



January / February 2012 Family Health Center

Vitamin Store & More!

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

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Dieter's Choice for Carb Control

Dieter's Choice for Carb Control is a highly purified, water-based extract of the white kidney bean *Phaseolus Vulgaris* that inhibits the activity of alpha-amylase, the digestive enzyme that breaks down starches and complex carbohydrates. Each Sure-Release™ mini tab may assist in weight control by reducing the enzymatic digestion of dietary starches (carbohydrates). Therefore the calories found in carbs may not be absorbed, reducing your total intake of grams and calories on a daily basis. Reducing 500-1000 calories per day will assist you in losing 1-2 pounds per week. Dr. Oz says that the white kidney bean extract is one of his favorite Fat Busters!

Wyndmere Aromatherapy

Experience the difference with USDA Certified Organic Essential Oils from Wyndmere. Available in Therapeutic Pure Essential Oils (single oils such as: clove, lemon, eucalyptus, lavender and many others) and Synergistic Blends (Head Aide, Detoxification, Digestive Aide and others). Try one of their moisturizing lotions, handcrafted in small batches with no artificial preservatives or alcohols added. Your body deserves only the best.

Disclaimer: This newsletter is not intended to diagnose, prescribe, or treat any condition of the body.

RAW Protein

Now you can unlock the nutritive power of living seeds and grains with RAW protein from Garden of Life – a certified organic, raw, vegan protein powder.

Featuring 13 raw and organic sprouts, RAW Protein is an excellent source of complete protein, providing 17 grams plus all of the essential amino acids. Use RAW protein alone or add to food or beverages to increase the protein content. It mixes easily and has a neutral taste, making it an excellent foundation for a high protein drink or smoothie. There are no fillers, no artificial flavors, no synthetic ingredients, and it's gluten-free and dairy-free. So for those looking for highly nutritious, nutrient-dense, easily digestible, high quality protein nutrition, look no further than RAW protein from Garden of Life. Available in single packs or in a 22 ounce container.

Problem Urinary Tract? ... Incontinence?

Try a Natural Solution ... Try Urinary Tract Control!

Infection of the bladder, urethra, kidney, or ureters is considered to be a urinary tract infection (UTI). UTI's account for more than 11 million child and adult physician visits annually in the US. Only respiratory infections occur more often than UTI's.

Normal urine is sterile and contains fluids, salts, and waste products but it is free of bacteria, viruses, fungi and parasites. An infection occurs when one of these, usually bacteria from the digestive tract, cling to the opening of the urethra and begin to multiply.

Urinary Tract Control is designed to treat the symptoms of urinary tract infections. Its unique formulation includes Black Cohosh and Soy Isoflavones to help with any incontinence as well. Additional ingredients such as D-Mannose, Magnesium, B-6, Cranberry Extract and Probiotics are included to help support normal urinary tract function and ease pain, burning, spasms and frequent urination.

Stop in for complete product information and samples – while supplies last! Urinary Tract Control can be taken by pregnant or lactating women. Children under 12 years of age can also use it at half dosage.

The Missing Nutrient

Can one simple vitamin reverse heart disease? Dr. Leon Schurgers says it can. Research shows that Americans have too much calcium in their arteries and not enough in their bones. It's called the "Calcium Paradox". And it leads to osteoporosis and heart disease. But Dr. Schurgers says that it's not because we get too little calcium in our diet. Rather we get too little vitamin K2. Vitamin K2 controls where your calcium goes – out of the blood and into bones and teeth. A Dutch study also links this little known nutrient, Vitamin K2 with a reduced risk of developing type-2 diabetes.

Vitamin K1 is found in green, leafy vegetables but it is Vitamin K2 that packs a therapeutic punch. Vitamin K2 is found largely in meats and eggs from animals that eat grass and green vegetation. Since we don't get enough Vitamin K2 in the foods we eat, it is important to supplement. But not all vitamin K supplements are created equally! We carry a full spectrum Vitamin K that includes K1 and two forms of K2: menaquinone-4 and menaquinone-7. Vitamin K2 deficiency is just as wide spread as Vitamin D3 deficiencies. Family Health Center is always striving to bring you the most cutting-edge nutritional information.

Jan/Feb 2012 Sales, Events & News

Everyday Savings & Events

Receive \$5 off your Garden of Life, Vitamin Code Multi-Vitamin & Mineral purchase, when you bring in your mass-market vitamins for trade-in. We'll show you and explain to you why your mass-market supplements may be doing more harm than good. Expect Extraordinary Health with Garden of Life.

Is your Thyroid getting all of the iodine it needs? Take the self-test and let us perform a Skin-Patch Test for iodine sufficiency – it's free and you will be able to see if you are in need of more iodine in your diet.

January Savings & Events

Save 15% on Renew Life Supplements & Cleanses

The New Year brings an opportunity for better choices and better health! Cleanse the toxins and jump start your weight loss efforts with a cleanse from Renew Life. Save 15% all month long!

Save 20% on Barlean's Omega Swirls

Omega Swirl Fish Oil and Flax Oil Supplements that taste like dessert! Ask for your free sample!

February Savings & Events

Feb 2 at 7:00 p.m.

Join us for a Weight Loss Symposium

Discover some of the proven all-natural secrets to weight loss and good health! You'll learn why most diets fail and how to power up your body fat and weight loss by choosing the right foods and supplements.

Feb 2 – 4

Non-Medical Services with George Moore, Natural Health Practitioner

Live/Dried Blood Demonstration, Vitamin D Testing,
Hair Mineral Analysis. Call for appointment times.

Feb 9 at 6:30 p.m.

Thermography and Breast Health Screening

Did you know that it takes 8 years for a cancerous tumor in the breast to grow large enough to be seen with a mammogram or MRI? Join Ami Atkolaitis from Wellness Concepts, LLC as she discusses the benefits of Thermography versus traditional mammogram screenings. Thermography is recognized as the next frontier in safer, more effective screening for numerous health issues.

Save 20% on all supplements from NOW Foods

Now is an industry leader in vitamins, healthy foods, natural personal care and sports nutrition products.

Family Health Center Rewards Card

Get year-round savings with the Family Health Center Rewards Card. Stop in for details!