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SEASONAL cheer?
 Aim to reduce your consumption of alcohol. As Bell explains, "The total grams of what is OK, but if you are indulging too often, it can be the recommended upper limit levels (14 units for women, 21 for men), you will be putting strain on your liver, the major organ of detoxification. Alcohol also reduces absorption of vitamin C and encourages the production of free radicals. Produced by the body or a free radical, free radicals can have a very negative effect on the immune system and its function if allowed to rampage through the body unchecked."

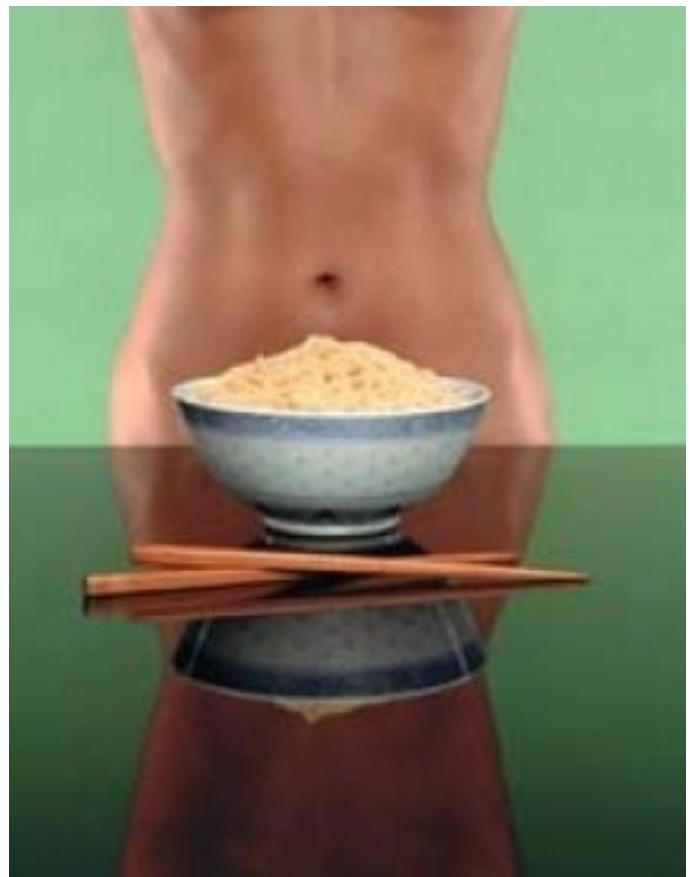
DRINK UP
 Most of us probably drink more water in summer than in winter, but you need at least six glasses a day even when the weather is cold and you might be less inclined to get a cold beverage. If your body isn't getting enough water, you may develop an ongoing problem with low-grade dehydration, with symptoms such as recurrent headaches, constipation and digestive disorders. You could also develop persistent constipation, which can put additional strain on the body's organs of detoxification, undermining general health and energy levels.



Focus your mind on that space at the bar

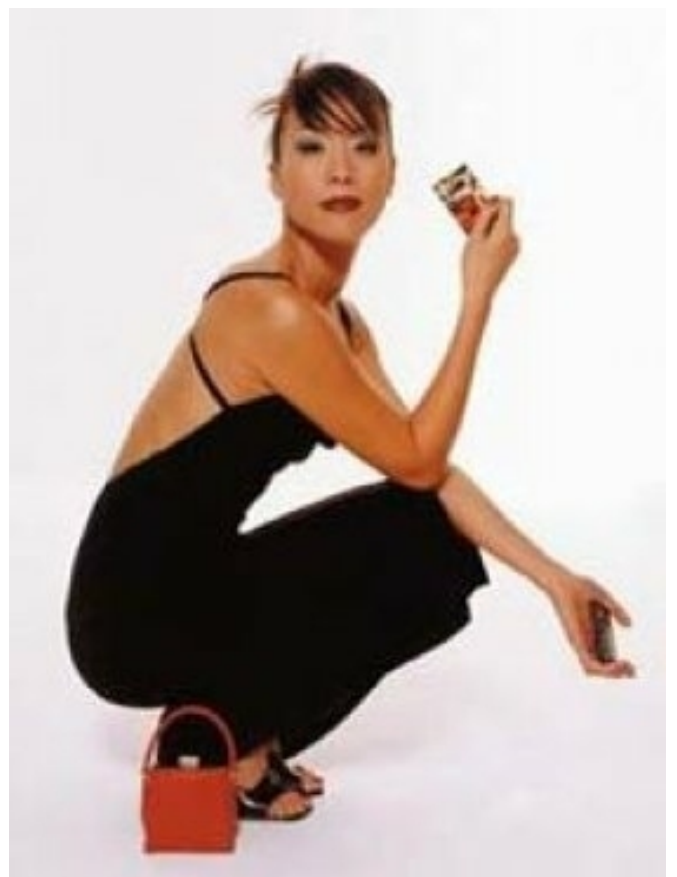
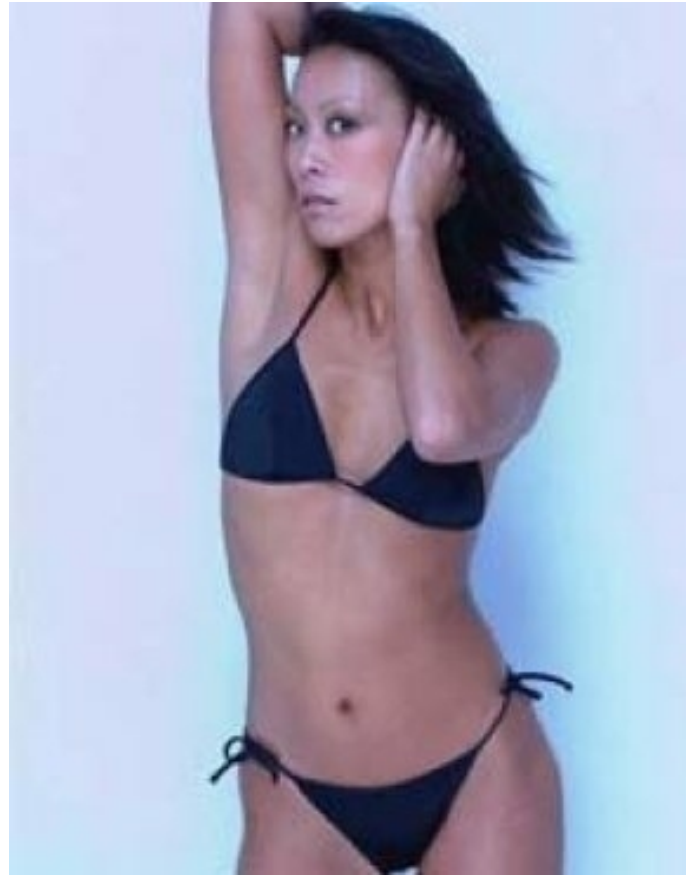


PURE BEER JAPAN STYLE



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