



Yogi Nectar

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Being winter and all, great skin sounds like an impossible dream. I know usually I suffer from very dry skin around this time of year, but now that I'm including Yogi Nectar into my daily diet chapped lips and flaky hands thankfully both seem to be a thing of the past.

What this article specifically mentions though is illness and immunity. Occasionally in our lifetime we might get something so awful the only treatment solution is antibiotics. If this is you right now then the best thing you can do for your long-term health is to at least make sure you supplement that medication - our gut's worst enemy - with a really good dose of probiotics. With its vast colonies of various strains of these happy little guys, Yogi Nectar is the perfect potion!

Keep well, everybody x

[http://www.vogue.in/.../probiotics-could-be-the-secret-to-g.../...](http://www.vogue.in/.../probiotics-could-be-the-secret-to-g.../)



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Probiotics could be the secret to great skin health and immunity

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