

'Tis the season... cold and flu season that is!!

This season, keep your immune system strong with preventative care. Here are some products that may help:

Esberitox – by Enzymatic Therapy, is a very effective formula of Echinacea blended with two homeopathic ingredients ... one of our favorites!

Host Defense – by New Chapter, is a combination of immune enhancing mushrooms. Taken daily, it's a great formula for keeping the immune system healthy and strong.

If you are around people with a cold or flu, or you are in malls and airports, a great immediate preventative is: **Air Defense** – by NaturalCare, a homeopathic nasal decongestant mist used before or at the first sign of symptoms, when exposed to air-born germs and viruses.

If a cold or flu does find its way in, here are some great products to minimize the effects so you can carry on with your life:

Ocillocoquinum – well known as the flu solution, by Boiron, is a remarkable homeopathic remedy known to stop or at least reduce the symptoms of flu when taken at the earliest signs of symptoms.

Wellness Formula – by Source Naturals, is an excellent combination of anti-viral, anti-bacterial herbs combined with vitamins and minerals to elevate the immune system and shorten the duration of colds and flu.

SinuFix – by NaturalCare, is loaded with herbs and nutrients known for their ability to kill virus and bacteria. It comes in a nasal spray with colloidal silver to get directly to that stubborn sinus infection. Also in capsules to deliver it's natural medicines to the whole body.

Air Power – by Enzymatic Therapy, is just one of our many natural cough expectorants and has become one of our most popular products for chest congestion.

Please come in and speak to any one of our knowledgeable staff about your health concerns and let us help you complete your natural care medicine cabinet.

As always, remember to keep a peaceful, positive, and healthy attitude, plenty of good exercise and fresh air, and a balanced diet to optimize your overall well-being.