



## PRESS RELEASE

### HEATH & HEATHER – SPRING CLEAN YOUR DAILY DIET

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Spring cleaning your system has never been simpler - whether you are looking to relax, detox, feel invigorated or simply maintain your body's natural wellbeing, rest assured that Heath & Heather's diverse and inspirational range of fruit and herbal teas has a tasty solution!

Heath & Heather have been blending herbal infusions since 1920 and because of their extensive herbal expertise, each infusion is carefully selected to ensure only the finest natural ingredients are used.

From classic favourites such as Camomile & Honey to the more contemporary Pomegranate, each variant is widely regarded for its traditional therapeutic properties, to help support a natural, healthy lifestyle. For Spring, try the refreshing Wild Blackcurrant blend or the stimulating Apple & Cinnamon to beat mid-afternoon slumps and help ease the affects of the clocks springing forward.



Heath & Heather's Raspberry Leaf blend was recently crowned as 'Best Herbal Product' in the 2009 Natural Lifestyle awards. The infusion provides a nourishing alternative to black tea while topping up your vitamins and minerals. It is also traditionally used in late pregnancy to help prepare the body for labour.

The Heath & Heather range is also endorsed by NIMH (National Institute of Medical Herbalists) the UK's leading professional body representing herbal practitioners.

**NIMH** commented: "*The Heath & Heather product range of herbal infusions is ideal for providing your body with a range of natural, health benefits. Specially developed, incorporating the finest of nature's ingredients, these delicate blends help to maintain the body's natural balance as part of a healthy diet.*"

The Heath & Heather range is available from Holland & Barrett, Julian Graves and many other health food stores with prices starting from £1.09 for packs of 20 teabags. So make a small change to your diet by spring cleaning your cuppa and reap the benefits throughout the year!

**For stockist details** please contact our customer relations team on 0800 633 5650 who are available from Monday to Friday 9.30am - 5.00pm.

So enter the natural healthy world of Heath & Heather and uncover the various products and flavours we have to offer within our six specific ranges...

### **Notes**

Full Range:

**Relaxing** – Camomile, Camomile & Honey, Camomile & Spearmint, Night Time

**Wellbeing** - Nettle, Rosehip, Peppermint, Fennel, Raspberry Leaf, Lemon & Ginger

**Invigorating** – Morning Time, Apple & Cinnamon, Wild Blackcurrant

**Organics** – Nettle, Peppermint, Camomile, Echinacea, Green Tea

**Antioxidants** - Pomegranate, Green Tea & Lemongrass, Green Tea & Jasmine

**Benefits** – Serenity, Rise & Shine, Harmony, Revive, Renew, Balance