



...and breathe! nutrition and the respiratory tract

In this workshop, Vital Nutrition takes a closer look at the link between our respiratory tract and our diet, to arm you with the ideas you need to help you breathe easier.

Join us to discover:

- Foods to help support your immune system
- The nutrition link with hay fever and asthma
- Nutrition for congestion relief
- Reducing your risk of upper respiratory tract infections
- First aid foods for colds, congestion and upper respiratory tract infections

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