

CONNECT

The lifestyle magazine for Kerry

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Connect | Health & Wellness

Avoiding the Winter Blues

October is fast upon us and even though we planned to get fit and healthy in September that may not have met its target, however with the weather now changing its time to take action and protect our skin, our bodies and our overall health and that of our families through the cold winter months ahead. There are so many different options out there what's the best one for you, we have tried and tested a few things we feel will get you through those miserable months and have you glowing for the spring.



XS Sports Nutrition products contain targeted nutrients to fuel the body with what it needs, when it is needed, before, during and after any sporting activity to perform at the best. XS Sports Nutrition provides all the necessary nutrients, whether training recreationally or as a competitive athlete. XS Sports Nutrition includes a variety of products, including sports drinks, protein powder, bars and minerals to help active people to ENERGIZE, REFRESH and RECHARGE, the three key steps for a top workout.

YOUR BEAUTY TONIC

This is beauty in a box, for glowing and supple skin without Botox injections 'Your Beauty Tonic' is a new supplement which can help you do just that. Full of natural ingredients with a delicious fruity flavor make this part of your daily routine. I have tried it for the last 30 days and the results are amazing. Your Beauty Tonic contains Collagen, MSM, Hyaluronic Acid, Nettle, and Magnesium. The great thing about the tonic is that it contains 5,000mg of marine fish collagen per sachet which is scientifically and clinically shown to improve skin moisture level, and skin smoothness, plus it can help prevent the formation of deep wrinkles and help skin suppleness. It also contains Vitamin A which is extremely beneficial for the mucous membranes in the body. B Vitamins which are great for skin health and Vitamin C to reduce the appearance of thread veins and is also one of the building blocks of collagen.



One sachet per day and complimented by extra water through the day will ensure you get positive results, a 3 month course is recommended but I have seen noticeable results after just 30 days. Cost when broken down is around 3.00 per day, which is similar to a coffee but far better for you. For stockists www.yourtonic.com

SPORTS NUTRITION

Amway, one of the leading family-owned consumer goods companies worldwide, is proud to announce the launch of the XS™ Sports Nutrition line, marking the company's expansion in sports and performance nutrition.



As an extension of the XS brand, XS Sports Nutrition is a brand-new, complete range of high quality sports nutrition supplements, which inherited XS Power Drink colourful and positive lifestyle spirit and which infuses Amway's product portfolio with the right energy for every step of physical performance.



ALGAE ANSWER

It may not sound like the most appetising addition to your diet, but the green algae chlorella has been linked to everything from helping increase athletic endurance¹ to acting as a powerful anti-oxidant². 2017 looks set to be the year the algae is propelled to superfood stardom however, as recently scientists have uncovered it could hold the key to preventing weight gain...



In the new study¹, Japanese scientists looked at a specific protein found in chlorella and the effect it had when included in a fatty diet.

They discovered that the protein appeared to have an ability to reduce some of the negative effects of fat within the body, including reducing levels of triglycerides in the liver, when a high fat diet was supplemented with the chlorella extract. Perhaps most excitingly the chlorella protein appeared able to reduce the increase in size of the body's fat cells, normally seen when eating a diet high in fat, highlighting the potential of the algae in helping prevent weight gain.



How to benefit from chlorella

You don't need to go wading through ponds with a net to be able to benefit from the algae as there are now a host of chlorella supplements available, both in granule form, to be added to smoothies and shakes, or as tablets.

Some of the most efficient products come from Sun Chlorella, whose new DYNQ-Mill technology breaks down the cell walls of the algae (without the use of heat or chemicals which can reduce the quality of the chlorella) to ensure when you use either their granules or tablets you're getting the most nutrients possible. **AVAILABLE AT HORAN'S HEALTH STORES**