



THE NATURE OF BEACH™



TAKE CHARGE OF HOW YOU FEEL

STRESSED AND UNDER PRESSURE? WHAT CAN YOU DO IF YOU ARE FEELING LOW AND NEED SOME SUPPORT?

Eating a healthy diet plays a key role in every aspect of well-being, as does regular exercise.

Vitamins B6, B12 and folic acid are nutrients essential for the health production of mood-supporting neurotransmitters and have been found to be deficient in people feeling despondent.

Other nutrients shown to be useful in people with mood disturbances are Fish Oil (Omega 3) and SAME.

SAMe is a naturally occurring amino acid compound produced in the

body, which assists in elevating mood. Thompson's Mood Manager provides all these important ingredients to help give your mood an uplift.



Visit your local Health 2000 store to find out more about the products mentioned within this magazine.