

## THE LEG ROOM

"DARLING THE LEGS AREN'T SO GOOD - I JUST KNOW WHAT TO DO WITH THEM" .. MARLENE DIETRICH

### stuck on Soulmate



I'm a bit stuck on Soulmatefood, the new lifestyle nutritionists. I stumbled on their website recently, then ventured into Harrods last week and fell (backwards: embarrassing) over their display in Urban Retreat. As well as guiding you on an integrated approach to mental and physical wellbeing, thus enabling that state of nirvana that is a balanced life (apparently it is possible) they do these amazingly funky supplements like agel UMI (left) to improve your energy, resistance to ageing, liver and circulation performance, and which intrigue me, partly because, at £40 a pop, they're chokingly expensive. They must be good. Time I tried one. \*Signs off, sounding oddly like Michael Winner\*

POSTED BY THE LEGOLOGIST AT 18:50:00 0 COMMENTS



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<http://thelegroom.blogspot.com/> anyone else  
discovered Soulmatefood?

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