

November / December 2011

Family Health Center

Vitamin Store & More!

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

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Looking For All Day Energy?

Let's face it – the season of overextending ourselves, late nights and shopping trips zaps our energy and leaves us feeling less than festive. Introducing...

Source of Life's Energy Shot!

Designed to compete with those other energy drinks that only rely on a single ingredient to stimulate energy and lots of sugar, artificial sweeteners and flavors, Source of Life's Energy Shot is an all-natural, patent-pending liquid-energy-extending technology, providing **8 hours or more of exhilarating energy** and blowing away common 3-5 hour energy products. Bursting with the flavor of sweet tropical fruits, the Energy Shot delivers stimulating phytonutrients, powerful adaptogenic herbs and revitalizing antioxidants for long-lasting, invigorating vitality and unbounded energy. Jitter-free, long-lasting, natural energy that's perfect for everyone!

Free from artificial colors, preservatives, gluten, yeast, wheat, soy and milk.

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

Male Menopause?

If you are a male and you feel fatigued day and night, if you are losing your self-confidence and feel depressed, anxious or overly emotional, your memory is suffering or if you have constant restless sleep, weight gain, reduced strength or a disinterest in sex, then this is a good indication that your testosterone levels are low. Peak testosterone levels are reached in men in their early to mid-20s. Between the ages of 40 and 70, the average man loses nearly 60% of the testosterone in his body. Men experience hormonal drop-off just as women do. **Andropause is male menopause.**

Testosterone is a powerful anabolic (meaning, tissue building) hormone produced by men and women. Research indicates that it is a vital factor in the prevention of cardiovascular disease as well as improving energy levels, bone density, muscle tone, prostate health, mood and vitality. To combat andropause, it is important to replace testosterone that has been lost in the aging process. **Do NOT supplement with synthetic testosterone** – there are too many risks and side effects when you use synthetic products. We only suggest and carry bio-identical testosterone supplements. Check out our lineup of testosterone boosting supplements: T-Male (capsules or liquid) and transdermal (through the skin) testosterone and HGH creams as well as HGH capsules. Recapture your zest for life, easily, naturally, and most importantly, without side effects.

Y Cramp!

You are a woman, one of God's masterpieces. So who says a radiant beauty such as you must deal with cramps every month? You can *finally* enjoy freedom from frustrating, energy-sapping feminine cramps. Take back every single day of the month with the revolutionary, all-natural cramp solution: Nature's Plus Y Cramp™.

- Whole-body relief and freedom from feminine cramps.
- Helps to restore a healthy, bright mood during your menstrual cycle.
- Provides a multitude of wellness benefits that balanced hormones will bring.
- Promotes healthy muscle tone and digestion, as well as prevents water retention.

24/7 Weight Loss

Abnormal fat storage and weight gain seems to affect many of us around the age of 30. As we age, our bodies natural fat-burning and regulatory systems can diminish or even stop working, resulting in a slowing of the metabolism, abnormal fat-storing from an increased insensitivity to insulin and elevated blood sugar levels, the decline of youth-preserving and "slimming" hormones (and an increase in fat-storing ones), and a loss of lean muscle and body tone. Modern science has identified several new cutting-edge nutrients that not only help stop these age-related weight gain factors, but even stimulate your body's own natural fat-burning mechanisms to more youthful levels – all without harmful stimulants. **24/7 Weight Loss™** has been clinically studied to reduce the effects of age-related weight gain. Get started now – don't wait for a resolution! 24/7 is the new anti-aging secret for fast, long-lasting and safe weight loss.

Nov./Dec. 2011 Sales, Events & News

November Savings & Events

- Experience Extraordinary Health and **INCREDIBLE SAVINGS** with Raw Food Created nutrients from Garden of Life. **Save 30% on all Garden of Life Supplements**
No limits on purchases! Now is the perfect time to stock up on all your favorites, try a new Garden of Life supplement, or give the gift of health to a family member or friend!
- Stock up on all of your favorite **Carlson** nutritional supplements and **save 20%** all month long! Founded in 1965, Carlson Laboratories has been a family owned and operated nutritional company providing quality products for over 45 years.
- Last visit of 2011: George Moore, Natural Practitioner will be here Nov. 17-19.
 - * Live/Dried Blood Demonstration *Vitamin D Testing
 - * Hair Mineral Analysis. *Appointments are required.*Call 815.895.8151 to schedule your non-medical service.
- Closed for Thanksgiving
- Black Friday – November 25 – Discounts & Savings – Open 9-7

December Savings & Events

- Gift Certificates Available – Give the Gift of Health!
- If you think the holidays have to mean bloating, indigestion, gas and other digestive ailments then take advantage of our **20% sale** on **Enzymedica's** line of plant based digestive enzymes.
- Going, Going, Gone – Check out our drastically, reduced Clearance items
- Closed Sunday, Dec. 4 for year-end inventory
- Closed Dec. 24 & 25

**Toys for
Tots drop
off!**

We are proud to announce that we are a Toys for Tots drop off location – Bring in your new, unwrapped toys and leave in the collection box. Our communities needs are much greater this year than last, so let's do our part to take the stress of the holidays off of those families in need and help to make their children's holidays that much brighter.

Donations accepted
from November 1 –
December 15.

Family Health Center Rewards Card

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