

September/October 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



### Lower Blood Pressure with Celery!

Scientists have found that celery can reduce blood pressure as much as 14% without any other change in diet. A compound in celery: 3-n-butylphthalide – relaxes smooth muscles in the vessel walls causing them to dilate and allow blood to flow more easily as well as reduces levels of stress hormones. Only \$11.25 for 100 caps of Celery Seed.

### Is your Fish Oil Worth the Cost?

Did you know that the average concentration of omega-3s found in fish oil supplements sold in **mass market** is only 30%? Not only is it a **waste of your money** but you also end up with a lot of unwanted binders, fillers and extra fats – all of which have a negative effect to your health.

Garden of Life's **Minami Platinum** is for adults who want an ultra-premium, convenient, once daily fish oil with the highest available Omega-3 concentration (92% - the highest in the industry!) and added Vitamin D<sub>3</sub>.

Minami Platinum supports cardiovascular health, cognitive function, mood and the immune system and offers a clean, orange flavor with no fishy aftertaste. \$4.00 off coupons are available in-store (while supplies last). We carry a complete lineup of Minami Omega-3s for children, teens, adults and even those who are Vegan.

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

## Break the Yeast Cycle

*Candidiasis* is a yeast overgrowth in the body that triggers fatigue, weight gain and a myriad of issues in the body.

**Yeast triggers intense cravings.** Carbs fuel the yeast enabling it to multiply even further.

**Yeast hinders the thyroid.** Our immune system does attempt to destroy the abundant yeast but as a result of this battle, inflammatory compounds are produced that suppress thyroid function.

**Yeast causes belly bloat.** When yeast ferments carbs, it produces toxic waste products. To minimize the damage, the body retains water to dilute it which often results in adding five to seven inches to your waistline.

**Yeast produces inflammatory proteins.** This inflammation is known to trigger chronic congestion, post-nasal drip and sinusitis.

**Yeast weakens the immune system.** Weakened immune systems often result in frequent colds and other infections.

Yeast Away™ is a newer product at Family Health Center. It is designed to eliminate yeast infections from the body. Yeast Away contains cellulase enzymes and probiotics that attack the overgrowth of *Candida* organisms without any negative side effects. Yeast Away is available in a 12-day or 30-day supply. Additional yeast fighting products may be needed along with a change in diet and lifestyle.



## The Most Important Number to Know

Measuring your Vitamin D<sub>3</sub> level may be the single most important blood test you, and your children, can have. **Optimal levels** of Vitamin D<sub>3</sub> are **50-100 ng/ml**, however up to 85% of Americans are deficient. In the US, the average late winter vitamin D<sub>3</sub> level is only about 15-18 ng/ml, which is considered a *very serious deficiency state*. State of the art Vitamin D<sub>3</sub> testing is now available using a finger prick. George Moore, certified in Clinical Microscopy and Live Blood Analysis can perform this simple test. It is important to check blood levels because it is the only way to know if you are taking enough Vitamin D<sub>3</sub>. When Vitamin D<sub>3</sub> levels are **optimized**, you can significantly reduce the risk for many illnesses including: *17 varieties of cancer – including breast, prostate and colon, heart disease, hypertension, chronic pain, Multiple Sclerosis, H1N1 and seasonal flu.*

Many are surprised to hear that Vitamin D<sub>3</sub> supplementation is recommended over the annual flu shot. Vitamin D<sub>3</sub> is an amazingly effective anti-microbial agent, producing 200 to 300 different anti-microbial peptides in your body that kill bacteria, viruses and fungi. Once your levels are optimized – meaning you may need to take higher amounts to get there – it is generally recommended 35 IU per pound of body weight. For example, a 57-pound child would need 2000 IU per day and a 160 pound adult would require 5600 IU per day.

# Sept./Oct. 2011 Sales, Events & News

## September Savings & Events

- 25% off Garden of Life's nutritional supplements including the NEW Minami Omega-3 Fish Oils. No limits on quantities – so stock up for fall!
- 15% Off Nature's Plus Animal Parade Whole Food Children's Chewables and Baby Plex Liquid Drops.
- Sept 20 – 6:30 p.m. **Free Seminar** – Supplements for Children – How to Boost the Immune System and Increase Focus and Concentration. We'll discuss which supplements are recommended during cold and flu season along with suggestions for improving focus and concentration. Bring your questions! We welcome any questions or concerns.
- Non-Medical Services by George Moore Sept. 21 – 24
  - Live & Dried Blood Cell Demonstration - \$100 – Do not eat 2-hours prior to the appointment. Takes an hour.
  - Vitamin D Testing - \$79 – Do not supplement with Vitamin D for 24-hours prior to the appointment. Takes about 20-minutes
  - Hair Mineral Analysis - \$97 – Takes about 20-minutes*For further information on each of these services, please call.  
Don't delay – appointments are necessary and do fill quickly.*

**\*Happy Birthday to: Dave 9/2; Lorena 9/10; Sue 9/25\***

## October Savings & Events

- 15% off Barlean's entire lineup of nutritional supplements including their popular Omega Swirls. Bring everyone in for a taste to see which is your favorite.
- 20% off all remaining natural sunscreens and insect repellants.
- Receive Double Reward Points on all Baxyl Liquid Hyaluronan supplement purchases. Baxyl supports joint health, promotes comfort and flexibility and is all natural and 100% vegan.
- Non-Medical Services by George Moore on Oct. 26 – 29
  - Live & Dried Blood Cell Demonstration - \$100 – Do not eat 2-hours prior to the appointment. Takes an hour.
  - Vitamin D Testing - \$79 – Do not supplement with Vitamin D for 24-hours prior to the appointment. Takes about 20-minutes
  - Hair Mineral Analysis - \$97 – Takes about 20-minutes*For further information on each of these services, please call.  
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**Specials below  
valid for  
both months**

### **Colon Hydrotherapy Special – 6 for \$300 (a \$59 savings!)**

Schedule your session by calling Linda DeLap, C.N.A. at 815-762-3573 or Family Health Center at 815-895-8151. Warm castor oil packs, used for increased output, are available at a nominal charge.

### **AquaChi Footbath Special – Buy 2 & Get the 3rd Free (a \$25 savings!)**

Let the Aqua Chi Footbath energize your life ... increase vitality and achieve optimal wellness. The Aqua Chi Footbath is helping thousands of people feel better and live better. (On one invoice, purchase 2 footbaths for \$50 and get the 3rd Free. All 3 footbaths must be used within 4 weeks.)

### **Family Health Center Rewards Card**

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