



COMPLETE
HEALTH CLINIC

12 Days of Christmas



[View the playlist on YouTube.](#)

1. Up your vitamin C. It is an essential vitamin and can't be produced by the body, so we have to have it from foods such as fruits and vegetables including oranges, strawberries, kiwi fruit and peppers, broccoli, kale and spinach or supplements. The recommended daily intake of Vitamin C is 75mg for women and 90g for men. Vitamin C has many benefits but a big one especially at his time of year is it may boost immunity by helping white blood cells function more affectively, strengthening your skins defence system and helping wounds heal faster.


2. Drink plenty of water...hot or cold it doesn't matter. 70% of our bodies are made up of water and it helps with digestion, absorption, circulation, creation of saliva, transportation of nutrients and maintains your body temperature. It plumps your skin so keeps you looking young!

3. Prepare and plan your meals. It will save you time which is a precious commodity! You also have control over your choices, which is better for your health and in these financially lean times, you save money!




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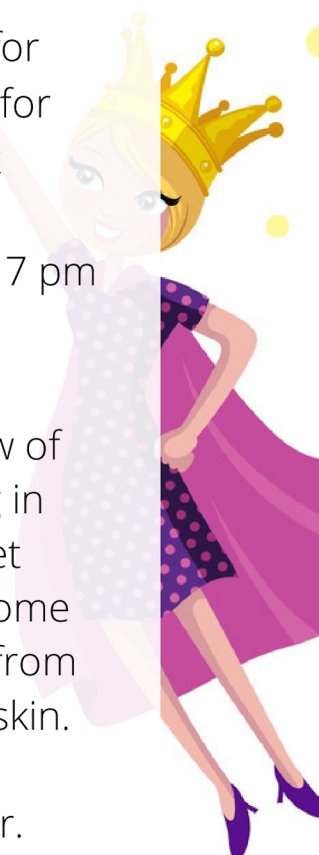
4 Chew your food slowly and thoroughly. Digestion starts in the mouth. Saliva glands under your tongue help break food down as you chew which aids digestion and can help prevent wind and bloating.



5 Reduce your stress levels over this festive time. Go online for your food and Christmas shopping. Make some downtime for yourself, have a sound healing experience or a breathwork session with me at the Lowry hotel to rid yourself of those stresses and strains. Starting from the 14th of December - 7 pm - 8:30 pm. I'll release more dates in the new year.



6 Take a hot bath. Those of us who love a long hot soak know of the joy it brings. For those shower heads, give it a go! Bring in the candles, some music and just enjoy the peace and quiet and feel of the water. You can add some essential oils or some powerful Epsom salts. Epsom salts have so many benefits from reducing sore and aching muscles to softening rough, dry skin. Alternatively try the flotation tank at the Lowry hotel. Book directly through Re:treat at the Lowry. From £59 for an hour.





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7 Enjoy a herbal tea. There are loads to help with your digestion. Tummy Tea is my favourite from Just for Tummies but there's peppermint, chamomile, and a variety of digestive teas out there to help keep your tummy calm.

8 Take a probiotic. It's the good bacteria that helps your gut keep on top of tummy issues. If you are eating things you don't normally probiotics help prevent issues such as wind, bloating and cramps. Activated Charcoal is another great one for absorbing toxins in your body that give off gas.

9 Make sure you stay active! Don't wait till January! Remember! Damage limitation. Combat those extra calories and relieve yourself of that stress by going on a walk after those festive meals. Does walking the Manchester Christmas markets glugging back the Glühwein count? Of course!

10 Rest your bones. Don't take sleep for granted. It plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times is critical. During sleep, your body is working to support healthy brain function and maintain your physical health. Enjoy an afternoon nap.



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11 Never Ignore Your Gut! Your gut is lined with a network of neurons and is often referred to as your 2nd brain. Listen to it, feel it and pay attention to it.

12 Book in for a Colonic either before or afterward Christmas for a reset. I also offer a range of therapies including regular sound baths and breathwork classes as well as 1:1 and small groups I plus diagnostic testing should you wish to get to the “bottom of the matter” We are a vehicle that needs the right fuel so a good service will help keep our engine in top condition.

At Complete Health Clinic I am continually looking at ways to improve my service to you and that includes partnerships have for other services I can offer to you...more will be revealed soon...!

**But most of all enjoy your Christmas and New Year break
all the very best for the new year 2023!**