Well-being is defined as a state of being comfortable, healthy, happy. In any state of wellbeing a certain amount of fluctuation is expected, and this is essential to developing our ability to function and adapt in all the different circumstances we find ourselves. However, the distress caused by excessive or prolonged negative influences can begin to affect our physical and mental wellbeing, performance and social interactions, ultimately impacting upon our quality and enjoyment of life.

Traditional medicinal practices have been founded upon a principle of wellbeing through harmony, by maintaining strength against negative forces without being rigid, having the vitality to deal with a life that is in a constant state of flux and change, and by offering protection from its potentially debilitating effects.

Modere has long been interested in the benefits of traditional medicines. Our research in this area led us to create Well-Being, a herbal blend which harnesses the wisdom of traditional knowledge by promoting health through the replenishment of qi or vital energy.

In traditional terms, by nourishing and strengthening qi, Astragalus is strengthening your vital energy and replenishing energy consumed in everyday biological processes. It is also used for wound healing, and to promote tissue repair and regeneration.

Astragalus also increases your protective qi to protect the body from external forces. Your protective qi is your external immune system. Even now, astragalus is recognised as an important herb in maintaining a healthy immune system. Withania somnifera or Ashwaganda is a key herb from the Ayurvedic tradition. In Well-Being, it is used as a balya herb, to increase body strength.

This combination of qi or vital energy and balya or body strength is intended to support your immunity and vitality, promoting and protecting your personal well-being.
WELL-BEING
with astragalus and withania

WELLBEING BENEFITS OF WELL-BEING

• Well-Being contains herbs used in traditional Chinese medicine to invigorate qi, or vital essence, which helps in the maintenance or improvement of general wellbeing
• In traditional Chinese medicine, astragalus increases your protective qi or external immune system to protect the body from external forces
• In Ayurveda, withania is used to promote balya - body strength or vigour
• This combination of qi - vital energy and balya - body strength, is intended to support strength and immunity and assist the body develop and maintain a state of well-being.

LIFESTYLE TIPS

• Reduce foods that act as a pro inflammatory - packaged processed white food and sugar
• Reduce daily consumption of caffeine and alcohol
• Decrease carbohydrates such as pasta, rice and potatoes and increase all green leafy and orange coloured vegetables
• Consume protein foods with every meal. Aim for smaller portion sizes more frequently throughout the day
• Increase essential fatty acids in the form of fish, nuts or supplementation.
• Increase probiotic foods. Probiotics have far reaching benefits and promote overall wellness via the gut brain and gut immune axes.
• Insoluble fibre helps to clear the gastrointestinal tract, which can assist wellbeing
• Daily exercise is recommended for mental and physical health and has been found to significantly improve stress levels
• Meditation, specific breathing techniques and yoga may all assist in the management of stress
• Seek supports. Counselling using cognitive therapy can help you set necessary boundaries in your work and relationships
• Short weekend holidays can help you gain a fresh perspective
• Get creative – learn a new hobby such as singing, musical instrument, take dance lessons or join outdoor activity groups

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Natural Mineral Drink, Adult Multivitamin or Adult Multivitamin Plus Botanicals, Stress Health.

FACTS

ACTIVE INGREDIENTS
Astragalus membranaceus, Withania somnifera (ashwagandha), Eleutherococcus senticosus (Siberian ginseng), Rehmannia glutinosa, Polygonatum officinale, Lycium barbarum (Goji berry).

DIRECTIONS FOR USE
Adults: Take 2 tablets 2 times daily
Pack size: 120 tablets.

PRECAUTIONS
Always read the label. Follow the directions for use. If symptoms persist, consult your health care practitioner. Contains sulfites. The recommended dose of this medicine provides small amounts of caffeine. Seek medical advice if diarrhoea persists for more than 48 hours. Talk to a TCM or Ayurvedic practitioner if you are unsure if this medicine is right for you.

FREE FROM
Milk, gluten, preservatives, artificial colours and flavours, and yeast.

Listed on the Australian Register of Therapeutic Goods, AUST L 346334.