

# Seasons Greetings

## From Diedre's Desk...

Hi Everyone, I don't know if you feel the same but it is hard to believe that Christmas is just around the corner. Not quite sure what has happened to 2013!

I would like to take this opportunity to wish you and your family a very happy & festive Christmas that is stress free and full of laughter and joy. I have enjoyed meeting many of you over the last 12 months and have enjoyed seeing you all improve in health and wellbeing. It is a privilege to work with so many dedicated and committed clients who have great goals to be fit, healthy and happy.

To all my regular clients, congratulations on continuing with your commitment to health and wellbeing. I also enjoy catching up with you all.

Congratulations to everyone who have completed detox and weight loss programs, you all should be proud of your efforts. Well done!

I look forward to seeing you all in 2014 for more exciting times.

2013 has been a busy year for Naturally Dynamic Health. Alisa has now qualified and is practicing alongside myself on Mondays at the moment. We welcome 2 new practitioners to the clinic: Portia who specialises in counselling and a new chiropractor starting in February. We are very happy to be able to offer these extended services. Paul and Frankie continue to do great work with massage.

I am about to launch a brand new and more interactive website this month. I have been busy writing blogs on current health issues so check these out as well. Next year I will be introducing some dedicated programs which will include detox, colonics, weight loss and many more.

### Exciting times in 2014!

Have a great break over the festive season, if you are travelling, please be safe and we will see you all again next year.

From Diedre and the NDH Team

### Christmas Trading Hours

Closed from C.O.B Thursday the 19th  
of December

Re-opening on Monday the 6th of  
January

Please ensure you have enough product to  
see you through

## Now here's an idea!

Not sure what to get friends and relatives for Christmas?!

Why not a HEALTHY GIFT VOUCHER...?

Drop in and see Lisa and Alisa - they'll be happy to help you!

OR: Check out overleaf for other great gift ideas



## Diedre's Guide to Surviving Christmas

Christmas is always associated with over indulgence, which comes with all those parties, work functions and family celebrations that fill up the social calendar in December.

For those of you who have worked so hard throughout the year shedding those extra kilo's or detoxing your body to be fitter and healthier, it can be a time where we get a bit anxious about what to eat and what not to eat with the fear of undoing all the good work.

I actually love Christmas - I love the food, the celebrations, even the carols and especially the Christmas decorations. But I definitely don't think you need to over indulge to enjoy the festive season. So here are some tips to stay healthy this season.



- Moderation is the key. Be selective and have a little of everything, just don't go overboard. Smaller portions are really important here.
- Listen to your hunger signals. Stop eating when satisfied ( not when you are in a food coma)
- If you drink go easy on the alcohol, not only does it pack on the kilojoules, you also tend to eat more when you drink.
- Keep moving. Yes it is busy, and stressful this time of year but it's no excuse to stop exercising. Stick to your exercise/training routine and you will feel better for it.
- Be realistic. Don't try to lose weight over the holidays. Keep it stable and don't put any on.
- Stay hydrated. Make sure you keep your water intake up.

*These are just a few tips to keep in mind this Christmas, but most of all – enjoy it. **Enjoy it with loved ones, have fun.** If you do get off track, get straight back on track in January.*

## Gift Ideas at NDH

We're stocking Gift Boxes featuring our new products including; teas, soap and body butter at a very reasonable price. Select from the ones we've put together - or create your own!



Keep an eye out for our New Year Newsletter  
We promise it will be full to the brim with great information and amazing specials (including the old favourites for the colonics and sauna)  
We will also be introducing our Weight Loss and Detox Programs to kick start 2014!

