

ARTEMIS

powerful natural remedies



To our valued customer,



Can you believe that Christmas is almost here? Finally, long summer days and nights have returned!

I have just come back from Central Otago harvesting Thyme, one of my highlights in the herbal harvesting calendar. It is important to process the blossoming herb fresh, as this traditional method preserves the high levels of essential oils which contain the medicinal properties of the plants. Thyme is the respiratory hero par excellence in the herbal Materia Medica.



The **ARTEMIS Thyme Lemon & Elder Lemon Syrups** make great Christmas gifts -as they are enjoyed by young and old alike. These health-enhancing drinks build immune resistance and combat early signs of cold and flu. Add them to your favourite drink to make a festive cocktail, or simply add hot or cold water for a tasty and refreshing pick me up.

Wishing you good health & happiness,
Sandra Clair, Managing Director
 M.A., Post. Grad. Dip. Health Science.

Digestive Support this Christmas

Our digestive system has a huge influence on our overall health. There is a constant interplay between our state of mind and digestion with emotions having a physiological effect on the functioning and the actual tissue of the digestive system. Interestingly, many medicinal herbs have therapeutic properties that will support both systems concurrently.

With all the delicious food on offer this time of year and the seasonal increase in stress levels - this is the tea to be taking!

Works to:

- Support the proper digestion of food
- Indigestion, nausea, gastritis
- After eating rich and fatty
- Cramps in IBS and IBD



This superb herbal formula is a must have for anyone wanting to improve their digestive health – naturally.

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MONTHLY SPECIAL

Receive 10% off the **ARTEMIS Digestive Ease** and **ARTEMIS Thyme Lemon Syrup and Elder Lemon Syrup**. Buy them for yourself or as a gift!

BUY NOW!

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