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 an entire range of premium CBD products *Worth £500!*

The West End Hemp range includes oils, vapes, softgels, and skincare, plus exclusive goodies! Visit *westendhemp.com* with code WEST25 for 25% off everything.

Enter here

checklists.co.uk/win/westendhemp

Win a four-piece fitness outfit with BanditBee *Worth £122!*

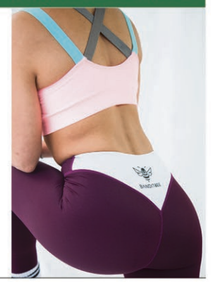
Enter here

checklists.co.uk/win/banditbee

BANDITBEE

At BanditBee they 'bee-lieve' that every woman deserves comfort and style, whether you're training for a marathon, finally tackling that pull-up in the gym, or just feeling like you need that little helping hand to be fierce. The fitness outfit consists of a tank top, sports bra, leggings, and a long sleeve crop top, all in black with the iconic BanditBee logo.

Visit *banditbee.co.uk* to shop the whole BanditBee range.



Reusable period pads for a sustainable period

Switching to reusable period pads has never been easier. Floating Lotus' discreet and stain-resistant pads are odour-proof, leak-free, and ultra-absorbent, ensuring a comfortable and secure period. Pad sizes range from small to extra-large and are designed for maximum comfort. They handle even the heaviest of periods.

Each pad is vegan, cruelty-free, easy-wash, and lasts for over five years. Floating Lotus are a carbon-neutral, British business who donate a pad to period poverty for each pack sold.

Use code CHECKLIST10 for 10% off at *floatinglotuspads.com*

Luxury soy wax, vegan friendly candles hand poured in Surrey

The Albert & Bear Candle Co. was created whilst the owner, Holly, was on maternity leave with her son Albert, and her dog Bear.

After learning that many standard paraffin wax candles were unsafe to burn around her newborn son due to their high toxicity and links to asthma, Holly researched alternatives and came across natural wax candles that produced a much cleaner burn and were safe to use around her family. Holly ultimately decided to make her own high-quality soy wax candles as an affordable alternative to current high street brands and the company was born.

Visit the *albertandbearcandle.co.uk* to shop and find out more or contact *info@albertandbearcandle.co.uk* and find them on @albertandbearcandleco

ALBERT & BEAR CANDLE CO.

Win a six-month supply of Super Ghee *Worth £150!*

Enter here

checklists.co.uk/win/superghee

Super Ghee is a flavoursome, lactose-free, healthier alternative to butter and cooking oils, that is handmade in small batches using organic butter from pasture-raised cows in the UK. It is an incredibly rich, creamy, and delicious jar of goodness, rich in CLA, vitamins A, E, and K, and can be anti-inflammatory*. Super Ghee is Ayurvedic, vegetarian, keto, and paleo friendly.

Elevate your food by using this ethical, grass-fed ghee as a spread, in your cooking and baking, or even to make a bulletproof coffee. With multiple flavours to choose from, this everyday versatile food staple will make you wonder why you didn't change over sooner!

Use code CHECKLIST20 for 20% off your purchase at *superghee.co.uk* and follow *@thesuperghee*

SUPER GHEE

*Toxicity profile of honey and ghee, when taken together in equal ratio by Prerana Aditi et al.

Win a 'Beautifully You' package *Worth £100!*

Enter here

checklists.co.uk/win/beautifullyyou

LaVolta Events Ltd

The package consists of a 'Beautifully You' varsity jacket, sweatshirt, t-shirt, set of mugs, and set of coasters.

Number one bestselling author, La Volta Events Ltd, are an award-winning, international business, and their ethos is based on being uniquely and creatively YOU! Enter now to be in with a chance of winning, and to join the marketing database to be contacted with information on upcoming celebrity and high-profile events.

Visit *lavoltaevents.co.uk* to find out more.

Eco-friendly yoga mats and customer-friendly service

They might be new on the block, but Ecological Yoga Mats are getting rave reviews all round. This e-commerce business was formed during lockdown by a Sussex based husband and wife team who are on a mission to bring eco-friendly, sustainable, fairly priced yoga products to the market, and they handpick their product range carefully. This duo know that customers make a business, and so great service is a key focus of theirs. Ecological Yoga Mats use 100% recyclable packaging, and a tree is planted for every order placed.

ECO LOGICAL YOGA MATS

Visit the website at *eco-yoga-mats.com* and find them on Instagram *@ecological_uk* or on Facebook *@EcoYogaMatsUK*

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Win a 90-minute mental health coaching session *Worth £350!*

Enter here

checklists.co.uk/win/kevintipper

Discover a new approach that has been designed to help support those experiencing stress, anxiety or depression.

For years, medication and a huge range of psychological therapies have been used to treat mental health conditions. Despite this, the incidence of stress, anxiety and depression is rising rapidly. Often, levels of disability, distress and life dissatisfaction can hold people back from reaching their true potential.

Dr Kevin Tipper, a practicing NHS GP and mental health coach, is providing private one-to-one coaching sessions online to help people confront their mental health problems.

This is without relying on medication or long term traditional therapies that can reignite painful memories.

For more information, visit *drkevintipper.co.uk* or call 07872 162692.

DR KEVIN TIPPER
UNLOCKING MENTAL HEALTH

Is the air inside your car or home damaging your health?

Studies show that air pollution can be up to five times higher inside your car or home than outside[1].

Protect yourself and your loved ones

As well as causing heart and lung disease[2], recent studies show that air pollution can lead to anxiety, depression[3] and dementia[4].

The brain development of children can also be affected, while exposure when pregnant can restrict a baby's growth[5].

A good air day, every day

The AirBubbl from AirLabs removes more than 95% of air pollution and airborne viruses[6], including coronavirus, and floods the space with clean air. Think of it as a mobile shield preventing physical and mental illness caused by poor air quality.

airbubbl® by airlabs

Visit *airbubbl.com* and start breathing clean air today.

1 Indoor Air vs. Outdoor Air by Mana Medical Associates. 2 Air Pollution and Noncommunicable Diseases by Dean E. Schraufnagel, MD et al. 3 Association between neighbourhood air pollution concentrations and dispensed medication for psychiatric disorders in a large longitudinal cohort of Swedish children and adolescents by Anna Oudin et al. 4 Are noise and air pollution related to the incidence of dementia? A cohort study in London, England by Iain M Carey et al. 5 Disparities in exposure to air pollution during pregnancy by Tracey J Woodruff et al. 6 IUTA certified.

High quality, affordable CBD with Tier One

According to the founder of Tier One CBD: *"As a member of the UK Special Forces, I spent 16 years pushing myself to my ultimate limits both physically and mentally. Following retirement, I suffered for years with chronic pain and underwent numerous failed surgeries from the injuries I endured during active service.*

"The impact on my mental well-being whilst unable to get outdoors and remain active was unbearable. However, in 2019 I was introduced to CBD."

In a number of studies* CBD oil has been celebrated for its potential role in easing symptoms of many common health issues.

Since then, the Tier One mission has been to promote the exceptional benefits of their CBD and natural health supplements. Which in turn, is designed to help improve the quality of life for as many people as possible.

Higher echelons of Special Forces are known as 'Tier 1', so Tier One are built on being the best with the highest quality ingredients, made with real integrity. Tier One CBD donate 10% of sales to UK military charities.

Join Tier One as they make the elite accessible to all at *tieronecbd.co.uk*
Use code CHECKLIST29 for a 10% discount and follow *@tier_one_cbd*

*Source: The Impact of Cannabidiol on Psychiatric and Medical Conditions by Thersilla Oberbarnscheidta and Norman S. Miller. Disclaimer: Cannabidiol (CBD) is intended for use as a natural supplement only. CBD is not intended as a replacement for any formally prescribed treatment.

TIER ONE

Sight loss needn't be your future

In the UK, every six minutes someone is given the devastating news that they are going blind*. For too many, sight loss remains incurable and unpreventable, and the prevalence of blinding eye conditions is on the rise, predicted to almost double by 2050*. The only solution is to invest more in new discoveries that can save sight in the future.

If you are reading this in your 40s, you will be glad of a cure for age-related macular degeneration or glaucoma in your 60s.

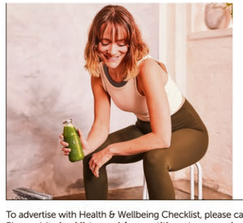
If your child has inherited a sight-threatening condition, rest assured that researchers are working round the clock to find a cure in time so that their sight can be saved.

But they cannot do it alone.

Please donate today to help beat sight loss faster.
Visit *sightresearchuk.org/support* to find out more.

SIGHT RESEARCH UK

Registered Charity No. 1156134. *Eye health and sight loss stats and facts (Royal National Institute of Blind People, 2018)



Stock up on natural goodness with The Garden Eatery

The Garden Eatery is a place where health and happiness go hand in hand, and they offer a natural health boost delivered straight to your door. Why not try one of their cold-pressed juice cleanses – a delicious and natural way to help restore optimum health. All of their juices and smoothies are vegan, gluten free and full of 100% natural goodness. The Garden Eatery provide cold-pressed juices, plant-based smoothies, immunity tonics, and sweet treats and protein balls.

Visit *thegardeneatery.co.uk* and receive 15% off with code SUMMER15.

THE GARDEN EATERY

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