

Lung & Large Intestine, Sinus and Detox Season (cont.)
Treatment Programs

Our office has supplements to relieve sinus and lung symptoms and support the detox process simultaneously. Now is the perfect time to start a weight loss program as your body is running the colon/lung cleansing program. Ask about our weight loss programs and acupuncture/auriculotherapy. If you adapt yourself and your diet to the changes that come with the seasons, you will maintain health, and we can help you with those changes. Call as soon as you have any cold or flu symptoms and stop by or we can ship the products when you order on-line. The sooner you get started feeding your immune system the better your chances of fighting it off without a lot of lost work/school time.

The flu (influenza) is an illness caused by a virus that comes on suddenly, and causes symptoms such as a fever, body aches, headaches, fatigue, loss of appetite, a dry cough, and a sore or dry throat. The flu is not the same as the common cold; flu symptoms are usually more severe, and you will often miss more work or school than with a cold. A healthy immune system can ward off flu and viruses (Vitamin D3& C). Most people recover without problems, but sometimes the illness leads to a secondary bacterial infection, such as an ear infection or sinus infection, or bronchitis. We have LBG lymph therapy and specific supplements to relieve these conditions. Good home treatment of frequent hand washing may help prevent these infections. The most important home therapy is a humidifier or vaporizer as the most common cause of sinusitis is dry air. We also have aromatherapy infusers with antibacterial and antiviral essential oils (Guardian) that smell great, work awesomely, and are a great idea for Christmas gifts.

***Winter begins December 21st. Seven days before & after the season change are the most stressful and energy draining on the body. Why? Because the body is changing the 3 month clean & repair programs to Kidney/Bladder (Winter) time. Bladder infections & kidney stones passing are common. This is the most important time of the year to increase water intake. Call & ask how we can help.**

Visit our website www.naturalhealingcenters.com for seasonal specials, or email us at nhc@yhti.net
Office special: Zyto Energy Balance \$35.00(reg 50)



**NATURAL HEALING CENTERS PRESENTS:
FREE WELLNESS LECTURES!!!!!!**

This series is intended to educate people of their rights and choices for any healthcare condition or illness. We would like to invite you, your families, and friends to Wellness Wednesday. The wholistic series will be held at Natural Healing Centers on two special **Wednesdays of each month from 5:00pm to 6:30pm at NHC office.** It will be a fun and informative series. This season's topics include:

**NOVEMBER 4th, 2009 Immune System Support:
Flu, H1N1, Strep & other "bugs"**

- 1) Pure Essential Oils
 - i) Antibacterial, Antiviral, Antifungal
 - ii) Application, Atomizer
 - iii) Protect your family with good smells
- 2) Vaccines: Help or Harm? Vs. Homeopathy
- 3) Herbs & Cooking for the Season
 - i) Garlic, ginger root, licorice & more
 - ii) Food combinations & cooking herbs

*** November 16th: 7:30-8:00am Tune into KWMO (1350AM) to hear Dr. Rose Fischer speak about vaccinations and their effects.**

**NOVEMBER 18th, 2009 Gut & Psychology Syndrome
Guest Speaker: Rebecca D Bishop, JD & Dr Rose Fischer
Learn from this mother of two autistic children how she changed their autistic behavior nutritionally.
Simple common sense nutrition and school vaccine law**

- 1) Is Your Gut The Reason For Autism, ADD, Impaired Learning & Premature Dementia?
 - a) Find Out About the Gut/Brain Nutrition Connection
- 2) Digestion: Is Yours Normal or Abnormal?
 - a) What are Probiotics & Digestive Enzymes?
 - b) Immune Function of the Gut
- 3) The Difference Your Diet Can Make
 - a) Cultured Foods at Home

We Sell QCA Hot Tubs & Far Infrared Saunas

**Meet our partners in Preventive Health:
Anne and Keith Kastendik of Pool Solutions.
Detox & Relax in a Healthy Hot Tub & Sauna
Call and schedule a free trial appointment**

**Wed. Dec. 2nd 5:00-7:00pm
You're Invited to Our
"Give The Gift of Health
Party"**

De-stress your loved ones with a massage, pure essential oils, face lift, detox foot bath, craniosacral session, or golf tune-up. However, sample it yourself free tonight. Try our sauna out or experience our weight loss acupuncture and nutritional therapies. Meet Anne & Keith Kastendik, of Pool Solutions and learn about non-toxic hot tub water and saunas. Experience the Zyto biofeedback technology and EVOX voice stress analysis to identify your stressors and nutritional balancers. Ask about giving a season change tune-up and alignment package (5 visits). Don't miss this night out of fun, food, holiday stress relief & cheer.

DECEMBER 16th, 2009 Are Your Teeth Making You Sick? Guest Speaker: Dr Michael Q. Edwards

- 1) Energetic Relationship between tooth & body part
 - a) Tooth-Body Chart
 - b) Galvanic Currents in the mouth
- 2) Is your body rejecting your dental work
 - a) Fillings, gum rejection
 - b) Crowns & Root Canals
- 3) Healthy Natural Alternatives in smiles
 - a) CEREC technology (biocompatible)
(1) Fillings, (2) Crowns, (3) Veneers
 - b) Taking the charge out of your teeth with ceramics & porcelains (not with metal)



**Give the "gift of health"!
A gift certificate can be customized
for any of the services or products
offered at Natural Healing
Centers!**

HAPPY THANKSGIVING MERRY CHRISTMAS & A WONDERFUL HOLIDAY SEASON

We give thanks to all who have given us the privilege to serve them & their healthcare needs. May you enjoy your loved ones and the simple things in life that are priceless. Our Holiday Wish is for everyone to experience some stress relief in the form of Peace, Joy & Love in their life.

God Bless America

PURE ESSENTIAL OILS Nature's Answer to Antibiotics

The pure essential oil that is antibacterial, antiviral and antifungal which we recommend for cold/flu season is **Guardian**. Remember there is a huge difference between typical retail good smelling aromas and medicinal quality pure essential oils. The difference is remarkable.

ADD/ADHD?

Do you know children with learning difficulties? We have brain food and nutrients to facilitate proper functioning of the nervous system. We also have exercises and Brain Gym work. Food allergy and environmental sensitivity testing is available & more. There are alternatives to Ritalin that work. Learn more on November 18th Wellness Lecture.

H1N1: FLU or FRENZY?

Did you know there are safe alternatives to the H1N1 vaccine and the "Seasonal Flu" vaccine? We have homeopathic remedies with these viruses that are diluted yet effective. These remedies do not contain mercury, squalene or live virus like the mainstream vaccines do. Ask us about **Flu Tonic**, **vitamin D3** and **Influaforce Plus** as a "preventative" and as an acute treatment if necessary.

PRODUCTS OF THE SEASON:

*Cold and flu preventative: CELLULAR C/ADRENA-PAN-C are vit C products that support the immune system stress of the season change along with plenty of water: remember Hydrate drops in your water!

*Immune support: GOLD 360, ECHINAPLEX, FLU TONIC, BIO-COLOSTRUM, PROBIOTICS, SINUS RELIEF, NATURAL ALLERGY RELIEF (support lung, sinus & immune repair), ORGANIC HONEY, and ZINGER TEAS are a great way to increase your hydration levels in a fun way.

*Colon support and detox: FIBERCLENZ, COLOTOX, BOWEL SUPPORT, SMOOTH MOVE, PROBIOTICS, and DIGESTIVE RELIEF you know you need this if your breath and armpits smell. (Colotox is great for deer hunters who don't want the deer to pick up their scent - 6 caps/day, 5days before hunting)

*Cold and Flu Remedies: FLU TONIC, VIROTOX, LYMPHOPLEX, BAC, CHESTAL COUGH SYRUP and BRONCHIOFORCE are the natural way to stay in the game.

(* Product may help the body repair listed conditions. These statements have not been evaluated by the Food & Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease. *)



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NATURAL HEALING CENTERS FALL NEWSLETTER



HOLIDAY PARTY EDITION

September 22 - December 21, 2009

Whoever wishes to investigate medicine should proceed thus: In the first place, consider the seasons of the year and the effect each of them produces. - Hippocrates

LUNG & LARGE INTESTINE, SINUS DETOX SEASON

In Chinese Medicine there is a distinct biological/energetic effect on the human body with each season change. In the Fall season the body runs the clean-detox-repair program for the Lungs/Large Intestine organ system. In Late Summer (8/22 - 9/21) the body addresses the Spleen/Stomach organs & meridians. The actual season change of taking out the Spleen/Stomach "program" and installing the Lung/Large Intestine "program" takes a lot of energy. These are the days you are tired for no apparent reason. Do not push yourself at this time: get your rest & sleep. Each organ also has a specific energy pathway or fiber optic circuit called a meridian, specific muscles and vertebrae that are associated with those meridians. This is why people have different aches and pains with different seasons. Fall (Autumn) is the season of the year the body directs increased energy to cleanse and detoxify the lungs and the large intestine. A classic symptom for large intestine (or colon) toxicity is having chronic shoulder pain, and/or bowel movement inconsistencies. A classic fall symptom that reflects lung detox is sinusitis, or coughing up phlegm and other unusual substances, or classic "Cold/Flu" symptoms. Because your body is "taking out the trash", it is important to nutritionally support this cleaning process of the body's lung & large intestine systems with diet changes and supplements that will result in vibrant health and great looking skin. OTC products and antibiotic misuse block this normal cleansing and renewal process of the lung & large intestine tissue and drive the toxins deeper into the tissue causing other problems later in life. (continued inside)