**Body Balancing Nutrition**

July – September 2016 Newsletter

At some stage most of us will need some new inspiration, a refresher on what we are currently trying to achieve. Health documentaries can be a great way of doing this and can also help with motivation, support and education to help reinforce your goals and reasons why you’re on your own health journey. You can learn something from all of the below films and gain great insight into the workings of your amazing vehicle that we call a body.

**HEALTH UPDATE: HEALTH INSPIRING DOCUMENTARIES**

ABC Catalyst-Gut Reaction Part A & B

Hungry for Change

That Sugar Film

Sugar Coated

U Tube-The Invisible universe of the Human Microbiome

The Truth about Cancer Series

Crazy Sexy Cancer

Cereal Killers and Part 2- Run on Fat

Fat Sick and Nearly Dead

Food Matters

Food Inc

Supersize me

King Corn

Forks over Knives

The Sacred Science

Fed Up

The Future of Food

Planeat

Eat, Fast and live longer

Vegucated

The Beautiful Truth

Earthlings

Simply Raw-Reversing Diabetes with raw food

**A MESSAGE FROM THE CREW**

That list should keep you busy for some time! You could aim to watch one documentary per week or leave it for when you’re not feeling motivated or if you happen to fall off track. Learning from these clips different tips and tricks along the way such as regularly drinking hot lemon in warm water and knowing the overall benefits of doing this will add your overall health and wellbeing.

Take care, and enjoy! Love the BBN Team