



HEALTH WITHIN NEWSLETTER

A fortnightly newsletter by
Health Within Natural Supplements



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Why do Dry July

Abstaining from alcohol for health

Dry July is a concept and fundraiser that encourages you to go alcohol-free in July. Having a month off alcohol has great health benefits, such as sleeping better, having more energy and of course, no hangovers! But the benefits go even deeper, and can be enhanced with the right diet and supplementation protocols.

Health problems such as liver disease, brain injury, cancer and heart problems are strongly linked to drinking alcohol, and the more you drink the greater the risk. People with pre-existing mental and physical health vulnerabilities are even more at risk.

But can a month of sobriety really lead to any meaningful changes when it comes to your health? Absolutely it can, especially if you provide your body with the right nutrients for regeneration and repair,

Benefits of abstinence

What Happens When You Give Up Alcohol?

It is ok to indulge in alcohol every now and then, but a night out often brings social pressure to drink more frequently than you'd like. It can feel impossible to dodge having a drink when you want to be part of the group vibe, and before you know it, you're waking up with a dry mouth and a nasty hangover again. Dry July is a great way to reassess your relationship with alcohol and see the health benefits of taking a month off. Here are a few ways the human body can benefit from abstaining from alcohol for a month.

#1 Improvements to mental health

Alcohol may seem like a mood elevator when you're dancing and having a great time with your friends, but it is actually a depressant that can have serious negative effects on your overall mental health. Low moods can be aggravated, and low energy levels make situations feel worse. Taking some time off alcohol allows your brain to level out and you'll be able to think with more clarity, dealing with issues in a more positive way.

#2 Improved hydration

Alcohol is a diuretic, making your body dismiss fluids more frequently. An easily identifiable hangover symptom is dehydration. People can suffer from dry skin which has less vibrancy, and lips can crack easily. Low hydration levels can also affect your concentration and energy. When you stop heavy drinking your skin regains its plumpness, fine lines soften, your face reclaims its natural glow and you'll feel much more alert.

#3 Healthier liver

Alcohol is bad for the liver. The human body just isn't built to process it. When someone consumes large amounts of booze, even just a few times, their liver must work extra hard to process it all. Over time, the liver gets exhausted. Your liver is constantly working to regenerate itself. When you give up alcohol, your liver will start to flush out all of the leftover by-products that were produced over time. New cells are produced with the intention of fixing any problems that pop up. The liver is one of the human body's most important organs, so it's crucial that it stays in good shape.

#4 Improved weight loss

This is no surprise to anyone, but all those extra calories in a delicious red wine with dinner tends to add up. Over time, a couple of wines each night can cause your weight to creep up until you're suddenly struggling to get those jeans on. This is because most alcohols have more calories per gram than protein and carbohydrates; only fat has more calories per gram. When cutting out alcohol, your overall calorie intake will then decrease (as long as you don't replace alcohol with another high-calorie substitute.) Once you give up alcohol you will start to see your waistline shrinking and can easily drop a dress size or belt notch by the end of the month.



Be sure to help your liver and body regenerate with a product like Vitality. This nutrient rich, complete "Superfood" contains 76 nutrients essential to deliver optimal health, energy and vitality to every cell in the body.

[SHOP HERE](#)

Making the Organic Choice

The health benefits of organic food

Health Within as a company, along with our expert advisory team of nutritionists and naturopaths, highly values organic products and recommends them wherever possible for greater overall health outcomes. Organic products reduce public health risks to farm workers, their families, and consumers by minimising their exposure to toxic and persistent chemicals on the farm and in food, the soil in which they work and play, the air they breathe, and the water they drink. Unfortunately, children are especially vulnerable to pesticides. It is therefore recommended that parents try to choose products produced without the use of these toxins for themselves and their family..

Not only does organic production help reduce public health risks, mounting evidence shows that food grown organically are rich in nutrients, such as Vitamin C, iron, magnesium, and phosphorus, with less exposure to nitrates and pesticide residues in organically grown fruits, vegetables, and grains when compared to conventionally grown products.



While proving health benefits of eating a particular food is a complex question to answer, evidence is mounting that there are some healthier nutritional profiles linked to consuming various organic products.

For instance, a research article published in December 2013 in PLOS ONE found that organic whole milk contained significantly higher concentrations of heart-healthy omega-3 fatty acids compared to milk from cows raised on conventionally managed dairy farms.

Meanwhile, a research article published in the journal Food Chemistry found organic soybeans have a healthier nutritional profile from conventionally grown or genetically modified Roundup Ready soybeans.

Admittedly, organic products are more expensive than conventional ones, and whether they're really worth the extra cost is certainly a matter of choice. It is a certainty however, that if you're trying to reduce exposure to pesticide residues, organic is the way to go.

If you can afford all organic, that's fantastic, but it's not feasible for most people. The most important groups to buy organic include foods and supplements you consumer daily.

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Organic foods and supplements are the healthier option because of what it doesn't have: pesticides and preservatives.

All about the bees

The health benefits of bee pollen

What is bee pollen?

Bee pollen is a ball of pollen made by young bees when they land on a flower. It's a mixture of pollen, saliva, and nectar or honey. Bees carry these balls back to the hive in sacs on their legs and store them in the hive's honeycomb. The pollen then ferments into "bee bread," which feeds a bee colony. Beekeepers collect pollen from bees by keeping a thick comb in the entrance of their hives. When bees pass through it, it knocks the pollen off their legs into a collection bin below. The bees then must go out to collect more pollen.

Bee pollen in its natural form comes as small, crunchy pellets. It is believed by many that Bee Pollen is nature's most complete food, assisting to:

- Relieve inflammation.
- Increase energy
- Reduce fatigue
- Work as an antioxidant
- Boost liver health
- Strengthen the immune system
- Work as a dietary supplement
- Ease symptoms of menopause
- Reduce stress
- Speed healing
- Assist weight loss
- Natural protein source
- Improve stamina and endurance
- Assist the body to cope with stress

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Just one bee pollen capsule daily has the ability to drastically improve overall health and wellbeing.



Bee Pollen contains more protein than any other foods as well as 22 amino acids that the body requires. In addition, bee products have been associated with benefits to the immune, cardiovascular, endocrine, integumentary, nervous, reproductive, cellular, skeletal, hepatic, and respiratory systems. Bee pollen is also taken for the believed benefits to anti-aging, hormonal stimulant, energy enhance, natural antidepressant, weight control, cholesterol control, convalescent aids and much more.

One tablespoon of bee pollen contains:

- 16 calories
- 0.24 grams of fat
- 1.2 grams of protein
- 2.18 grams of carbohydrates
- 250 types of nutrients, including vitamins and flavonoids

[SHOP NOW! BUY BEE POLLEN HERE](#)



Thank you for reading

Stay tuned for our next newsletter to learn more about how you can achieve health within.

About Health Within Natural Supplements

We are aware your nutritional intake directly affects your quality of life. For some people it is hard to get enough of the right nutrition to achieve wellness and vitality. This is where we come in. We provide a range of highly nutritious, delicious and convenient functional superfoods, specifically designed to meet your individual needs and give you the health benefits that you are searching for.

At Health Within we believe our products are superior to all other health food products because all of our products are formulated by our team of Naturopaths, Nutritionists and Herbalists. We go to great lengths to source the very highest quality of each ingredient worldwide.

We are proud to have the highest quality superfoods, packed full of vitality and wellness. The result are nutrients that come with a treasure of health benefits to help you attain the very healthiest and vibrant version of YOU!



SAVE \$\$\$\$

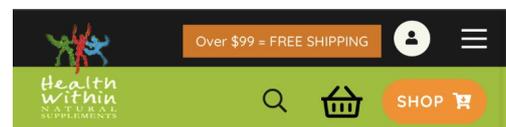
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