



-  **Home Remedies**
-  **Stress Hurts**
-  **Weight Loss**
-  **Heart Health**



**BUY SMART
BUY GUARDIAN.**

WHY PAY MORE?

**PRESCRIPTION
REMINDER SERVICE**


Now, you don't need to remind yourself, we will remember to refill your prescription.

WHEN HOLI BECOMES HASSLE



Holi is a funfilled, colourful festival. However, in the recent past the festival masquerades as a cover for men to throw away their decency and for kids to behave in a rowdy way. Undoubtedly it dampens the spirit of the festival. [read more](#)


CANCER IS CURABLE



World Cancer Day comes in February. This 'C' word evokes terror in the hearts of people, so much so that the diagnosis has been considered synonymous with death. But, this is not true. Cancer can happen to anyone and it is treatable in early stages for which you need to recognize warning signs.

» [Tell me more](#)

QUIT SMOKING




Tobacco smoke is a powerful carcinogen. Oncologists say that 40% of cancer related deaths are tobacco related. My Health Guardian will tell you ways to help you quit smoking.

» [Quit smoking for good health](#) » [What makes quitting cigarettes difficult?](#)

ALLERGY UPDATE


Change of weather is accompanied with raw noses and bouts of sneezes. A cold that keeps lingering forever masks a whole lot of infections, like allergic rhinitis and bronchitis. Distinguish your cold from allergies. Asthmatics need to do aggressive management of cold so that a sneeze doesn't turn in wheeze.



» [What's an allergy](#) » [Whether it's cold or allergy](#)

WHO NEEDS A HEALTH SUPPLEMENT?

When life demands X-m




Practically all of us, because hardly there will be anyone who follows recommendations of Food Guide Pyramid. Naturally, nutritional deficiencies develop which accelerate the process of ageing and our vulnerability to degenerative diseases.

» [Seven supplements to stay healthy](#)

» [Boost your immune health with B vitamins](#)

Guardian Pharmacy is India's fastest growing chain of health, wellness and beauty stores with more than 180 outlets across the country and serves 50 lac customers every year



This message contains advertising. **PLEASE DO NOT REPLY TO THIS MESSAGE.**

[To unsubscribe click here](#)