your diary!

And last but not least, Avril Boland our nutritionist and slimming consultant, will be in store for expert advice on nutrition and natural dietary supplements.

Give us a ring on 0131 662 02 50 or pop in to book your appointment for

- a slimming consultation (£10/£15) or
- a food intolerance test (£40/£50)

We look forward to seeing you soon and please let us know if you are looking for a special product or advice and we'll do our best to get it for you.