

## Wellness in winter

Winter is here and it is unexpectedly cold this season. Finding motivation to get up and exercise in summer is a challenge, keeping fit and healthy in winter requires a little more motivation. But don't give up. Remember, warm up before and after your exercise routine, wear layers of clothing to keep warm and track your progress to keep yourself motivated.

## Alliance Health plans and the wellness benefit

Self-care and regular check-ups are important. By getting the right health services, and treatment, you can detect serious illnesses in their early stages.

Apart from the benefit of detecting the symptoms of a potential disease on time, preventive health care gives you more options and time to deal with potential health threats. Almost all of Alliance Health's medical aid and health insurance schemes include preventive health care and can cover preventive medical expenses, so it is important that you make use of this benefit.

The tests you need depend on your age, health, gender, and your risk factors. Risk factors might include family history, and lifestyle, such as smoking. Schedule an appointment with your health care provider to discuss what screenings and exams you need and when you need them.



## The medicine cabinet in your kitchen

Spices and herbs add delicious variety to the foods we eat. But spices and herbs are much more than flavour enhancers — they are nutritional powerhouses. Here are 10 common herbs and their amazing health benefits.

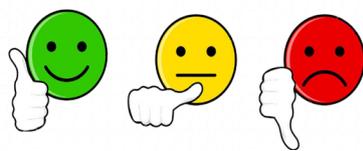
- **Turmeric:** anti-inflammatory, antioxidant
- **Cumin:** natural painkiller, iron, vitamin C, combats insomnia
- **Coriander:** aids digestion, lowers blood sugar levels, antibiotic, good for cholesterol
- **Cayenne:** stimulates circulation, aids digestion, boosts metabolism
- **Ginger:** lowers workout soreness, reduces inflammation, boosts attention and memory
- **Black pepper:** contains piperine which helps burn fat and helps body use nutrients more effectively
- **Cinnamon:** Aids digestion, balances blood sugar levels, antioxidant, improves circulation
- **Oregano:** anti-inflammatory, improves bone density, good for skin, antioxidant
- **Rosemary:** boosts memory, concentration, relieves stress, antioxidant, antimicrobial
- **Garlic:** natural antiseptic, fights bacterial and fungal infections

How many of these do you have in your kitchen? Make use of these wonderful herbs and spices when preparing your warm hearty winter dishes and kill 2 birds with one stone.

## Monthly subscription payments

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Your subscriptions must be paid before the 1st of the invoiced month. Should the account be in arrears at the time of treatment, claims will not be honoured.



### We value your feedback!

We would like to hear from you. Let us know what is working well, and where we can improve.

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