

CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER

2011 SCHEDULE
Level I
Thursdays 12 - 1pm
\$8 per session,
\$7 for Club Members

Call NutriFarmacy at
(412) 486-4588 to sign up!



Dr. Lisa Bernardo, RN (owner)

Visit our website for
scheduling and appointments

www.thepilatescentre.com
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CLASSES BY DAVID SPEER, PhD

REFLEXOLOGY
TUESDAY, September 20 TIME 7-10pm COST \$25.00
MIND HEALING I
TUESDAY, September 27 TIME 7-10pm COST \$25.00
MIND HEALING II
TUESDAY, October 4 TIME 7-10pm COST \$25.00
LOVE HEALING
TUESDAY, October 11 TIME 7-10pm COST \$25.00
GROUP HEALING
TUESDAY, October 18 TIME 7-10pm COST \$25.00
ELECTROMAGNETIC HEALING WITH CRYSTALS
TUESDAY, October 25 TIME 7-10pm COST \$25.00

CALL NUTRIFARMACY AT (412) 486-4588
TO SIGN UP FOR CLASSES
All classes are \$25 and from 7-10pm
at the Wildwood Wellness Centre
Call David for details or questions at (412) 362-3569

PROFESSIONAL ORGANIZER & TRANSITION COACH: JOYCE WILDE

Need help decluttering and organizing a closet, garage, attic, kitchen or office?? Joyce Wilde will present a hands-on lesson on organizing your home, business or life! Joyce works with all ages, including kids, seniors, and people with disabilities. Come to this class and learn how to be a more organized person.

**WEDNESDAY, OCTOBER 12TH,
7 - 8:30pm
COST \$15.00**

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BRAIN TRAINING FOR THE 21ST CENTURY

With Vince DiBerardino
(412) 583-4696, call for more information

This unique class will help you rediscover vision, intention, unconditional love and an altruistic perspective through 'brain' training. CORE Resonance Brain Training can teach you how to reorganize the frequencies of the brain. Just like your heart, your brain operates with rhythmic pulses of electricity that must be balanced. Come and see Vince demonstrate his Biofeedback machine that can help you get 'tuned in.'

**WEDNESDAY, SEPT 28TH,
7 - 9pm COST \$15.00**

YOGA WITH LISA

Mondays 10 - 11am Sep 12 - Oct 17th
Oct 24 - Nov 28th
Wednesdays 10 - 11am Sep 14 - Oct 19th
Oct 26 - Nov 30th
Thursdays 7:30 - 8:30pm Oct 13 - Nov 17th

6 week sessions for only \$50
(\$43.75 for NutriFarmacy CLUB MEMBERS)
Individual session \$10, \$8.75 for Club members

Call NutriFarmacy for details or to register!!!
(412) 486-4588

T Zone Health Vibration Technology

New to NutriFarmacy is the T Zone Health Vibration Technology. This machine provides whole body vibration while standing on a vibrating platform. The platform is similar in appearance to a small treadmill. Vibrations work by stimulating the entire body's muscles and neurologic systems, requiring the muscles and nerves to work rapidly in a short period of time. Research studies demonstrate that the vibrations improve muscle strength and tone as well as enhance flexibility and circulation. Other research reports show improvements in symptoms of back pain and fibromyalgia. Increased lean muscle mass and improved lymph drainage also have been documented. Because the entire body is stimulated during vibration therapy, only 10 minutes are required to achieve health benefits. Typical protocols are for 10 minutes every other day for 2-6 weeks. On days off of the T Zone Technology, walking, swimming or other forms of exercise and physical activity are performed.

COUPON FOR T-ZONE HEALTH VIBRATION

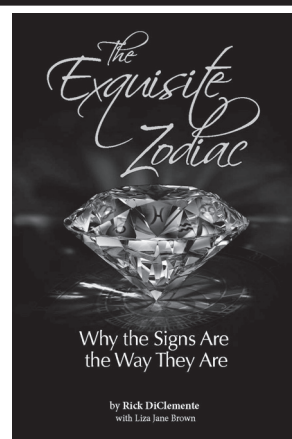
**FOUR SESSIONS FOR
\$21.00**
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NORMALLY \$7.00 PER SESSION

SPECIAL CLASS - ONE NIGHT ONLY!!

"The Exquisite Zodiac:
Why the Signs Are the Way They Are"
With RICK DECLEMENTE

Come and attend a new lecture by Pittsburgh's favorite astrologer, RICK D. Rick will be giving you a preview to his soon to be released book, "The Exquisite Zodiac: Why the Signs Are the Way They Are". Besides knowing what a sign is like, this workshop will explain to you why each sign is as it is. It will give you a much fuller understanding of yourself and those around you. Many of your questions about your Sun sign and all the others will be addressed. Learn better how to handle your mate, your children, your boss, etc.

WEDNESDAY, OCTOBER 5TH, 7 - 9pm \$20.00
Call NutriFarmacy at (412) 486-4588 to sign up!!!



INTRODUCTION TO PSYCH-K A POSITIVE BELIEF PROGRAM for Body, Mind, and Spirit with Margot McClellan, LCSW

PSYCH-K is a simple yet powerful technique to free your mind from negative beliefs that sabotage your success and happiness. Margot will explain and demonstrate the benefits of Psych-K in her presentation. This is a great opportunity to learn how to change subconscious beliefs that are no longer worthy of who you are or who you are becoming.

WEDNESDAY, OCTOBER 19TH, 7 - 8:30pm
Cost \$15.00
Call (412) 860-5745 for more info.



Fall
2011

Newsletter

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

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

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.



HEALTH CLUB MEMBERSHIP

"A whole year with 12.5% discount on any item that we sell, including classes, diagnostic testing, books, and hair analysis.

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WESTERN PA'S ONLY ALL NATURAL PHARMACY

Skincare Corner By: Lynn Wagner, Licensed Esthetician Our Feature doTERRA Essential Oil.....On Guard™

On Guard™ essential oil is doTERRA's "Protective Blend". The Fall season brings the beginning of cold season for children returning to school. This oil blend can help protect the body against the onset of flu, colds and viruses. There are many ways to use On Guard™ which include dietary, topical or aromatic. I prefer to take one drop of On Guard™ on a spoon (shake out) and rinse it down with water. One drop can be added to 4 ounces of water. To make a great tea with On Guard™ use 8 ounces of boiling water, 2 drops of the oil and a spoonful of honey. This oil can be massaged into the bottoms of feet for children. On Guard™ has a unique proprietary blending of oils, incorporating some of nature's most valuable constituents. Studies have demonstrated citrus oils to produce some of the most prevailing benefits for eliminating unwanted bacteria, viruses and molds. Wild Orange essential oil combined with clove, cinnamon, eucalyptus and rosemary make On Guard™ a unique blend. Its aroma is well suited for diffusion, ridding the air of unwanted impurities such as bacteria. Safe to use on counter tops, On Guard™ is a non-toxic way to disinfect surfaces. Toxic molds have been identified as a major source for chronic respiratory infections and other health issues. On Guard™ is an excellent choice for eliminating and controlling mold.

\$5.00 OFF

Any On Guard Purchase
Expires 11/30/2011 / Limit 1 per Customer

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☆ SPECIAL!!! ☆
☆ 60 minute Aromatherapy Facial ☆
☆ Only \$55.00 until 11/30/2011 ☆
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3rd ANNUAL "WOMEN'S WELLNESS DAY" SATURDAY, OCTOBER 22nd 10 AM to 3 PM

Sponsored by:
NUTRIFARMACY, the WILDWOOD WELLNESS CENTER,
NUTRIFARMACY SKIN CENTRE, and the PILATES CENTRE

Vendors:
NUTRITIONAL FRONTIERS
NORDIC NATURALS
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Speakers:
JAMIE DORLEY "Nutrition and Menopause"
SCOTT HEINEMAN "All about Teas"
LORI MC ELROY "Alternative Menopause Therapies"
DR. AISHA JAFFRI "Omega 3 Fatty Acids"

Free organic and natural foods,
snacks, samples, and information !!!
10% off participating vendors products
(Club Members- Total 22.5% off)

CONTINUING EDUCATION CLASSES FOR NURSES AND HEALTH CARE PROFESSIONALS

8.0 Nursing Continuing Education Credits Awarded
7 - 9pm NutriFarmacy Building
Presenters: Dr. Dan Wagner, PharmD, MBA, RPh and Dr. Lisa Bernardo, PhD, RN
Wednesday October 5...Medications, Antioxidants and Your Immune System
Wednesday October 12...Best Practices for Physical Fitness
Wednesday October 19...Wellness Coaching for Optimal Health
Wednesday October 26...Energy Medicine and Future Implications
Call 412 486 4588 to register! - 4 classes - \$75 or \$25 each

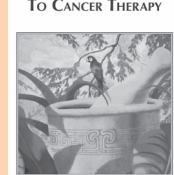
Wildwood Wellness Centre AND NutriFarmacy Skin Care Centre

www.nutrifarmacyskincare.com OR call for an Appointment at (412) 486-6263

Call for a free brochure on our services including waxing, massage, facials, wraps,
Chakra Balancing, Hot Stone Massage, or Spa Packages.

Lynn Wagner, Licensed Esthetician
Facials and
Essential Oil Body Therapies
Cathleen Fritz, Licensed Esthetician
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Scott Heineman, ND, CNHP
Shiatsu Massage Therapist, Nutritional Coaching
Colleen T. Lynch, Certified Massage Therapist
Swedish, Deep-tissue Massage, Hatha Yoga
Tanya Chaney,
Swedish Deep Tissue, Hot Stone Massage,
Myofascial Trigger Point, and Pregnancy Massage

INTEGRATIVE APPROACHES
TO CANCER THERAPY



\$7.50

"INTEGRATIVE APPROACHES TO CANCER TREATMENT"

BY DR. DAN

Dr. Dan's new booklet entitled "Integrative Approaches to Cancer Therapy" is a well researched, holistic approach to cancer treatment and therapy that encapsulates over 14 years of his experience utilizing natural therapies for this disease. Filled with facts on diet, drugs, vitamins, nutrients, about cancer therapy along with answers to the most common questions asked by cancer patients looking into alternative therapies.

Please call NutriFarmacy to order Dr. Dan's new booklet....(412) 486-4588 !!!

BULLETIN BOARD

THE INCREDIBLE HEALTH EFFECTS OF REISHI MUSHROOMS (Ganoderma lucidum)

For centuries the Chinese holistic medical approach looked at humans as whole beings. In just the last few years and decades has the Western medical model begun holistic treatments.

For millennia the popular Asian mushroom Reishi has been used for promoting health, increasing longevity and preventing a multitude of diseases. In fact, Reishi mushrooms are recognized, licensed treatments in Japan and China for a variety of ailments. It has fittingly been called the "mushroom of immortality."

Famed mycologist, Paul Stamets of Fungi Perfecti (the organic line of mushrooms we carry at NutriFarmacy) states that Reishi mushrooms are best known as a tonic for supporting general wellness and vitality. More recent studies suggest it has further benefits in reversing neuropathy, headaches, PMS, chronic pain, hypertension, depression, arthritis and clearing the lungs. Its most important use may be in treating carcinoid tumors in cancer therapy. A patient suffering from a stomach cancerous tumor and in need of blood transfusions stated, "I'm still working on my health concerns, including improving my diet, and don't expect Reishi to cure everything overnight. But I feel the Reishi has made a positive impact on the cancer I use to have, and nothing has improved my blood condition until I started supplementing with the mushroom."

THE TOP TWENTY FOR 2010

According to research done by FDM market Sales and Data as reported in the latest issues of Herbal gram #90, the 20 top-selling Botanical Dietary Supplements in the Natural and Health Food Channel in the United States in 2010 were:

1. Flaxseed and/or oil; 2. Wheat and barley grass; 3. Aloe; 4. Turmeric; 5. Stevia; 6. Milk thistle; 7. Spirulina, Blue-green algae; 8. Saw palmetto; 9. Elderberry; 10. Echinacea; 11. Acai fruit; 12. Garlic; 13. Cranberry; 14. Valerian; 15. Chlorella; 16. Echinacea-goldenseal combination; 17. Ginkgo; 18. Hemp products; 19. Resveratrol; 20. Oregano oil.

ARE STATIN DRUGS RAISING THE RISK OF DIABETES?

In June there were nationwide reports that the cholesterol-lowering drugs called 'statins' (i.e. Lipitor, Crestor, Zocor, Pravachol) could slightly increase the risk of diabetes, particularly in higher doses. The findings were based on a new analysis of five clinical trials involving over 32,000 patients.

The findings are coming at a time when doctors are pushing new uses for statin drug therapy, even among younger people who do not currently suffer from hyperlipidemia, but may be predisposed in the future. This is unwise therapy at its best.

The medical journal Lancet published an analysis involving 90,000 patients and concluded that statin drug users experience about a 9 percent risk of developing diabetes. This is a significant number. Be warned that higher doses of statin drugs are much riskier than lower strengths. If you are on an 80 mg of Lipitor (extremely high) or even a 40 mg dosage, check with your physician as soon as possible about lowering the dosage to 10 or 20 mg. In most cases you will see very little difference, but much less side effects (muscle soreness, depression, diabetes) than the lower dosages. Remember always supplement with CoQ10 when taking any statin drug to lower the incidence of muscle

CARRAGEENAN AND XANTHAN GUMS: HEALTH FOOD OR HARMFUL THICKENERS (GUMS) AND FOOD ADDITIVES?

In today's food marketplace it is wise to be the sort of person who scrutinizes that label of just about everything you buy. It is more likely than not that you have swallowed pervasive food additives such as carrageenan and/or xanthan gum in the past 24 hours.

The food thickener carrageenan is used in low concentrations to prevent fractionation of milk components (i.e. chocolate milk, soy milk, other flavored milks, and nutritional supplement drinks such as Ensure and Slim-Fast.) In the July 2011 edition of Townsend Letter, Dr. Marcus Cohen reported that carrageenan gum in excessive use may induce intestinal ulcers, cancer and damage to the human epithelial cells. Even worse is over consumption of xanthan gum. This gum is found in most salad dressings and many other commercial foods that require thickening agents. Xanthan gum is reported to have lethal effects in higher doses causing clogged capillaries, heart damage, possible diabetes, cancer and adhesions to the small bronchioles of the lungs.

Dr. Cohen concludes that it is better to shun both food and nonfood products that add these gums. Most Americans don't diligently check the ingredients listed on all foods, but the effects of 'gum' additives can clump up pharmaceuticals, pollutants, vitamins, and other foods in your intestinal tract that can lead to toxic effects an multi-organ stress. Gum poisonings would not easily be diagnosed by any physician.

I and I

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

Recent research shows that the common treatment of Lyme disease with antibiotics to kill the bacteria may be misguided. Restoring the body to health may be improved by botanicals and nutrients. Studies show that a major cause of the autoimmune disease Myasthenia gravis may be caused by the contamination of mercury. Exploring new and additional ways to 'detoxify' this pollutant may be the best chance for recovery. A recent German study showed that Chaste tree extract improved PMS symptoms such as cramping, breast fullness and tenderness, pelvic and back pain, and irritability in over 30% of women. Lavender essential oil was found to be as effective as Povidine solution in wound healing. A Chinese study strongly supports the use of ginger root in treating chemotherapy-induced nausea in patients, particularly children and young adults. Two-thirds of children with ADHD will experience similar symptoms into adulthood. More than 50% of those experiencing depression also have anxiety. According to Alive Magazine the two best supplements to naturally enhance mood are Vitamin D and Omega-3 fatty acids. In a test done on young adults following cognitive and visual testing, those consuming 35 grams of dark chocolate (versus white chocolate) had improved visual contrast sensitivity, better spatial memory and improved reaction time scores. It is proven that dark chocolate increases cerebral blood flow. The essential oils most effective in clearing blemishes naturally are tea tree, willow bark, lavender, rosewood and chamomile. One teaspoonful of flaxseed oil can supply the brain's daily needs for omega 3's as well as fish oil. 70 percent of Americans regularly use complementary and alternative therapies. Supplementing with Omega-3 fish oils in patients with SLE (Lupus) activity has a measurable therapeutic effect on the disease. According to Dr. Rau from Switzerland the best overall exercise that any person can do is- ballroom dancing. Most people do not know about the health benefits of Omega 7 fatty acids. Also referred to as Palmitoleic acid, Omega 7's are lesser essential acid found in the sea buckthorn plant. It appears especially helpful in lubricating membranes, offering relief for dry eyes, has healthy skin benefits and may have anti-carcinogenic properties. 45 healthy flavonoids are found in kale that combat aging and oxidative stress. According to a decade-long study on more than 1/2 million Americans who eat an average of 65 pounds of red meat each year, published in the Archives of Internal Medicine, "11 percent of deaths in men and 16 percent in women could be prevented if people decreased their red meat consumption by one-fifth." Their healthier solution: eat bison meat. The richest source of Omega 3's on the planet (more than salmon) are sacha inchi seeds contained in a new snack food called SaviSeed. Some of the most beneficial nutraceutical ingredients according to Global Industry Analysts include: collagen, carotenoids, turmeric, cocoa, vitamin C and French maritime pine bark. A new scientific analysis is raising questions about the link between salt consumption and heart disease. In a large study of 6,257 patients done by the University of Exeter in Britain, researchers found no clear evidence that cutting salt cuts the chances of dying from heart disease.

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

Dear Dr. Dan: I have recently suffered from having a huge kidney stone. I also have a friend who may be developing one. Can you give advice on treatment and how to prevent them from re-occurring? -I.K., Pittsburgh

Dear I.K.: Unfortunately, kidney stones are on the rise. As many as one in nine Americans experiences a kidney stone. Half of these people who had a kidney stone experience recurrence. Here are some simple steps toward preventing kidney stones:

- **Avoid artificially sweetened beverages.** All artificial sweeteners (Splenda, Equal and Sweet 'n' Low) create an osmotic overload, which contributes to dehydration. This lowers their pH (causing excess acidity) which causes these stones to form in the first place.

- **Beware of excess body fat and excess weight.** The more excess body fat someone carries, the more likely he/she will have kidney stones. The underlying cause is that fat (oil) and water don't mix and muscles contain more water than fat does. This negatively affects heat exchange and metabolic rate.

- **Drink water but not in excess.** Zealous water consumption to 'flush' out kidney stones can backfire. Excessive water intake can actually interfere with electrolyte imbalance, leading to dehydration. This is why some athletes in good physical condition come down unexpectedly with kidney stones. Try adding a 10-20 drops of electrolytes (trace minerals) in your water once in a while.

- **Sports drinks add too much sugar.** Be careful of drinking too many calories. Most sport's drinks are 6% sugar. Calories consumed in beverages are not as satiating as those from healthy foods.

- **Add lemons and/or limes to your water.** Lemon and lime juice are excellent sources of citrate and they alkalize the urine. Kidney stones are almost always an 'acidic' problem over months and years of eating the 'typical American diet.' Citrate forms bicarbonate in the body, thus minimizing all acid-prone conditions. Acid is akin to inflammation.

- **Eat more 'flexitarian.'** You don't necessarily need to be a vegetarian, but it may help to be a flexitarian (a vegetarian who cheats once in a while). Choose healthy fruits, veggies, green tea and coffee which can be hydrating to the body.

There are a few different types of kidney stones. In all cases acute management of hydration and decreasing acidosis are relevant. **Calcium oxalate stones** are the most common and comprise more than 60% of cases. Calcium will 'oxidize' when the urine is overly acidic. It is best to change to a more alkaline diet and supplement with magnesium, Vitamin D3 and potassium. **Uric acid stones** are about 17% of cases. Again, alkalizing the urine and decreasing protein intake helps. Try and avoid beer and alcohol, fructose corn syrup, colas and red meat. Reducing calcium excretion is also beneficial. Never take calcium supplements without magnesium! Lastly, **struvite stones** comprise only 5% of kidney stones and are associated with infection. Hydration and phytonutrients can reduce bladder infections. This type of stone is not an acid problem and may stem more from unhealthy gut flora (dysbiosis) due to poor diet and lack of probiotics.

In conclusion, don't always believe the general medical advice of 'drinking more water prevents kidney stones.' Hydration is important, but a more prudent answer is to avoid a diet of highly acidic foods and beverages. Keep in mind, the only part of the human body that is acidic is the stomach which secretes acid to break down food. All the rest should be alkaline. Enough said.

Commentary by Dr Dan

An Unwarranted Attack on 'Alternative Medicine'



Recently, there have been more attacks on the use of Complementary and Alternative Medicine (CAM) in the news and in Congress. There now is legislation to alter the DESEA (Dietary Supplement Health & Education Act) of 1994 that guaranteed your right (as an American citizen) to take dietary supplements of your choice. It also legally distinguished these "vitamins" from either being categorized by the FDA as foods or drugs. This was a sensible and intelligent Act that had more public outcry for its passage to both Houses of Congress than did stopping the Vietnam War. Furthermore, there is a push by organized medicine to curtail your ability to gain access to both information about alternative practitioners and purchasing the supplements you want and need.

Have you ever seen a network TV support alternative medicine? ABC, NBC, FOX and CBS continually pan all forms of alternative therapies. The format is always the same. The show focuses on an alternative practitioner or therapy with an underlying suspicion that a practice or treatment is unworkable at best and fraud at worst.

One of the few individuals to get 'network' coverage is former Charlie's Angel Suzanne Somers. In her best-selling books Breakthrough- Eight Steps to Wellness and Knockout, Suzanne interviewed the most progressive doctors in the country practicing alternative medicine to prevent and manage cancer, fix thyroid problems, improve memory, preserve eyesight, balance hormones, and much more. In February, NBC's Dateline devoted an hour to 'investigating' Suzanne Somers' advocacy of alternative therapies. Her support for alternative cancer treatments and practitioners is based on a dismal record that the cancer establishment has had for enabling cancer patients to survive their disease. Somers dismissed claims by the American Cancer Society that there have been great strides in cancer care during the last twenty years (there has been less than a 5 percent life expectancy gain for all cancer patients during the last two decades). In the end the news media investigation was in true form. Each of the experts Miss Somers identified (all were MDs) were dismissed out of hand.

Contrary to the inferences that have risen from this misleading information (always supported by Big PHARMA), CAM treatments are generally remarkably safe. How did the media miss the national report that in 2008 over 100,000 Americans died from complications by taken prescription (not illegal) drugs and ZERO Americans died from taking vitamins, minerals, herbs or amino acids? This is not to say that untoward side-effects and interactions can be caused by ill use of dietary supplements- they can! The good news is that no one dies because of these untoward effects.

Of course, when administered inappropriately, anything can be dangerous, conventional treatments even more so than CAM therapies. Be sure to consult a qualified health-care practitioner when taking CAM, when using any supplement in doses exceeding label recommendations, and especially when taking CAM products concomitantly with prescription drugs. That's what we've been advising people on here at Nutri-farmacy for over 14 years. One just hopes that more adverse events don't occur because the general public may feel compelled to use more unnecessary medications, after the media scares them out of using innocuous natural medicines. Call or email your legislator if you can!

NEW PRODUCTS

KENAI WILD ALASKAN SALMON OIL by Nordic Naturals

Looking for a purer, fresher salmon oil? Nordic Natural's process to remove PCBs, lead, cadmium, and mercury has been certified Marine Stewardship Council certified Kenai Wild Alaskan salmon. Toxic levels are 40% lower than other leading brands. The perfect Omega 3 fatty acid supplement. 90 soft gels

X FLAME BY Nutritional Frontiers

Nutritional Frontiers has formulated a superior blend of herbs and vitamins to help reduce inflammation, modulate immune function and improve joint integrity. X Flame is the first supplement with the patented new ingredient called Kre-Celazine. X Flame would be an excellent replacement for taking excess NSAID drugs such as Motrin, Advil, Naprosyn and Ibuprofen. 120 caps \$59.98

ADAPTEN-ALL by Ortho Molecular Products

It has been reported that 75% of all chronic disease begins with stress. Adaptin-All is the main product in Ortho's Adrenal Recovery Kit (A.R.K.). This combination of herbs and vitamins restore, renew and revitalize your adrenal function to restore glycemic and hormonal balance for better endocrine health. 60 caps \$27.99

ON GUARD HAND SANITIZER

A perfect blend of Doterra essential oils collected in a purse-size spray bottle to keep as a hand sanitizer to repel all of the germs in our daily life. Alcohol free. Only \$3.99

BETA GLUCAN SYNBIOTIC FORMULA by Therapeutic Foods

Beta 1,3 Glucans are naturally-occurring polysaccharides from plants and mushrooms. They have a long history of successfully activating Natural killer cells (NK), T-cells, and B-cells for a better immune response and a biological protector. Now, the purest Beta-glucan fiber formula developed by Therapeutic Foods is at Nutri-Farmacy. This product may be an excellent adjunct therapy for cancer patients. 300 grams \$58.50.

EVELIZA CEREAL COMPOUND

Eveliza is a super nutritional organic food (100% natural containing Quinoa) for people over 50 years old that have severe health problems and cannot get enough nutritional support from diet alone or supplementing with Ensure or Boost drinks. There is no better all-around nutritional formula for immune strength, alkalizing pH, detoxifying the body and obtaining an ideal body weight with minimal effort. 40 packets \$74.00.

UPDATE ON NUTRIFARMACY'S MANY DIAGNOSTIC SERVICES

Each of these services are unique to NutriFarmacy, and remember, the consultations that goes along with these tests is at no extra charge, and CLUB-members get an extra 12.5% off!

\$15.00 OFF THE ETA SCAN

The amazing energy balancing machines that can scan each body organ and recognize its 'energetic' health. Many interventions can be made to help you 'choose' the right supplement and/or therapy to improve your overall health. New test: \$140.00 Expires 12/31/2011

\$5.00 OFF

IONIC FOOT BATH DETOXIFICATION

We still offer a half hour treatment with the ION CLEANSE machine for only \$20.00. This machine will draw toxins, heavy metals, yeast and acidity from your lymph and tissues. Expires 12/31/2011

\$7.00 OFF

ARL HAIR ANALYSIS

The ARL hair analysis is an excellent test for assessing mineral imbalance in the body. It also accurately measures heavy metal concentrations and looks closely at adrenal and thyroid stress factors. Regular price \$88.00 Expires 12/31/2011

\$4.00 OFF

THE ANODYNE THERAPY SYSTEM

This machine offers new hope for pain, inflammation and swelling in your feet. This FDA-approved machine sends a deep infrared heat into the tissues to relieve neuropathy. Regular price: \$30 per treatment Expires 12/31/2011

EVER THINK ABOUT TAKING A TRIP TO THE RAINFOREST???

Drs. Dan Wagner & James Winer proudly present

The 2012 Healing & Holistic Retreat to Ecuador, South America



The Expedition begins...
Tuesday, February 28 thru Friday, March 9, 2012

Dear Health Seeker and Adventurer: We are excited to announce the first ever "Health and Healing Retreat" to the rainforests and the Andes Mountains in South American country of Ecuador. The 'green' expedition will be sponsored by two of the Tri-state's leading natural medicine and alternative practitioners: Dr. James Winer and Dr. Dan Wagner. This is a precedent-setting voyage of discovery, not only for a more holistic approach to health of the body, but we can guarantee that this trip will spark and enlighten your spirit!

The beautiful and bio-diverse country of Ecuador is magnificent. We have made many wonderful connections with indigenous Incan and Quechua native healers and shamans. Ecuador is a remarkable country that offers the rainforest experience, exceptional bio-medical herbs and plants, a cloud-forest climb, hikes in the Andes Mountain, river canoeing, and an organic and raw food experience, all within a few hours travel.

If you are considering this trip please contact us as soon as possible for this trip will fill up quickly, and we are limited to taking only 30 participants. Even though the cost of airfare has been skyrocketing, we anticipate that the total cost of the excursion will be about \$3,100. All accommodations, travel and food will be First Class! Email Dr. Dan for itinerary and more details (dtw@nutrifarmacy.com or call 412-486-4588). A \$500 deposit (refundable if you cannot go) is required.