

Post Olympic Blues

Submitted by: Friday's Media Group

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Nothing to watch on TV now the Olympics are over? Are you on a downer following all the euphoria?

Don't feel depressed, snack on Creative Nature's Cacao nibs, the health treat to boost your mood and your energy levels. Not to say you'll feel like an Olympian, but Cacao nibs are rich in anti-stress, anti-depressant and bliss inducing compound. Cacao nibs also have 500 times more anti-oxidants than blueberries!

Your mind and body will certainly be ready to embark on a new fitness regime inspired by Team GB's success!

Visit Creative Nature website to see their range of superfoods and simply delicious recipes to help you easily include them in your diet.

The Creative Nature range has accreditation from both the Vegetarian Society and the Vegan Society, in addition to organic accreditation from both the Soil Association and the EU and are available online from www.creative-nature.uk.com and from leading health food store Wholefoods.

For more healthy tips and superfood facts visit their web site www.creative-nature.uk.com

Ends

Creative Nature is a young, ethical organisation that was established to promote health and wellbeing alongside respect for the environment, by sourcing and providing the highest quality, natural products. During the past eight years Creative Nature has aimed to be one of the leading protagonists in the superfoods world and now has a current range comprising 16 pure, raw and unprocessed natural nutritionally dense, potent health products which have been sourced from some of the most remote and untouched corners of the earth, where the soil is rich in nutrients and has not been damaged by over farming and the use of agro chemicals.

The Creative Nature range is available directly from their web site www.creative-nature.uk.com and a selection of products are available from leading health food stores including Wholefoods.

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