

July/August 2011



Family Health Center

Vitamin Store & More!

815-895-8151 • Hours: Mon - Fri: 9-7 • Sat & Sun: 10-4

1170 DeKalb Ave., Ste. 111, Sycamore, IL 60178

www.askfamilyhealth.com • Email us at: askfamilyhealth@yahoo.com

Symptoms of Magnesium Depletion

- Stress • Low Energy
- Muscle Tension
- Muscle Spasms and Cramps
- Headaches
- Inability to Sleep
- Fatigue/Weakness
- Abnormal Heart Rhythms
- Irritability • PMS and Hormonal Imbalances
- Weakening Bones
- Constipation
- Nervousness/Anxiety

Magnesium deficiency can be caused by a number of stresses on the body, including – but not limited to – lack of adequate dietary magnesium, emotional stress, some drugs (diuretics, antibiotics, oral contraceptives, insulin, cortisone), heavy exercise, diabetes, gastrointestinal disorders and too much calcium in the diet.

Magnesium helps your muscles and nerves function properly; it keeps your heart rhythm steady, supports a healthy immune system and also assists in keeping your bones strong. This essential mineral helps regulate blood sugar levels, promotes normal blood pressure and is required for producing and storing energy. It's easy to see why many researchers say that no single dietary factor is as critical as magnesium.

The amount of magnesium required by the body is greater than people think. Let us help you pick the right form of magnesium so that you can begin feeling what the "Magnesium Miracle" is all about.

Estrogen Effects

Stimulates breasts cysts; increases body fat storage; increases salt and fluid retention; can cause depression and headaches; interferes with thyroid hormone; increases blood clotting and risk of stroke; decreases libido (sex drive); impairs blood sugar control; can result in less retention of zinc and copper; reduced oxygen levels in all cells; increased risk of endometrial cancer; increased risk of breast cancer. A benefit of estrogen is that it helps provide a slight decrease in bone loss.

Hormone Balance Test for Women

- Puffiness and bloating
- Rapid weight gain
- Mood swings
- Anxious depression
- Insomnia
- Red flush on face
- Weepiness
- Cervical dysplasia (abnormal pap smear)
- Breast tenderness
- Heavy bleeding
- Migraine headaches
- Foggy thinking
- Gallbladder problems

If you have checked 2 or more boxes then you may be suffering from Excess Estrogen. We accumulate estrogen from the environment, plastic products, non-organic dairy and meat products, chemicals in products and soy foods. Supplementing with Diindolylmethane, or DIM for short, stimulates more efficient estrogen metabolism. DIM is a plant indole found in all cruciferous vegetables. You may use DIM on its own or it may be combined with natural progesterone cream for best results.

Colon Health

Every organ of the body is affected by the health of the colon. Family Health Center is grateful to have the very skilled Linda DeLap, C.N.A. on staff as our Colon Hydrotherapist. Colon Hydrotherapy is a gentle method of cleansing the entire colon without chemicals or drugs. The individual lies comfortably on the table and a small speculum is inserted into the rectum. The therapist then monitors the temperature and pressure of water that is infused into and out of the colon. The system is closed and waste material is eliminated through the instrument and out the drain line avoiding any offensive odor and maintaining the dignity of the individual.

Schedule your private, high-tech, sanitary session by calling Linda Delap, C.N.A. at 815-762-3573 or Family Health Center at 815-895-8151. Castor oil packs, used for increased output, are available at a nominal charge.

July/August 2011 Sales, Events & News

July Supplement Savings

- **Save 20%** on the entire line-up of supplements from **Now** – stock up on all of your favorites: Supplements, Sports Nutrition and Food Items – No limits!
- **Save 20%** on the top selling sku's from **Enzymatic Therapy**.

Save on the following 7 sku's:

- Acidophilus Pearls (90-caps)
- ActivLife Q10 Ubiquinol 100mg (30 sg)
- Aqua-Flow (90 vcaps)
- Black Cohosh (60 tabs)
- Complete Liver Cleanse (84 vcaps)
- Garlinase FRESH (30-tab and 100-tab)

- **July 7 – Free Seminar: Probiotics – Enzymes – Omega 3 Oils**

Join us at 6:30, in the store, to welcome Bruce Topping, Garden of Life Regional Educator. Bruce will be acting as a nutritional archeologist as he unearths the history behind RAW probiotics, RAW enzymes, and SUPERCritical fish oils. RSVP in store or by calling 815-895-8151.



Shop anytime from 9-7 on Tuesday, July 5 and receive 15% off your entire order (excludes services, sale items and FAR Infrared Saunas)

August Supplement Savings

Non-Medical Services by George Moore, Natural Health Practitioner

Aug 4 - 6. Appointments are available from 9 - 6 each of the 3 days.

- *Hair Mineral Analysis* – \$97 – Takes about 20-minutes.
- *Vitamin D Testing* – \$79 – Do not supplement with Vitamin D for 24-hours prior to the appointment. Takes about 20-minutes.
- *Live/Dried Blood Demonstration* – \$100 – Do not eat 2-hours prior to the appointment. Takes an hour.

For further information on each of these services, please call. Don't delay, appointments fill quickly.

August Supplement Savings

- **Save 20%** on the entire line-up of cleanses, probiotics, fiber products and all of your favorites from Renew Life. No Limits!
- **Save 20%** off Sculpt n' Cleanse from Health Direct. Sculpt n' Cleanse may be used for occasional constipation or for a colon cleansing program. Receive a FREE Sculpt n' Cleanse Starter Pack with every 100 or 175-ct bottle purchased. (While supplies last!)

Family Health Center Rewards Card

Get year-round savings with the Family Health Center Rewards Card. Simply fill out the quick registration form and a card will be issued to you. Keep the card in your wallet and *present your card each time you shop* Every dollar of merchandise (not services) is a point. Accumulate 250 points and receive \$5 off your next purchase. The reward card must be presented at the time of purchase in order for us to swipe it and put the points on to the card. Additionally, present your card once a month to receive a 15% discount on your most expensive item.