

# THERA HEALTH NEWSLETTER

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**Clean, Pure  
Cognitive Support**  
with *my calm + my mag mind*

NEW IN:  
*Immune  
Health*  
FROM **therapure**

## PLUS

Immune Health for Spring  
Unwrapping Enzymes  
Arctic Cod Liver Oil  
Mindful Living

“He who has health has  
hope, and he who has  
hope has everything.”

— Thomas Carlyle



Issue 101125



NEW

NEW

# Immune Health for Spring

WITH **therapure**

60 caps  
\$21.90  
RRP \$40.15

**Buy 5, Get 1 Free!\***

Oct - Nov special.  
T&C's apply.



## my immune cold + flu

**my immune cold + flu** is your customer's ally when illness strikes. The formula brings together trusted immune nutrients and TCM immune herbs together, such as Andrographis, Echinacea, Elderberry, Vitamin C and Zinc. This unique blend supports the body's natural immune response while also helping to reduce the severity and duration of cold and flu symptoms. Customers who start it at the very first sign of illness often report bouncing back more quickly, with less time spent run down.

## my daily wellbeing

**my daily wellbeing** was designed as a foundation formula for everyday resilience. With adaptogens like Ashwagandha, Astragalus, and Schisandra alongside medicinal mushrooms including Reishi, Shiitake, and Turkey Tail, this product helps the body adapt to stress while gently strengthening immune function. The addition of Vitamin C, Zinc, and Selenium creates a formula that is as nourishing for daily vitality as it is protective during times of immune challenge. The perfect all-rounder for energy, mood, and immune defence.

120 caps  
\$26.15  
RRP \$48.00



**Buy 5, Get 1 Free!\***

Oct - Nov special.  
T&C's apply.

60 caps  
\$32.90  
RRP \$60.37

## my curcumin

**my curcumin** delivers the power of Meriva® phytosome curcumin, a patented form that offers up to 29 times greater absorption than standard curcumin. Customers seeking natural support for joint aches, muscle soreness, menstrual pain, or general inflammatory conditions will find this vegan, soy-free product an effective and reliable option. Curcumin is also known for its antioxidant and detoxification properties.





# Clean, Pure Cognitive Support



NEW

30 caps  
\$19.90  
RRP \$36.50



NEW

60 caps  
\$24.00  
RRP \$44.10

## Calm, Clarity and Restorative Rest

**my mag mind** offers a clean, focused formula of Magnesium Glycinate and L-Theanine from alphawave. These two nutrients work together to calm nervous system overactivity while also boosting alpha brain wave activity for relaxed yet alert focus. The result is sharper thinking, steadier mood, and deeper, more refreshing sleep. My Mag Mind is ideal for busy professionals, students, or anyone who finds themselves mentally fatigued and unable to switch off.

To be taken daily for calm, clarity and restorative rest.



MORE INFO

## Support During Times of Stress

**my calm** blends Magnolia, Passionflower, Lemon Balm, American Ginseng, and Kava into a formula that supports nervous system regulation. It is suited to customers who are experiencing restlessness, mild anxiety, or tension who are also looking for emotional steadiness and restorative sleep. Unlike sedating products, mycalm encourages balance and resilience, helping customers feel like themselves again.

To be taken daily for support during times of stress.



MORE INFO

### Each capsule contains:

Magnolia officinalis stem bark extract from 1.4 g of dry stem bark	50 mg
Passiflora incarnata herb top extract from 1 g of dry herb top (Passionflower)	100 mg
Melissa officinalis leaf extract from 1 g of dry leaf (Lemon Balm)	100 mg
Panax quinquefolius root extract from 1 g of dry root (American Ginseng)	100 mg
Piper methysticum root extract from 256 mg of dry root (Kava) containing 4 mg of Kavalactones	

Excipients: Hypromellose (Capsule), Microcrystalline Cellulose, Colloidal Anhydrous Silica, Ascorbyl Palmitate, Colloidal Anhydrous Silica.

### Directions for use:

Adults take 1-2 capsules twice per day.

If symptoms persist, talk to your health professional. Do not use if pregnant or lactating women. Always read the directions for use.

### Each capsule contains:

Theanine	
Magnesium (from Magnesium Glycinate)	200 mg
	100 mg

Excipients: Microcrystalline Cellulose, Hypromellose (Capsule), Ascorbyl Palmitate, Colloidal Anhydrous Silica.

Directions for use: Adults take 1-2 capsules once or twice per day, as needed, with or without food.

Mineral supplements should not replace a balanced diet. Do not use by pregnant or lactating women.

Want to know more?  
Scan the QR code for  
*ingredients + more info*

# Starting off Spring with *Arctic Cod Liver Oil*

Spring is also a reminder of the importance of essential nutrients that support whole-body wellness. Nordic Naturals Arctic Cod Liver Oil is sustainably sourced from 100% wild Arctic skrei cod and delivers naturally occurring Vitamin A, Vitamin D, and the omega-3s EPA and DHA.

Together, these nutrients help maintain immune balance, support brain and eye development, promote heart health, and assist with inflammatory control. At the core of Nordic Naturals is an uncompromising commitment to quality. from “boat to bottle,” they oversee every step of the process from catching to manufacturing, and bottling.

At Nordic Natural all products third-party tested to guarantee exceptional freshness and purity.

A Certificate of Analysis is available via the Nordic Naturals website

EXPLORE THE RANGE + PRICES

At Nordic Natural all products third-party tested to guarantee exceptional freshness and purity.



The image shows four bottles of Nordic Naturals products. From left to right: a white bottle of Arctic Cod Liver Oil, a blue bottle of Arctic Cod Liver Oil, a blue bottle of Children's DHA, and a yellow bottle of Baby's DHA. Each bottle features the Nordic Naturals logo and a scenic background of a fjord or lake.





## Let's Talk About Enzymes

*Your store's key tool for customers' digestive health and wellbeing.*

# Unwrapping Enzymes

WITH **ENZYMEDICA**  
— The Enzyme Experts —

Digestive health is one of the most common reasons customers walk through your door, and enzymes can be an effective solution. Digest Premium from Enzymedica contains a spectrum of plant-based enzymes that support the breakdown of proteins, fats, carbohydrates, and fibre. What sets it apart is the patented Therablend® technology, which allows the enzymes to remain active across the entire digestive tract, not just in the stomach. This means better digestion, less bloating, and improved nutrient absorption.

For retailers, Digest Premium offers a versatile option suitable for a wide range of individuals. By supporting digestion, it can help improve overall gut function, energy levels, and wellbeing, making it a reliable go-to product in your digestive health toolkit.



- ✓ **Protease Blend:** Active across a wide pH range to help break down proteins, including gluten and casein.
- ✓ **Amylase:** For breaking down starches and carbohydrates, for improved digestion.
- ✓ **Tilactase (Lactase):** Supports the breakdown of lactose for individuals who may be sensitive to dairy.
- ✓ **Lipase:** Responsible for breaking down starch and carbohydrates into smaller sugars.
- ✓ **Cellulase:** Facilitates the digestion of dietary fibre, enhancing the body's processing ability.



# Navigating Uncertainties Through Acceptance and *Positive Action*

Life is full of unpredictable events, people, and circumstances beyond our control. From the weather to others' behaviour, uncertainty is constant. However, our response to these uncertainties plays a pivotal role in shaping our emotional well-being and sense of fulfilment.

Control involves influencing events and outcomes, while acceptance means acknowledging what we cannot change without resistance. Learning to distinguish between the two is key to reducing stress and frustration. Focusing on what we can control and letting go of what we cannot is a transformative skill.

## The Yogic Perspective

Yoga philosophy emphasises svadharma, or one's personal duty, encouraging us to act without attachment to results. In the Bhagavad Gita, Lord Krishna advises Arjuna to focus solely on his role as a warrior rather than the outcome of his actions. This teaching liberates us from anxiety over results, guiding us to control our actions, thoughts, and attitudes while surrendering outcomes to the universe.

Detachment, or vairagya, does not mean apathy but helps calm the mind's chatter (vrittis), reducing desires and fears that disturb inner peace.

## The Stoic Perspective

Stoicism, an ancient philosophy from Greece and Rome, offers similar insights. Thinkers like Epictetus, Marcus Aurelius, and Seneca taught that happiness depends on how we respond to challenges, not external circumstances. The "dichotomy of control" distinguishes between what we can influence—our thoughts, judgments, and actions—and what we cannot, such as others' behaviour or global events.

Stoicism teaches that negative emotions arise from attachment to the uncontrollable. The practice of amor fati (love of fate) encourages embracing life's events without resistance, aligning with Yoga's focus on inner peace and detachment.

## The Serenity Prayer

Originating from theologian Reinhold Niebuhr, this prayer asks for the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

This prayer provides a framework for balancing acceptance and action; guiding us toward peace, courage, and wisdom – virtues that fuel a fulfilling life. AA members use the Serenity Prayer to navigate their recovery journey. This principle of acceptance and proactive change has helped millions overcome addiction, reinforcing the wisdom of distinguishing between what can and cannot be controlled.

## Viktor Frankl and the Power of Meaning

Viktor Frankl, a Holocaust survivor and psychiatrist, reinforced these principles in *Man's Search for Meaning*. He argued that

while we cannot control external events, we always have the power to control our response.

His philosophy known as logotherapy, emphasises finding meaning even in suffering. Frankl's idea of self-transcendence—dedicating oneself to a higher purpose—parallels Yoga and Stoicism, teaching that resilience, acceptance, and purpose help us navigate adversity.

## Putting it into Practice

The wisdom of Yoga, Stoicism, the Serenity Prayer, and Viktor Frankl shows that true peace comes not from controlling the external world but from mastering our inner responses. In today's fast-paced world, discernment, acceptance, and proactive action help us tackle uncertainty with grace and wisdom. By embracing these practices, we create a life of meaning and purpose, regardless of the challenges we face.

Take summer's heat, for example. Some gripe about the scorching temperatures, while others embrace the season—hosting barbecues, cooling off with beach swims, or simply accepting that sweating is part of the experience. This simple shift in perspective shows how resisting reality





is part of the experience. This simple shift in perspective shows how resisting reality breeds frustration; while embracing it fosters enjoyment.

The same applies to traffic jams. Honking, complaining or staring at the GPS won't clear the road any faster. But choosing acceptance transforms frustration into an opportunity – whether by listening to a podcast, practicing deep breathing, or a phone call with a friend.

These everyday moments may seem small, but they shape how we handle life's bigger uncertainties. Just as lifting small weights builds strength for heavier loads, practicing patience and acceptance in minor inconveniences prepares us to face major challenges – job losses, health crises, or unexpected life changes with resilience and clarity.

## About the Writer

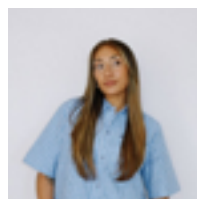
Amal Karl is the Founder, Managing Director, and Group CEO at Thera Health. Passionate about health and wellbeing, Amal created Thera Health with the vision of providing research-backed supplements and education for health store retailers and pharmacies across Australia.

*Amal Karl*  
CEO of RN Labs



## Omega-3 for Mum + Bub

@valaree.ahern



**“Our smoothie on the go is how we squeeze in omega-3s and essential fats. Our go to arctic cod liver oil from @therahealth by @nordicnaturals actually tastes GOOD and does its job by helping me with recovery and supporting summers overall wellbeing.”**

## Nutritional Layering

@ruchipage



**“Some of my favourite ways to keep my body functioning at optimal health by \*adding\*, is lathering extra vegetables and/or fruits into my favourite meal. Or incorporating more omega 3's with Arctic Cod Liver Oil to help me feel my best.”**

## Thank you for partnering with Thera Health!

We're here to provide not just high-quality products but also the tools and education to make recommending them easy.

Together, we can continue to support customers with trusted solutions that make a real difference in everyday health. We look forward to growing with you in the months ahead!

Want to stay connected with us for ongoing updates, resources, and promotional support? Follow us on social media!



### Scan for the Quick Order Form

Want to check out our full list of prices and specials within this newsletter? Scan the QR code to visit the Quick Order Form.

## Self-care Favourites:

Your personal favourites, **my pure magnesium + ionic dry body brush** are better together! Combine the two for some much-needed self-care in the evening.



Sustainable beechwood, natural sisal and ultra-fine copper alloy



Gentle yet effective self-care rituals can help release stress, support the body's natural rhythms, and create space for vitality in the months ahead. Two simple, accessible practices that pair beautifully in a seasonal reset are dry body brushing and taking care of your magnesium levels.

Dry body brushing is an age-old practice that involves brushing the skin with a natural bristle brush in light, sweeping motions. Traditionally

used to stimulate circulation, it also helps to exfoliate dead skin cells and encourage lymphatic flow. Over time, this can leave the skin feeling softer and more radiant while helping the body's natural detoxification processes. Just a few minutes before a shower can invigorate the body, leaving you feeling energised and refreshed.

Alongside physical rituals, internal support is just as important for self-care. Pure Magnesium

Glycinate is a gentle, highly absorbable form of magnesium that supports relaxation, muscle function, and nervous system balance. It is well tolerated, making it an ideal choice for daily use, and may assist in easing muscle tension, improving sleep quality, and supporting calm during busy or stressful periods.

Adding dry body brushing and a pure, clean form of magnesium glycinate into your self-care routine can help restore balance.