

???? ASK DR. DAN ????

Q: DEAR DR. DAN

I hear so much about fad diets and supplements for weight loss. Can you help me steer more clearly through the jungle of products that appear too good to be true? -S.H., Greensburg

A: DEAR S.H.

Consumers that are always on the quest for smaller waistlines reach for a variety of dietary supplements to help boost their metabolism and shed some extra pounds. The number of products on the market is staggering, and the hype translates to high-volume sales. But can the claims made by these manufacturers' be real?

The Federal Trade Commission (FTA) reports a dramatic increase in false and misleading weight-loss claims in the past few years. If we investigate the truth on the difference between claims and real science we find:

- White and Green Tea do reduce new fat-cell regeneration and help break existing fat. One study showed modest weight loss in obese subjects who did some exercise, and drank 2 or more cups of these teas daily.
- Pyruvic acid occurs naturally in the body and is an end-product of the metabolism of sugar and starch. So it will increase metabolism and suppress appetite. Safe if taking up to 20 grams daily. Also, add moderate exercise.
- Prebiotics (like Oligofructose) may lead to weight loss by suppressing hormones linked to hunger. Best when coupled with a healthy diet.
- Conjugated Linoleic Acid (CLA) is a good Omega fat that can help 'burn' fat, thus reducing body fat mass, and also is cardio-protective. CLA encourages muscles to take in fatty acids and glucose that can be burned for energy instead of entering fat tissue for storage.
- Avoid (or use moderately) Hoodia and herbal diuretics.
- Avoid any product that claims to cause weight loss of more than 2-3 pounds a week. These should be looked upon as suspicious. Keep in mind, slow metabolism is likely a result of a sluggish thyroid due to excess stress on the adrenal glands. So, stress management, moderate exercise and a healthy more plant-based diet is essential.
- Steer clear if any product claims to cause substantial weight loss without diet or exercise no matter how much you eat and lead to permanent weight loss.
- Avoid products that claim they 'block' fat, carbohydrate or calorie absorption
- Avoid any product that states it causes weight loss if you simply rub it on your skin

NEW! NEW! NEW PRODUCTS

OLIVE LEAF COMPLEX from Barlean's
NutriFarmacy is now carrying newest product from the Barlean's line. Promoted as the 'world's freshest olive leaf complex,' this full-spectrum liquid is a super antioxidant and has a very high ORAC value.
Dosage: 1 tablespoon daily; children 1/2 dose. 16 oz \$38.95, 8 oz. \$19.95.



VITAMIN D3 from Nutritional Frontiers
Designed to aid in cardiovascular health. Each teaspoon contains 1.7 grams of Omega 3's from sardine and anchovy and 1,000 IU of Vitamin D3. The formula is orange flavored and contain 40 servings, \$39.98.

RESVERATROL PLUS 100 mg from NutriFarmacy
This new formula is a combination of 100 mg of pure resveratrol plus 10 mg of select grape seed extract. This formula supports a healthy heart and immune system. This is also a great anti-aging formula. Take 1 or 2 veg-caps.



ARCTIC COD LIVER OIL from Nordic Naturals
This is the purest Cod Liver Oil on the market today, 100% Arctic Cod Liver. Just one teaspoon gives you 1,260 mg of Omega 3's and 600 mg of Omega 9's. Cod Liver also a natural omega fatty acid that lowers triglyceride levels.
8 fluid ounces, only \$23.95.

HEALTHY CLEANSE from Health Plus
This exciting new product is a synergistic blend of herbs and vitamins geared toward safe and healthy kidney function. See Dr. Dan for proper dosage. 90 capsules, only \$17.99.

IMMUNE SUPPORT LIQUID from Pure Encapsulations
This new product from one of our major lines (Pure) is a hypo-allergenic diet supplement geared toward the child and young adult crowd who needs to be wary of a chemical immune system, but cannot swallow capsules. Just 1 or 2 teaspoons daily provide an excellent mix of antioxidants and adaptogenic herbs to keep your immune system at its best. Flavored with stevia, \$21.00.

WE ARE CARRYING THE COMPLETE LINE OF ORGANIQUE from Himalaya Herbal Healthcare. This natural head-to-heel body care line is made with organic essential oils and herbs.
Aromatic FACE WASH · Amia & Holy Basil CONDITIONER
SHAMPOO · Neem and Pomegranate TOOTHPASTE
SHAMPOO · Refreshing Lavender & Rosemary CLEANSING BAR
Nourishing NIGHT CREAM · Revitalizing HAND & BODY LOTION
Nourishing FACE MOISTURIZING LOTION · Hydrating SHAMPOO



Nutri FARMACY Newsletter

Fall/Winter
2009

DR. DAN'S WEEKLY RADIO SHOW
"ADVENTURES IN NATURAL MEDICINE"
WKHP, RADIO 620AM FRIDAYS, 12 NOON TO 1 PM
Live talk radio - Call in (412) 825-6262

2506 Wildwood Road
Wildwood, PA 15091-0238
(412) 486-4588 or
Toll free 1-877-289-7478
Website: www.nutrifarmacy.com
Hours: Mon-Fri 9:00am - 6:00pm
Saturday 9:00am - 3:30pm
Dr. Daniel T. Wagner, R.Ph.,MBA,Pharm.D.

Have a personal health question? Email Dr. Dan at dtwherb@yahoo.com

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WESTERN PA'S ONLY ALL NATURAL PHARMACY

ANNOUNCING THE NEW WILDWOOD WELLNESS CENTRE!!!

News! News! NutriFarmacy is adding a new extension and dimension to its successful natural business model that started in 1997. We are expanding to offer exciting new services to our many loyal customers and patrons.

We are extremely pleased and very excited to announce the opening of the new WILDWOOD WELLNESS CENTRE in the NutriFarmacy building at 2506 Wildwood Road in Hampton Township. This natural health day spa and clinic will be dedicated to improving your health in many new and unique ways. NutriFarmacy will be collaborating with a highly skilled team of health care and health conscious practitioners that will coincide with the mission statement of our natural medicine pharmacy. Look for these businesses to open in mid-November:

- Lynn Wagner, Certified Esthetician, Natural Skin Care Specialist (724.544.9363)**
Lynn is Dr. Dan's wife and now wants to share his mission of natural health care in the area of skin care. Lynn will be providing professional facials and body treatments that will help your skin look healthy and radiant. She will be retailing natural organic skin products and make up.
 - Betsy Crouse, Certified EFT Practitioner (724.443.0717)**
Based on the ancient Chinese art of acupuncture, Emotional Freedom Techniques (EFT) is a stress relief technique that can also be used to anchor and strengthen positive change. It involves gently tapping a series of acupuncture meridian points with the fingertips (no needles) while focusing on specific feelings and/or physical issues. Relief from stress (past and/or current) issues, tension and discomfort is often very rapid and effective.
 - David G. Speer, Ph.D., Certified Reflexologist (412.362.3569)**
Dating back to 5,000 years in China, reflexology is a practical and effective holistic health practice which can help many health problems such as asthma, allergy attacks, sinusitis, headache and migraines, backaches, neck and shoulder pain, stomach discomfort, and leg pain, etc. etc. David's technique will stimulate areas in the hands and feet to restore the flow of energy that supports overall health and healing of the body's very own innate process.
 - Scott Heineman, MS, CNHP, MH, ND, Certified Shiatsu Massage Practitioner (412.486.5426 or cell 412.352.0201)**
Shiatsu therapy is a form of manipulation administered by the thumbs, fingers and palms, without the use of any instruments or mechanical devices, that applies pressure to the human skin, thus correcting internal malfunctions and promoting health maintenance. Shiatsu can also aid in treating certain disease states. Shiatsu application is a 'one-point' pressure that combines many varieties of rhythmical and changing stimulation. This therapy emphasizes correction and maintenance of bone structure, joints, tendons, muscles, and meridian lines whose malfunction distorts the body's energy and may lead to disease.
- All of these practitioners are willing to meet your schedule, even though set hours will be established in No-

UPDATE ON ENERGY MEDICINE: THREE WAYS TO TREAT THE PATIENT ENERGETICALLY
by Dr. Dan
With our continuing commitment to the total health of the patient, especially in the area of complementary-alternative medicine, we at NutriFarmacy are proud to provide the choice of three unique and precedent-setting energy machines that can serve your overall health needs in many ways.
PLEASE SEE PAGE 3 FOR COMPLETE DETAILS

Happy Holidays to all from Dr. Dan and the Staff at Nutrifarmacy!!!

HEALTH CLUB MEMBERSHIP
"A whole year with 12.5% discount off all items, which includes classes, diagnostic testing, books, hair analysis, and more."
\$3.00 OFF MEMBERSHIP
Expires 1/31/2010

Nationally recognized surgeon and physician **Dr. Mehmet Oz, M.D.**, and a regular guest on the Oprah show, recently stated in the June 2009 issue of *Spa Magazine*, "the next big frontier of medicine.....is energy medicine." It appears at NutriFarmacy we are on the 'path' to true healing medicine.

CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER
Level I
EVERY Thursday 12:00 - 1:00pm
\$8 per session, \$7 for Club Members
Call NutriFarmacy at (412) 486-4588 to register!
'Essential Yoga' Video available for \$13.95

David Speer, PhD
REFLEXOLOGY - Wed, Nov 4 7:00 - 10:00pm
MIND YOGA I - Wed, Nov 11 7:00 - 10:00pm
MIND YOGA II - Wed, Nov 18 7:00 - 10:00pm
LOVE HEALING - Wed, Dec 2 7:00 - 10:00pm
GROUP HEALING - Wed, Dec 9 7:00 - 10:00pm
ELECTROMAGNETIC HEALING - Wed, Dec 16 7:00 - 10:00pm
Call (412) 362-3569 for details. All classes \$25.00.

EASING INTO MENOPAUSE NATURALLY
Michaela Tessling, RN, MH
Saturday, November 14 - 1pm - 2pm
Call NutriFarmacy at (412) 486-4588 to register!



PAYING CASH FOR YOUR PRESCRIPTION DRUGS?
If you are without Rx health insurance or are in the "donut-hole" and paying CASH for your medications, you can easily save 40-60% on purchasing drugs (i.e. Lipitor, Plavix, Zyprexa, Januvia, Protonix, Diovan etc.) via a totally legal and reputable mail-order house from Canada, called MEDSMART-OUTREACH. They are trusted by Dr. Dan. Contact Dr. Dan and Pam at 412-486-4588.

\$1.50 OFF
ANY Dr. Dan's Food State Vitamin
Expires 1/31/2010

Come and take a closer look...
Dr. Dan's grandson is in a children's book!

"I Can Find God"
Written by: Laura Wagner
Illustrated by: Patricia Herring
Featuring: Ethan Wagner



For more information and a preview of the book - please visit:
www.tuneinhere.com/laurawagner/

COPIES AVAILABLE NOW AT
NUTRIFARMACY!!!
FREE SHIPPING UNTIL
DECEMBER 31!!!

BULLETIN BOARD

Do Sugar-Sweetened Drinks Cause Heart Disease?

In a 24-year prospective study of 88,000 women participating in the Nurses' Health Study, the incidence of coronary heart disease (nonfatal myocardial infarction and coronary death) increased with increasing consumption of sugar-sweetened beverages. The risk was even higher with women who also smoked tobacco. All in all, more Coke and Pepsi (and the like) consumption reported to increase triglyceride levels, lower HDL-cholesterol levels, more insulin resistance, and increased platelet stickiness.

Is There Mercury in High Fructose Corn Syrup?

There has been increasing news and scientific literature lately reporting the potential contributions of obesity and other diet-related diseases, with consumption of additional calories derived from high-fructose corn syrup (HFCS). Now reports are dealing with a different problem entirely: mercury contamination. This peer-reviewed report was published in Environmental Health. HFCS appears to be routinely contaminated with mercury, and it turns out that the contamination isn't so much accidental. Given the fact that HFCS has been made, and continues to be made, using 'mercury-grade' caustic soda. Mercury contamination of soda drinks or drink mixes made from this caustic soda was also acknowledged by the National Association of Clean Water Agencies in 2000. Some commercial products with the highest concentrations of mercury include: Quaker Oatmeal to Go, Hershey's Chocolate Syrup, Kraft Original Barbecue Sauce, Kellogg's Nutri-Grain Strawberry Cereal Bars, Manwich Bold Sloppy Joe Sauce, Smucker's Strawberry Jelly, Kellogg's Pop-Tart Frosted Blueberry, Coca Cola Classic, Yoo-hoo Chocolate Drink, Nesquik Chocolate Milk, and Hunt's Tomato Ketchup.

Olive Leaf Extract: A Secret Weapon for Health and Immunity

Olive leaf extract is quite simply one of the most useful natural compounds ever encountered in nature. Olive leaf is well documented in the Bible as a healing herb, and modern science is finding similar healing effects. It is no secret that the Mediterranean Diet is one of the healthiest ways to eat on the planet, and it's also no secret that olive oil is one of the prominent ingredients of this "heart-healthy" diet.

Olive oil is a healthy omega-9 monounsaturated fat called *oleic acid*. Olive oil is rich in beneficial plant compounds such as *tocopherols*, *flavonoids*, *anthocyanins*, *plant sterols*, and *polyphenols*. The most amazing benefit seems to be associated with the polyphenols. This is a valuable chemical found throughout the plant kingdom, (also contained in berries, walnuts, tea, grapes and vegetables), which blocks the action of enzymes that are needed for the growth of cancers and 'deactivates' substances that promote cancer growth. Polyphenols also reduce the risk of heart disease, and are powerful antioxidants that help in reversing the aging process. [See our new product section of page 4 for an exciting new olive leaf extract product].

What is Geopathic Stress and How Can It Affect Us?

Can you believe that there are actually "bad spots" coming from the earth that are potentially harmful and toxic to human health? Can negative "power spots" occur from energy vortex grids in the ground or from two underground streams crossing? According to higher qualified energy-medicine practitioners from Germany and Austria, the answer is a quantitative "YES!" Since the 1930's the impact of geopathic stress on human health has been studied. Major symptoms associated with geopathic stress include: sleeping disorders and nightmares, feeling tired and worn-out in the morning, chronic fatigue syndrome, migraines, tension headaches, secondary infertility, frequent miscarriages, ADHD, all sleeping complaints, and cancer.

There are easy ways to measure on any person (via the REBA energy machine) whether they might harbor geopathic stress on any particular body part. Unbelievably, up to 30% of people may have geopathic stress and it has everything to do with the position of their bed in their bedroom. If you have any of these symptoms call Dr. Dan and ask for a mini-analysis (only \$10) to see if you harbor geopathic stress. We'll send you out a questionnaire that may give us more data as to who does and who doesn't have this problem. Many things are strange.....but true!

I and I

Interesting and Intriguing new research in the Complementary-Alternative Medicine (CAM) Field
by Dr. Dan

A recent study concluded that supplementing with *Saccharomyces boulardii* (*Floristor*) when taking the drug **Flagyl** (metronidazole) significantly decreases the incidence of diarrhea in children with amebiasis..... There is a new theory that obesity can possibly be due to **magnesium** deficiency. This problem can best be modified by adding **vitamin D**..... An Australian herbalist has reported that the herb **gotu kola** increases the strength of scars and significantly improves the healing rate.....the *American Journal of Clinical Nutrition* reported that multiple micronutrient supplementation during early childhood increases child size at 2 years of age.....A double-blind study of 150 female students (mean age 21) demonstrated that supplementing with **Ginger** was as effective as ibuprofen and other NSAIDs to relieve **dysmenorrhea** (painful menstruation).....Many studies are indicating that higher doses of **Co-enzyme Q10** (200mg daily or more) are extremely effective in the treatment of **melanoma**..... Many athletes and weight lifters supplement with **creatine** and **whey protein** during strength training. Now it is reported that combining these with **conjugated linoleic acid (CLA)** was extra beneficial in increasing strength and lean-tissue mass during workouts.....More and more studies are stating that **red yeast rice** and therapeutic lifestyles can decrease LDL cholesterol as effectively as the statin drugs without unwanted effects.....**Tribulus saponins** increases levels of growth hormone and **testosterone** (and decrease estradiol) in men with **erectile dysfunction**..... An article published in the *Townsend Letter* (Oct. 2009) reported success in remission of **Lyme's disease** with supplementation of **Cat's Claw** and **resveratrol**.....In addition to taking **probiotics**, supplementing with **mastic gum** (*Pistacia lentiscus*) can help reduce **H. Pylori** bacteria in humans..... A review article published in the *Alternative Medicine Review* (14:2, 2009) concluded that **Curcumin's** diverse array of molecular targets affords its great potential as a therapeutic agent for a variety of **inflammatory conditions** and **cancer** types.....Dr. Jonathan Wright reports that applying **DMSO** topically is a safe and natural remedy for eliminating **toenail fungus**.....If you know of anybody suffering from **Bell's Palsy** who is having minimal success with conventional therapy, try insisting that their physician provide **Vitamin B12 injections** in higher doses (2,000mcg daily) for encouraging results.....**Osgood-Schlatter's disease** is a painful swelling of the tibial tubercle causing a 'bump' in the kneecap. It usually occurs in children 11-15 years of age. Dr. Wright has observed 100% remission with the use of **vitamin E (200-400IU)** and **selenium (200 mcg)** for 4-6 weeks.....A recent article in *Whole Body Health* reported that an underlying cause of **hypothyroidism** may be an overload of **bromide**, an insidious additive used in many common products, including pesticides and insecticides. It is also found in some breads (potassium bromate), brominated vegetable oil, some personal care products, asthma inhalers, plastics and fabric dyes.

Helping to Stem the Rise of Diabetes and Blindness in Nigeria, West Africa

by Dan Wagner, RPh, MBA, PharmD

Dear friends:

In January, 2010, I am pleased to announce that I will be leading a team of 5 or 6 other health professionals on a medical mission to Nigeria to serve those most needy in this Third World country. This will be our most ambitious trip to date (this will be my tenth), and I am asking for your kind help in the form of a modest donation to make this trip a success.

Our NGO organization is called *The World Health Vision (WHV)*, and we are a non-profit, Pittsburgh-based charitable organization of health professionals. The *WHV* is dedicated to assisting people in need of medical care, which may include providing supplies, drugs, and medical equipment; promoting educational programs; and conducting research to improve health care in developing countries. My particular project in Nigeria the past few trips has been to set up and administer diabetes-screening clinics at a number of hospitals around the country.

This year our team will continue to set up diabetes screening in 6 hospitals (in four cities), but we are also undertaking a new project to help eradicate early blindness. Young babies and children who do not receive enough *Vitamin A* at an early age risk developing an eye affliction called *xerophthalmia*. This lack of vitamin A (cost per person will be about 8 cents) may lead to improper development of tear ducts, which can lead to blindness. Our team will distribute the correct dose of vitamin A to thousands of children in the city of Azara in Nasarawa State, Nigeria.

Your generous tax-deductible donation will benefit the success of our medical mission more than you can imagine. Please help, and give these wonderful children of Nigeria hope! A Nigerian woman once told me, "Service is the rent we pay to God for our space on Earth."

Thank you for your generosity, and remain Blessed.

Dan Wagner, PharmD, RPh, MBA
Team Leader 2009

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Donation: \$15 \$25 \$50 \$100 \$ Other

Credit Card donations may be emailed to: (dtwherb@yahoo.com)
OR

Phone toll-free 1-877-289-7478

Please Mail check to: "SRF- Dr. Dan Wagner"
Dr. Dan Wagner, P.O.Box 238 Wildwood, PA 15091

Thank you for your continued support !!!



Dan Wagner doing blood-glucose screenings at Bauchi Specialist Hospital in Nigeria

FEATURE ARTICLE FROM COVER PAGE... THREE TYPES OF ENERGY TREATMENTS

by Dr. Dan

The ETA-SCAN

This week it will be exactly one-and-a-half years since I first starting using the amazing ETA-SCAN. This exciting new computer program is based on the knowledge of quantum mechanics and the effects it has on biological systems. The ETA-SCAN displays on a screen (via the patient wearing normal headphones), detailed views of various organs, tissues, and body structures that allow the practitioner to zero in on and visualize the details of any disturbance. Frequently displays appear as detailed as an MRI or CT Scan. Each energetic icon (displayed with various color codes) is assessing organ energetic health. The information that can be obtained from such a system is remarkable.

The ETA-SCAN can pick "stressors" that can cause a low energetic flow to the organs such as parasites, viruses, bacteria, fungi, unbalanced tissue, food intolerances, allergies, pollutants, and/or emotional or psychological factors. These phenomena can all be accurately measured by the ETA-SCAN and in many cases can be "inverted" energetically to minimize the affliction.

Another amazing feature is that one can input any drug, vitamin, supplement, or affirmation into the system to see if it increases or decreases energetic flow. So, we can accurately determine which supplement or drug is "best" for YOUR energy. This is amazing technology and is a career changing step for me and it continues to be the mainstay of my practice.



The REBA PSYCHOSOMATIC ENERGY MACHINE

Three weeks ago, I returned from Toronto, Canada, where I finished my final certification for utilizing the Psychosomatic Energetics (REBA) machine. This is an exciting new method of treating illnesses in a holistic way, considering the body and the soul as well as the vital energies. The REBA system was invented by Drs. Reimar and Ulrike Banis from Austria, both were general medicine physicians who became dissatisfied with "modern" medical treatments, and so thoroughly researched a new way to treat patients holistically. The method is independent of any ideologies or belief systems, but is based on a combination of eastern-medicine (i.e. acupuncture) scientific modern thinking. It is practiced by doctors, therapists, psychologists and holistic healers throughout the world.

Psychosomatic Energetics enables you for the first time ever to measure the subtle energy-fields of the body's Aura. The aim of any energetic healing method is to find energy 'lacks' and re-balance them. Only if energy levels are high can we maintain and regain good health. The problem is that most people have "blocks" or "conflicts" that could be manifesting from childhood perceptions (they are NOT our fault) but we unconsciously carry them around all of our life like invisible balls and chains that drain our energy - whether it is vita energy, emotional, mental or causal.

Personally, it took me three years to complete the 3rd - level training. I have probably already done this energy work on 600-700 people in the past few years and find that those people who stick with the therapy (which can last 5-9 months) have an 80-90 percent success rate of "melting" one or more of their deep-seeded (or sometimes current) emotional conflicts. Call me for more information or make a half-hour appointment. Cost is only \$45.

The MRS 2000+

The body is an environment composed of both chemical and electrical fields and at anyone time we are only as healthy as our cells can be in that environment. Our cells are like an electric battery; subject to states of charge or depletion. Electricity trumps chemistry. Our cells conduct the electrical charges created by our central nervous system. Each cell functions as a receiver as well as transmitter, conducting the flow of electricity as well as chemicals.

MRS 2000+ restores lost energy and crippled cellular resonance to a normal, healthy state of vibration. As a result, the entire cell metabolism is stimulated, blood cells are regenerated and blood supply moves more freely and with more oxygen, immune system is strengthened.

The MRS 2000+ functions best for people who suffer from: wounds and injuries; Achille's tendonitis; cuts, bruises, burns, bursitis, sprains, stress fractures and other sports injuries; more complete recovery of injury; restorative sleep; rapid relief from joint pain; optimum nerve function and health; and relieving back pain, neck and shoulder tension, persistent hip pain and other pain issues.

\$15.00 OFF
ETA SCAN
Expires 1/31/2010

\$10.00 OFF
REBA TEST
Expires 1/31/2010

\$5.00 OFF
MRS-2000
Expires 1/31/2010



Notes from the Herbalist by Michaela Tessling, RN, MH

Build up your immune system now

Since we are all exposed to bacteria, and viruses every day of our lives, we need to learn to stay in harmony with these living organisms. Germs have been here long before humanity was. It is not health promoting or in balance to "kill" off the bacteria. In so doing, we kill off the good bacteria that protects our bodies. Antibiotics are not the first line of defense, but a strong body is. So how do we do that? Proper nutrition is the key. Key nutrients that stimulate the immune system are vitamins A, C, E, the B vitamins, and minerals such as zinc, selenium, calcium and magnesium.

When at all possible buy organic, lessening the toxic burden on the body from less chemicals used on the produce and more nutrients due to the good soil these crops are grown in. It IS worth the extra money; don't let anyone tell you it isn't. Buying good food is cheaper than getting sick.

Plenty of fresh fruits, vegetables, nuts, legumes, seeds, grains and food high in fiber. Avoid processed foods (the preservatives used to kill off bacteria, also kill off the good bacteria that is in your gut). Foods high in sugar, dairy products, soda and artificial sweeteners (legalized poison) weaken the body.

Work on keeping your body alkaline. Testing with PH strips is one way to monitor this. Adding powdered greens, calcium supplements, chlorophyll, and fresh lemon juice are ways to keep your body more alkaline. Consider alternative sources of proteins, which are more alkaline producing, such as spirulina, protein powders, chia seed, seaweeds (such as found in Miso soup), and hemp seeds.

Taking a probiotic twice a day during the winter months will help the body detoxify, digest and take care of the overgrowth of yeast/mold and bacteria. Herbal remedies can also help build the immune system for the winter. Consider a course (2-3 months) of tonic herbs, such as aswaganda, eleuthero, ginger, licorice root and rhodiola. We have several adrenal tonic mixtures in the store. These herbs help the body respond appropriately to stress and give the adrenal glands a break. Astragalus, olive leaf extract or mushroom complex can be taken all winter as a preventative for exhaustion, fatigue and low immunity. Plenty of vitamin C (2-3000mg a day) will help ward off colds and flu.

Should the season get the best of you and you become ill, then rosemary, thyme, rose hips, hibiscus and elderberries are good to have on hand for potent immune boosting teas and to help knock out a cold or cough quickly. Adding honey to any of these teas is soothing for sore throats, and has sedative properties. Super Echinacea complex from Herb Pharm should be taken frequently during the day for several days at 30-40 drops every 2-3 hours. Oregon extract, goldenseal or berberine are good replacements for antibiotics, should one be needed. Herbs that reduce fevers naturally are willow bark, ginger, meadowsweet, chamomile, eucalyptus, yerba santa and cayenne. Stuffy head? Try peppermint or tea tree essential oil, inhaled or a 1/2 tsp grated horseradish several times per day. Strong thyme tea will also break up mucus in the sinuses or chest.

Make sure you are taking a multivitamin, vitamin D 3, a good antioxidant and lots of clean water. Get plenty of sleep, exercise and stay warm! Don't wait until you get sick to take care of your body. Starting now will help you and your family have a healthy, active winter.

