



### WINTER FIGHTER

Het jy geweet dat jou liggaam meer beskerming nodig gedurende die winter-seisoen? Verkoues, griep en respiratoriese infeksies floreer in die winter en is hoogs aansteeklik. Die fyn haartjies in die neus vang kieme op, maar verskaf gewoonlik nie genoeg beskerming nie. 'n Verkoue of griepaanval kan die immuunstelsel wat die liggaam moet beskerm en verdedig, 'n llike knou toedien. 'n Swak immuunstelsel kan lei tot herhaalde verkoues en/of griep gedurende die winter.

Echinacea is die #1-kruid wêreldwyd wat suksesvol gebruik word vir verkoues en griep. Daar word geglo dat echinacea die immuunstelsel stimuleer, en sodoende die liggaam help om virus-infeksies en -siektes te beveg.

Hierdie virusse dring die liggaam binne deur die mond, oë of neus en word hoofsaaklik versprei deur druppels in die lug wanneer 'n persoon hoës, nies of praat. Dit versprei ook deur hand-tot-hand kontak en besmette gedeelde voorwerpe soos eetgerei, handdoeke, speelgoed of selfone. Druppels wat op jou hande of harde oppervlakke val, is ook aansteeklik. Verkoues en griep kan bestaande toestande soos asma vererger. Handewas en sanitasie, soos tydens die pandemie, bly steeds 'n baie veilige manier om verspreiding te verminder.

Die volgende voordele word ook aan echinacea toegeskryf:

- Bevat verbindings wat anti-inflammatoriese eienskappe besit wat kan help om inflammasie in die liggaam te verminder, en simptome wat met inflammasie verband hou, te verlig.
- Stimuleer die immuunstelsel wat die liggaam kan help om infeksies en siektes soos verkoues en griep te beveg.
- Bevat antioksidante wat die liggaam help beskerm teen skade veroorsaak deur vrye radikale en oksidatiewe stres.
- Studies dui daarop dat echinacea pynverliggende eienskappe het wat kan help om pyn wat met toestande soos artritis of migraine verband hou, te verlig.
- Bevat antibakteriële en antifungale eienskappe wat kan help om die risiko van velinfeksies te verminder.

Echinacea kan daagliks vir kort tydperke van tot 8 weke geneem word. Langdurige gebruik kan spysverteringsteurings veroorsaak.

**PRYSVERHOGING: 1 SEPTEMBER 2023**



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Did you know that your body needs more protection during the winter season? Especially the flu, colds, and respiratory infections thrive in winter and are highly contagious. The fine hairs in the nose do catch germs, but usually do not provide enough protection. A cold or flu attack can deal a blow to the body's immune system. The immune system helps protect, defend, and fight off illnesses. A weak immune system can lead to repeated colds or flu during winter. Echinacea is believed to stimulate the immune system, which can help the body combat infections and illnesses such as colds and flu.

Echinacea is the #1 herb globally used successfully for colds and flu. These viruses enter the body through the mouth, eyes, or nose and are mainly spread through airborne droplets when a person coughs, sneezes, or talks. They also spread through hand-to-hand contact and contaminated shared objects such as utensils, towels, toys, or phones. Droplets that fall on your hands or hard surfaces are also contagious. Colds and flu can worsen existing conditions such as asthma. Handwashing and sanitising, as during the pandemic, is still a very safe way to minimise spreading.

Besides flu, colds and upper respiratory infections there are quite a few more benefits attributed to echinacea:

- It contains compounds that may have anti-inflammatory properties, which can help reduce inflammation in the body and alleviate symptoms associated with inflammation.
- Is believed to stimulate the immune system, which may help the body fight off infections and illnesses such as colds and flu.
- Contains antioxidants, which help protect the body against free radical damage and oxidative stress.
- Studies suggest that echinacea may have pain-relieving properties, which may help alleviate pain associated with conditions such as arthritis or migraines.
- Contains antibacterial and antifungal properties, which may help promote healthy skin and reduce the risk of skin infections.

Echinacea can be taken daily for short periods of 8 weeks at a time. Long-term use may lead to side effects like digestive disorders.

**PRICE INCREASE: 1 SEPTEMBER 2023**





**ENGLISH:** While I was busy with customer deliveries, I walked past a barefoot security guard. His feet were red and inflamed. According to him it was diagnosed as eczema, but the prescribed medication did not bring relief. I suggested *FEROX GEL* and *X-BALM*. After one month the condition had improved, but the skin was still exceptionally dry. I recommended *OMEGA-3* as well as a mixture of *SUPER ALOE GEL* and *HAND & BODY LOTION*. After 2½ months all the itching and pain were gone and his skin healthy and smooth!

**AFRIKAANS:** Terwyl ek besig was met kliënt-aflowerings, het ek by 'n kaalvoet sekuriteitswag verbygestap. Sy voete was rooi en ontsteek. Volgens hom is dit as ekseem gediagnoseer, maar die voorgeskrewe medikasie het nie verligting gebring nie. Ek het *FEROX GEL* en *X-BALM* voorgestel.

Na een maand het die toestand verbeter, maar die vel was steeds uitsonderlik droog. Ek het *OMEGA-3* daarmee saam aanbeveel, asook 'n mengsel van *SUPER ALOE GEL* en *HAND & BODY LOTION*. Na 2½ maande was al die jeuk en pyn weg en sy vel glad en gesond!



# Specials

## AUGUST 2023

**R50**  
**SAVE R10**  
SHOWER GEL PAMPER  
250 ml

**R97**  
**SAVE R15**  
EVA  
60 Capsules

**R100**  
**SAVE R20**  
Ultraviolet  
50 ml

UVA

UVB