

Health and Wellbeing checklist

Your body is precious and it pays to look after yourself. Here are a variety of ideas to be – and stay – healthy

Win a two-month supply of fresh spirulina Worth over £125!

Enter here

Fresh spirulina is one of the most nutrient-dense, plant-based sources of protein on the planet. Pure Foods Spirulina can therefore provide a natural source of raw vegan protein, amino acids, antioxidants, vitamins, and other essential nutrients that can give a powerful edge to your fitness goals and active life.

The body relies on much more than just the basic stuff listed on a standard nutrition label like proteins, carbohydrates and calories.



checklists.co.uk/win/purefoods

Common deficiencies of a modern diet often revolve around micronutrients such as minerals, vitamins, antioxidants, essential fatty acids, and other phytonutrients. Supplements don't always fill this gap. Pure Foods' unprocessed fresh Spirulina could provide a natural alternative to supplements, packing essential nutrients in their purest form.

Pure Foods Spirulina comes in 98% curb-side recyclable packaging.

PUREFOODS

Visit purefoodsfresh.co.uk and use code CHECKLIST10 for 10% discount on your first purchase*

*Subscription services will resume standard pricing after the initial order.
 †U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019.

Heel problems getting you down?



Plantar fasciitis is one of the most common musculoskeletal foot conditions. It can be very uncomfortable and stop you from doing the things that you love. At UK-Insoles they have a variety of products, for a range of foot conditions, competitively priced, and all with free postage and packaging in the UK mainland. Don't suffer with heel problems, act today and find your solution at UK-Insoles.



Visit uk-insoles.co.uk for more information and get a 10% discount with code UK10%.

Leading physiotherapy and fitness equipment delivered to your door

PhysioRoom is regarded as one of the leading injury, rehabilitation, and fitness websites in the UK. They are trusted by the NHS and private physios and offer an extensive range of injury supports and braces, rehabilitation equipment, and mobility aids.

PhysioRoom stock products designed and tested by physios so you can be sure you are buying the most effective products for your



needs. All products are designed to help you return to full fitness as quickly as possible.

Keep active and enhance your mobility with a variety of home fitness and gym equipment. From kettle bells and pedal bikes to yoga mats, PhysioRoom have it all.

The PhysioRoom website caters for everybody from athletes and fitness enthusiasts to those struggling with medical conditions and mobility



PhysioRoom

Use code CHECKLIST for a 10% discount off your order at physioroom.com until 31 July.

Win a three-month supply* of LOONAWELL's healthy dog treats Worth £144!

Enter here

checklists.co.uk/win/loonawell



LOONAWELL'S tasty, crunchy dog biscuits are made of hand-picked, human-grade quality, organic ingredients tailored to your dog's nutritional needs. Backed by science and co-created with chefs, their healthy dog treats are packed in small sachets for on the go, and to preserve the freshness and delicious aroma of the products – creating a premium gourmet experience for your dogs that even you may find hard to resist! Made in Switzerland and shipped worldwide, LOONAWELL demand that each ingredient used in their products has a positive nutritional value, with no preservatives, colours, flavours, or fillers, so that your dog can have a healthier and happier life.



Get 10% off your first purchase when you use the LOONAWELL10 code** at loonawell.com

*Three boxes per month for three months, with priority shipping. **LOONAWELL10 code valid until 10pm on Sunday 20. June.

The multivitamin designed for vegans, by vegans



VEG 1 is the chewable multivitamin developed by The Vegan Society. VEG 1 can provide affordable and reliable nutritional support and now comes in plastic-free packaging! Taken once daily, VEG 1 contains the EU recommended daily intake of vitamins B12, D3, Iodine, Selenium, B2, B6 and Folic Acid. Available at just £6.60 for a three-month supply, VEG 1 can support your health, your bank balance, and the planet.



Contact sales@vegansociety.com or call 0121 523 1730, and choose option 3, to find out more. Scan the QR code to get yours now!

Win a Gnarly Joe natural skincare hamper Worth £193!

Enter here

checklists.co.uk/win/gnarlyjoe



Gnarly Joe produces a range of skin, hair, body and beard care for men, using the highest quality natural ingredients, plant oils and botanicals. Joe's range of face creams and serums can hydrate and soften skin, and could help to restore skin elasticity.

Enter the competition for your chance to win a hamper of Gnarly Joe skincare products worth £193. Simply fill out the form in the link provided. Good luck!

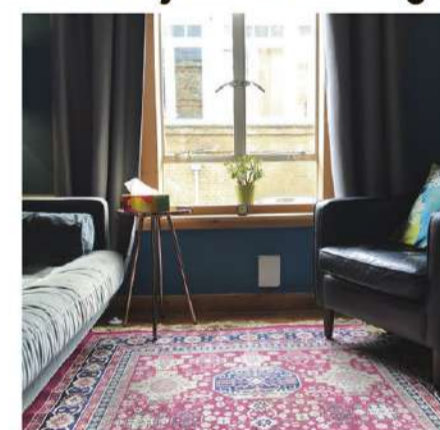
Visit gnarlyjoe.com for 100% natural, vegan-friendly, cruelty-free skincare for men. Use the code GU4FD at checkout for a 12% discount.

The London Practice – dedicated to your wellbeing

The London Practice are a team of experienced chartered psychologists, psychotherapists, and counsellors, dedicated to supporting individuals and couples in improving mental health, connection, and wellbeing. They provide safe spaces where any issues can be explored in complete confidentiality, in their homely clinics at three central London locations, or online nationwide via Zoom.

With their diverse team they can offer a range of treatment methods, including cognitive behavioural therapy (CBT) eye movement desensitisation and reprocessing (EMDR), trauma therapy, and psychoanalysis. Their approach is tailored to suit each individual. The London Practice can help you to grow and conquer issues that may previously have been experienced as all-consuming or overwhelming, and overcome what's holding you back. They can help you find and develop your personal strengths and change old and unhelpful patterns – moving towards the kind of life you would like to live.

Receive a 20% discount on your first session by quoting CHECKLIST21. Visit thelondonpractice.com, email info@thelondonpractice.com or call 020 7435 9632.



THE LONDON PRACTICE

COUNSELLING | PSYCHOTHERAPY | COACHING



Make your business and team more resilient

The Kusunacht Practice's CEO Programme is a prerequisite to your business's continuity and long-term success. In these difficult times, they can help you to make your business more resilient.

The Kusunacht Practice believe that among the richest assets a company can possess is the health of their leaders and employees.

Your company's tangible assets are constantly monitored and audited, with their performance reported, and immediately

attended to when deviations occur. Does the health of your top employees receive the same attention? Has the stress of this past year generated a ripple effect, taking its toll on the morale of entrepreneurs and executives, increasing depression and burnout in your management team?

This is the reason The Kusunacht Practice have designed their CEO Programme, a crucial investment in your company security at the upper levels.

Through identifying the underlying causes of depression and burnout, The Kusunacht Practice design a personalised programme adapted to the business leaders' requirements. A unique treatment strategy is assembled, encompassing a holistic approach to help rebalance the mind with the body, and vice-versa.



With traditional Swiss discretion, The Kusunacht Practice provide the medical excellence to check, analyse and treat the causes of depression and burnout. Each treatment is personalised, with the utmost level of attention, and planned in six to eight personal sessions per day, which is more than others conduct in a month of treatment. This can help to rebalance the mind and body – and results can be visible after the first week.

According to one client, Albert, aged 37: "I was a leader in my industry, but I was in denial about the fact my life was unmanageable due to alcohol. Initially, I just wanted to detox and lose weight, but thankfully The Kusunacht Practice identified the underlying issues that were triggering my addiction. It made me put recovery first and now my life is back on track, both professionally and within my family."



Visit kusunachtpractice.services to find out more. The Kusunacht Practice

The must-have 24 carat gold products for your daily skincare routine

The SCR Gold Creme de Lite is an incredibly rich, silky emulsion that is designed to moisturise and brighten the skin naturally, as well as support signs of pigmentation and uneven skin tones.

The Creme de Lite contains a high percentage of Cetuem SCR skin brightening complex and natural actives, and is enriched with Ester-C and vitamin E as well as physical UV protection properties. Now in its third generation, the SCR Gold Serum is power-packed with antioxidants, hyaluronic

acid, vitamins, plant marine extracts and 24 carat gold which can help to give you the best skin possible. The serum can help to purify, regenerate, and protect the skin, as well as help to restore firmness and smoothness of the skin.

Cetuem SCR Gold is designed to provide beautiful skin, without the need for chemical peels, surgery, or invasive treatments.

The products are suitable for all skin types irrelevant of age, colour, or gender.



CETUEM LONDON

Visit cetuem.com to shop the range and find out more.