

What's hot...

Post-viral Support



We've been talking to Nutritional Therapist Corin Sadler about the rise of long-covid and how many people are struggling with unpleasant symptoms, such as a low grade fever, fatigue, brain fog, headaches, neurocognitive difficulties, muscle pains and low mood.

Corin suggests that for those with the virus or struggling to shake it off, supplementing with anti-inflammatories, such as quercetin, turmeric or ginger can be an option or botanical favourite, Oleuropein (from the leaves of the olive tree) has anti-inflammatory and anti-viral properties. For those struggling with energy levels, B vitamins, magnesium and CoQ10 might be particularly useful. The herb valerian is a traditional choice to help with sleep, whilst adaptogens such as ashwagandha and rhodiola can support both fatigue and also improve symptoms of anxiety. Not forgetting the fact that certain probiotic strains can support illness recovery by helping improve energy levels, mood and sleep quality.

You can read Corin's full article 'Immunity and Beyond' in our new Healthcare Buying Guide.

See below for some of our top product picks.



88125 – Higher Nature Quercetin & Bromelain Veg Tablets, 60s – **RSP £16.85**



93685 – Navitas Organics Organic Turmeric Powder, 227g – **RSP £7.99**



62019 – Comvita - Olive Leaf Olive Leaf Complex, 500ml – **RSP £22.99**



62774 – Better You Magnesium Oil Goodnight Sleep Spray, 100ml – **RSP £12.95**



704385 – Dr Stuart's Organic Valerian Plus, 15 Bags – **RSP £2.99**



703614 – Higher Nature Daily Nutrients Strips for Energy & Vitality, 28s – **RSP £19.99**



88756 – Together Vitamins Wholevit Stress Aid Complex Caps, 30s – **RSP £9.99**



90144 – Fushi Organic 500mg Ashwagandha Veg Caps, 60s – **RSP £9.00**



65843 – Natural Health Practice Advanced Probiotic Support Capsules, 60s – **RSP £32.79**