



February 2010 Newsletter

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

Subject: Detoxing and more ...

If you are looking for a range of dairy-free, wheat-free or yeast-free alternatives or low-salt products, pop into our Newington shop and check out what we have in store.

Avoiding certain food groups doesn't mean compromising on taste, do try this fabulous recipe:

A yummy almond smoothie

Warm 500 ml almond milk and add 2 bananas, ½ tablespoon vanilla extract and ¼ tablespoon of cinnamon. Mix in a blender and serve immediately!

Food intolerance testing

We are also taking bookings for Avril Boland's next in-store day on **Wednesday, 10th February**.

Avril offers a non-intrusive food intolerance test where you get immediate results. Pop in or give us a ring on **0131 662 0250** to make an appointment.

SLIMMING.....



Let's continue with some follow-ups from our previous newsletter.

We introduced the new double-strength Trim Secrets and many of you might have seen the press coverage. If you've missed it, you'll find it [here](http://www.trimsecrets.com/press). <http://www.trimsecrets.com/press>

Apart from ordering Trim Secrets online you can, of course, get them at any Jan de Vries shop or clinic.

Better You promotion

Also, we are pleased to announce that the Better You promotion has been extended until the end of February.

The mini 3 day detox **Fibre Detox** is now £7.50 (reduced from £9.50) and the **Total Nutrition Superfood** is now £13.95 (reduced from £17.95).

Why not start with a mini-detox followed by topping up your body with optimally absorbable nutrients – low calories, no added sugar, organic!

More detoxing

If you want to make February your detox month – and many people do, as it is the shortest month – you might also be interested in the **Vogel's Detox Box**?



It's an easy to use and natural 10 day toxin elimination programme to offload some of the built-up toxicity in your body and it involves improving bowel and urinary tract function, toning and cleansing the kidneys and lymphatic system to encourage the liver to work effectively.

Get 10% off the Vogel's Detox Box at our shop in Newington when you mention the e-newsletter!

Monday, 8th February – a date for your diary!

And last but not least, another important date for your diary:

Jan de Vries will be in the Newington shop for free health consultations on **Monday, 8th February**.

We are almost fully booked in the morning, but have some slots available in the afternoon.

Pop in or give us a ring on **0131 662 02 50** to book your appointment!

See you soon!