

What's New at WALA May 2010



Dear Sir or Madam,

When we reflect on life we find it involves many different rhythms. In the course of the seasons, warm and cold alternate with one another. From our own bodies we are familiar with the rhythm of breathing and the heartbeat. Each of our organs has its own individual rhythm, alternating between phases of heightened activity and rest. Music, the movements of the planets, the ebb and flow of the tides: everywhere in nature rhythms are an important expression of life itself. So it is not surprising that a healthy rhythm can help us to stay healthy in the long term and to avoid stress. Read how to find your inner rhythm – and many other topics – in this Newsletter.

With greetings from
Your WALA Newsletter Team



Avoid stress – give your life a healthy rhythm

Sometimes everything gets just too much. Life is disorganised and hectic and there's not even time for a little break. Such periods of pressure and excessive external stimuli upset our inner equilibrium. This is when the body can become vulnerable to disease. Learn to follow your inner rhythm and create the best conditions for a healthy equilibrium.

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Strophanthus

Strophanthus is a liana, a woody climber that grows in the hot, dry forests of East Africa. In the first half of the 20th century preparations made from this cardioactive plant, whose properties were discovered by accident, were known as 'milk of the ageing heart'.

[To the Plant Portrait](#)

[More Portraits](#)

Further topics

- Avoid stress - give your life a healthy rhythm
- Dr.Hauschka face care products in limited-edition special sizes
- Plant Portrait: Strophanthus
- Three Questions for Marijke Vermeulen
- Tip of the month: WALA Wund- und Brandgel



A holiday for the skin

Just in time for the start of the travel season, we offer four of the most popular basic products from the Dr.Hauschka face care line in limited-edition special sizes. And even if you are not thinking about a holiday yet, these practical sizes are ideal for trying out the products or giving as gifts.

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Three Questions for Marijke Vermeulen

Four employees at WALA Heilmittel GmbH are exclusively engaged in coordinating requests to visit and planning in-house activities for guests. Two other employees are responsible for organising off-site events which the company arranges for customers and partners. Together they form the event management team. In our interview, team leader Marijke Vermeulen tells us why they are busier than ever this year.

[To the interview](#)



Tip of the month: WALA Wund- und Brandgel

The light and warmth of the merry month of May draw us outdoors: children climb trees and enjoy the chance to play outside. An almost inevitable consequence is insect bites, sunburn and minor injuries. *WALA Wund- und Brandgel** relieves pain quickly and reliably. Containing medicinal plants like the dwarf stinging nettle, arnica, calendula, comfrey and arborvitae, this gel alleviates swelling and promotes wound healing in the skin – for young explorers and the not-so-young as well.

*Prescribing information

WALA Wund- und Brandgel

Indications according to the anthroposophical understanding of man and nature: First and second degree burns and scalds, sunburn, insect bites, grazes.

For information on risks and side-effects please read the pack insert and ask your doctor or pharmacist.

Service informations

Dr.Hauschka Med and Dr.Hauschka Skin Care products are available from authorised retailers, including natural food stores, natural beauty shops, department stores, perfume stores, pharmacies and Dr.Hauschka Estheticians. The Dr.Hauschka Service Team will give you the names of local suppliers and will answer any questions you may have. To contact them, call +49 (0)7164 930-181, Monday to Friday between 8 a.m. and 5 p.m. Or visit us on the Internet at www.dr.hauschka.de. Further information on natural skin care can be found at www.naturalbeauty.de.

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