

CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER

2011 SCHEDULE

Level I

Thursdays 12:00 - 1:00pm
\$8 per session, \$7 for Club Members
Call NutriFarmacy at
(412) 486-4588 to sign up!

VIBROACOUSTIC HARP THERAPY CLASS

The Vibroacoustic Harp Therapy (VAHT) process harnesses the harp's natural vibrations via amplification and channels them directly into a special sound table. The client lying on the table feels the harp's vibrations moving through his or her body. Often the VAHT experience is said to feel like a musical massage. VAHT is beneficial for issues such as pain, fibromyalgia, stress and anxiety, and it has virtually no side-effects, making VAHT an effective complimentary therapy to use in conjunction with both traditional and complimentary approaches. Come and learn more about this dynamic process through discussion and live VAHT demonstration. Stephanie Miller, CMP, VAMT, www.musicforlifepgh.com

THURSDAY, JUNE 23rd, 7:00 - 9:00pm
In the NutriFarmacy Yoga room. Cost: \$20.

INTRODUCTION TO HYPNO-THERAPY

Bobby Prokop, C.H.T. will explain and demonstrate the potential benefits of hypnosis and discuss the model of which hypnosis is based on and its impact in the medical/professional field. Bobby will answer questions such as: How it work? What are the potentials? How can hypnosis aid in anxiety, smoking, weight loss, pain management, phobias, and regressions? What are the myths surrounding it?

THURSDAY,
JUNE 16th
7:00 - 8:30pm
in the
NutriFarmacy
Yoga room.

Cost: \$15

CALL NUTRIFARMACY AT
(412) 486-4588
TO SIGN UP FOR CLASSES

CLASSES BY DAVID SPEER, PhD

REFLEXOLOGY

TUESDAY, July 19, 2011 TIME: 7-10 PM COST \$25.00

MIND HEALING I

TUESDAY, July 26, 2011 TIME 7-10 PM COST \$25.00

MIND HEALING II

TUESDAY, August 2, 2011 TIME 7-10 PM COST \$25.00

LOVE HEALING

TUESDAY, August 9, 2011 TIME 7-10 PM COST \$25.00

GROUP HEALING

TUESDAY, August 16, 2011 TIME 7-10 PM COST \$25.00

ELECTROMAGNETIC HEALING WITH CRYSTALS

TUESDAY, August 23, 2011 TIME 7-10 PM COST \$25.00

CALL NUTRIFARMACY AT (412) 486-4588
TO SIGN UP FOR CLASSES
OR
CALL DAVID SPEER AT (412) 362-3569
WITH ANY QUESTIONS



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Summer
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



HEALTH CLUB MEMBERSHIP

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

\$3.00 OFF

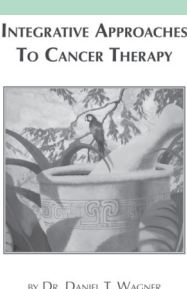
Expires 8/31/2011

WESTERN PA'S ONLY ALL NATURAL PHARMACY

FREE LECTURE ON 'INTEGRATIVE APPROACHES TO CANCER TREATMENT' BY DR. DAN



To introduce his new booklet entitled "Integrative Approaches to Cancer Therapy," Dr. Dan will present a free lecture to go over the points of his research and natural treatment regimen over the last 14 years of practice. He will be signing his book for all interested after the lecture. Cost of the new booklet is \$8.95 - ask about FREE shipping!!



Please call for a reservation for the lecture or to order
Dr. Dan's new booklet....(412) 486-4588.

THURSDAY EVENING
JUNE 9TH, 7-9 P.M

LECTURE TO BE HELD IN YOGA ROOM LOCATED IN THE
LOWER LEVEL OF NUTRIFARMACY BUILDING

ATTENTION ALL LADIES OF HEALTH!!!

NUTRIFARMACY & THE WILDWOOD WELLNESS CENTRE
AND SKINCARE CENTRE invite you to our
3RD ANNUAL 'WOMEN'S WELLNESS DAY'
TO BE HELD ON SATURDAY, OCTOBER 22ND FROM
10 AM TO 3 PM. SAVE THE DATE!!

SPEAKER'S LIST, VENDORS, AND SEMINAR FEATURES TO
BE ANNOUNCED IN THE FALL NEWSLETTER.

Skincare Corner

By: Lynn Wagner, Licensed Esthetician

Lavender

Lavender (Lavandula angustifolia): is often referred to as the Mother of Essential Oils because it is so versatile. Therapeutic grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises, and skin irritations. The fragrance is calming, relaxing and balancing - physically and emotionally.

1. Rubbing Lavender oil on the feet may cause a calming effect on the body.
2. Rubbing a drop of Lavender oil on your palms and smoothed on your pillow may help you sleep.
3. Putting a drop of Lavender oil on a bee sting or insect bite may soothe the itching, stinging and discomfort.
4. Putting 2-3 drops of Lavender oil on a minor burn may soothe it.
5. Dropping Lavender oil on a cut may soothe it.
6. Possible help in alleviating the symptoms of motion sickness is to place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
7. Rubbing Lavender oil on dry or chapped skin may bring relief.
8. Rubbing a drop of Lavender oil on chapped or sunburned lips may help discomfort.
9. Possible help in reducing and/or minimizing the appearance of scar tissue may be to try massaging Lavender oil on and around the area.
10. Rubbing 2-4 drops of Lavender oil over the armpit area may help act as a deodorant.
11. Rubbing a drop of Lavender oil between your palms and inhaling deeply may help in alleviating the discomfort of air borne pollen and/or dust.
12. Rubbing several drops of Lavender oil into the scalp may help with flaking.
13. Placing a few drops of Lavender oil on a wet cloth and throwing into the dryer, may help to deodorize and freshen your laundry.
14. Diffusing Lavender oil may support the body's natural defenses against air borne sensitivities to the skin and immune system.
15. Spritzing several drops of Lavender oil mixed with distilled water on sunburn may help soothe it.
16. Dropping Lavender oil on a cut may help clean the wound, sanitize and soothe it.
17. Applying 2-3 drops of Lavender oil to a rash may help soothe the skin.

NutriFarmacy is offering a Summer Special on doTERRA LAVENDER:

\$5.00 OFF ANY LAVENDER PURCHASE
Limit 1 per customer. Expires 8/31/2011

NEW PRODUCTS

QUANTUM GALLBLADDER CLEAR by Premier Research Labs

It seems more and more people are having gall bladder problems today, and the surgeons are foaming at the mouth to take your gall bladder out. Wait a minute! Perhaps what you need is an effective gall bladder and biliary cleansing and support product like QUANTUM GALLBLADDER CLEAR. Taking 2 or 3 capsules daily for a few weeks may do the trick. **60 veg caps \$21.95.**

CHLORELLA ORGANIC by Therapeutic Foods

It is well known that there is not a better detoxification product in the world than the green fats from plants called chlorella. Now, NutriFarmacy is carrying the new organic CHLORELLA dietary supplement with added vitamins and nutrients made by the specialists at Therapeutic Foods. **120 tablets \$27.95**

UBIQUINOL COOH 50 MG from NutriFarmacy Elite Nutrition brand

We have just introduced the best absorbed form on CoQ10 called UBIQUINOL. The enhanced absorption makes it possible to take a lower dosage and still receive a high blood level of CoQ10- an essential nutrient for the immune enhancement and your cardiovascular system. **30 softgels \$17.95**



PLEO MUC EYE DROPS

Our friends from Switzerland have introduced us to the highly regarded line of homeopathic formulas from world-renowned Sanum-Kehlbeck from Germany. Our initial product we want to promote is their Pleo-Muc EYE DROPS 5X. PleoMuc eye drops are used for both acute and chronic conditions of the eye including dry eyes, cataracts, MD, conjunctivitis, glaucoma and pint eye. You'll be amazed how quickly they work and how effective they are! **5 ml \$18.99**

NATURAL D-HIST by Ortho Molecular Products

Just in time for the allergy season, we are introducing D-HIST as a dietary supplement alternative to long-acting Rx drug antihistamines such as Allegra, Zyrtec and Claritin. Ortho Molecular products has packaged the perfect blend of quercetin, stinging nettles, bromelain and NAC to elicit an effective antihistamine effect without drowsiness or drug side effects. **40 capsules \$19.95.**

DR. NIEDERMAIER REGULAT

Are you looking for a 100 percent whole food liquid supplement that is a preparation of essential phytonutrients and probiotic substances? One that will give the immune system an extra boost, promotes a health blood environment, support digestion and neutralize free radicals? REGULAT and REGULAT-D (for diabetics) is certified organic under European Standards. **350 ml, \$69.00.**

UT CLEANSE by Nutritional Frontiers

By far this is the most complete and effective advanced urinary tract support formula we have ever carried. Nutritional Frontiers has done it again blending the perfect mix of D-mannose, cranberry juice powder, olive leaf, FOS and fiber to help clear up annoying UTIs in days without antibiotics. **30 scoops, \$39.99**

Nordic Naturals Ultimate Omega Sport

Used in clinical trials with professional athletes, free of athletic banned substances, and Certified for Sport by the NSF, Nordic Naturals Ultimate Omega Sport provides all the benefits of highly concentrated omega-3s (EPA+DHA), without the fishy repeat. Ultimate Omega Sport promotes cardiovascular and respiratory function, supports focus and concentration, supports the body's natural anti-inflammatory response, and supports fat metabolism and body composition. **90 soft gels/\$39.95**

BULLETIN BOARD

NO DEATHS FROM VITAMINS, MINERALS, AMINO ACIDS OR HERBS

According to the national alternative magazine *The Townsend Letter* not even one death was caused by ingestion of a dietary supplement in 2008. This statement was released by the U.S. National Poison Data System (NPDS) in their annual report. The report was also published in *Clinical Toxicology* and showed zero deaths from multiple vitamins; B complex; vitamins A, C, D or E; and zero deaths from any vitamin, amino acids or herbal product (including Echinacea, valerian, St. John's wort, or ginkgo). Furthermore, there were zero deaths in 2008 from over ingestion of calcium, magnesium, zinc, selenium, colloidal silver, iron, or any multi-mineral supplement. Two children died as a result of medical use of the antacid sodium bicarbonate (an OTC drug).

If (according to the FDA and the news media) dietary supplements are so dangerous, then where are the bodies?

IS QUINOA THE "PERFECT" FOOD?

Move over blueberries, spinach, and salmon, there's a new super food on the block. It looks kind of like rice, and dates back to ancient South America. A lot of people do not know about quinoa (pronounced "keen-wah" but they will in time. Informed nutritionists have known about quinoa for years, but now it's going mainstream and is becoming a popular item in chain grocery stores. Quinoa is a unique, complete carbohydrate, a whole protein, has all seven amino acids, which all adds up to makes it just a super food. It has the same kind of super-charged protein that's found in meat and eggs, but in a healthier form. Quinoa is also loaded with vitamins, minerals and fiber, which is especially good for dieters to keep you fuller longer. Above all this health talk, Quinoa also has a good, pleasant taste. It cooks quickly (like rice), and it's a staple that your whole family will enjoy. It tastes like a nutty, bland rice that takes on the flavor of whatever you mix with it. One thing to watch out for is its 172 calories, in a quarter cup. NutriFarmacy is introducing a new product from South America called EVELIZA CEREAL COMPOUND, quite possibly "the perfect nutrition for the prevention of disease and the goal of healthy longevity."

IS RESVERATROL A PRIMARY ANTI-CANCER AGENT?

Despite substantial progress in the understanding of the molecular basis of resveratrol's anti-carcinogenic activities, there have been a few new clinical trials showing positive results both *in vitro* and *in vivo* in the USA, Brazil, Italy and Iran. A team of investigators from the NCI evaluated resveratrol to see if it might lower the risk of non-Hodgkin's lymphoma. They found that it favorably institutes *apoptosis* (a form of programmed cell death which causes cancer cells to commit suicide). In Italy and Brazil, resveratrol had positive anti-tumor, anti-inflammatory and antioxidant effects on gliomas (primary tumors that affect the brain and nervous system). In the USA, researchers at the Univ of Pittsburgh medical school at Hillman Cancer Center found resveratrol to be 'chemo-protective' in patients with pancreatic cancer.

THE TOP TEN SUPPLEMENTS FOR MEN

Dr. Jeremy Appleton, ND listed in the March edition of a leading Canadian health magazine called *Alive*, that men have unique nutritional needs, just as women and children. From his research he postulated that the top supplements for a grown man should be: (1) a Multi-vitamin-multi-mineral formula; (2) Vitamin C; (3) Vitamin E; (4) Pomegranate; (5) Coenzyme Q10; (6) Rhodiola to help the body cope with stress; (7) Asian ginseng to reduce fatigue and improve mental tasks; (8) Green tea; (9) Lycopene a powerful antioxidant in tomatoes, and (10) Saw palmetto for enlarged prostate.

DR RAU WARNS: BE CAREFUL OF INGESTING TOO MUCH PROTEIN

Famed Swiss natural medicine physician, Dr. Thomas Rau, M.D. recently spoke about the dangers of excessive protein intake. He spoke at Sanum Conference in San Diego on March 1st, and made a point to tell the audience that your body manufacturers all the proteins it needs. The liver actually synthesizes new amino acids from old and damaged proteins that are being discarded. He recommends we ingest 4050 grams per day, but most Americans are consuming 3 times that much. What happens to the extra protein you don't use? Your liver also acts as a trash collector 'digesting' as much as it can, which produces ammonia, a substance toxic to humans. Normally, the liver converts ammonia to urea and passes it off to the kidneys, which dispose of it in the kidneys. Too much protein actually puts a strain on the kidneys- leading to excess ammonia and hyper-acidity, toxicity and inflammation. Excess protein coupled with dehydration can lead to urinary tract infections and painful kidney stones. Cut back on the animal protein, eat more complex carbohydrates and take an amino acid supplements a few times a week.

I and I

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

Krill oil and **fish oil** both represent comparable dietary sources of omega 3 fatty acids, however the EPA and DHA dose of **krill oil** was 63 percent of that of fish oil.....**Lactobacillus acidophilus** supplementation proved to be very effective in relieving atopic **dermatitis** in children and in helping to reduce functional abdominal pain.....**DHEA** combined with exercise improves muscle strength and physical function in frail older women.....**Glutathione**, a naturally occurring chemical found in every cell of the human body has undergone extensive research in recent years by the Division of Pulmonary Medicine at Emory University. Accumulating data has established that poor Western diets and age-related diseases can lower the body's natural glutathione defenses needed for optimal health. Glutathione supplementation can help protect against disease development.....A new scientific review has concluded that **bitter orange** and **bitter orange extract** are safe in normal use of foods and dietary supplements. This study was published in *Herbalgram* by the *American Botanical Council*.....A large egg contains about 41 IU of **vitamin D**. Adults need about 2,000 IU daily.....According to the Canadian health magazine *Alive!*, you have a 12% less chance of developing cancers if you eat a vegetarian diet and avoid meat.....There are new studies suggesting men who take prescription **testosterone cream** or **patches** have an increased risk for heart disease.....What was the most popular supplements in America in 2010. According to *ConsumerLab.com* they were: **fish oil, multi-vitamins, Vitamin D, CoQ10 and calcium**.....Prescriptions Acid-blocker drugs (Zantac, Prilosec, Nexium) can negatively affect the pH of your stomach and lead to depletion of **folate, vitamin B12, calcium, iron and zinc**.....only 33% of people who do yoga are men.....About 57 percent of physicians use dietary supplements.....the market for **stevia** sweetener has grown over 30 percent in 2010.....A new study out of Perth, Australia shows that **curcumin** can be very effective in patients with **Alzheimer's disease**.....Seven out of ten Americans fail to meet the daily recommendation for **vitamin D**.....A randomized controlled trial of 300 elderly women showed that just 1,000 IU of **vitamin D3** improved muscle strength and mobility.....**Maitake mushroom extract** may effectively induce ovulation in patients with **polycystic ovary syndrome**.....After 35 years of research, there is now substantial information to prove that **artificial food colorings** can cause **ADHD** symptoms.....One of the most effective supplements for detoxing heavy and toxic metals from our body is **chlorella**.....One of the best herbs to supplement with for relieving the pain and inflammation of **rheumatoid arthritis** is **boswellia serrata** according to Dr. Thomas Rau from the Paracelsus Klinik in Switzerland....We have 10 times more bacteria in our body than we do cells!!! Of course more than 90 percent of these bacteria are healthy 'good guys.' The biggest deterrent to keeping a health bowel is taking **antibiotics** that are unnecessary.....

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

Dear Dr. Dan: What is your opinion on the importance of supplementing with digestive enzymes? -C.M., Pittsburgh

Dear C.M.: It is quite possible that the term 'digestive enzyme' is incomplete. The benefits of enzyme therapy in restoring health are numerous. One of the biggest problems in America is both what we eat and how we eat. The combination of over consumption of simple and refined carbohydrates, fats and sugars found in 'fast food' and the fact that many of us eat too much and too fast, are major contributing factors for a number of our body's of major disease conditions (i.e. fibromyalgia, dermatosis, allergies, obesity, cancer, diabetes, autoimmune conditions, IBS, arthritis, depression, asthma, and others). The starting point for these diseases may be more to do with diet and digestion, then heredity and environment. Numerous studies have been conducted in enzyme research that point to the benefits of exogenous enzyme therapy in all of these conditions. The role of the pancreas is primarily release of insulin (to break down simple sugars) and the release of pancreatic enzymes (for digestion). However, keep in mind that the pancreas is also an immune organ (along with the liver, spleen, thymus and lymph glands). The pancreas responds to histamine release (allergic inflammation) by secreting enzymes, thus healing damaged tissue and stabilizing mast cells (which induce the inflammatory response). The enzyme amylase is a good example of the above. Amylase is one of the major carbohydrate-digesting enzymes found in the kernels of grains and starchy vegetables. By cooking these foods, amylase is destroyed and the body must secrete amylase from our salivary glands. In conclusion, it is critically important to supplement more freely with plant-based enzymes unless your diet primarily consists of raw food (which requires quite a bit of discipline). I recommend taking enzymes 5-15 minutes before eating larger meals or offending foods.

Commentary by Dr Dan

THE FIVE AREAS WHERE COMPLEMENTARY PRACTITIONERS DIFFER WITH CONVENTIONAL MEDICINE



Recently, I attended an enlightening medical conference in San Diego. The meeting called the PLEO-SANUM CONFERENCE was sponsored by Terra Medica and Biomed International, two well-known suppliers of quality vitamins, homeopathic and supplements, many of which I carry at NutriFarmacy.

The main speaker was Dr. Thomas Rau, M.D., medical director of the Paracelsus Klinik located in Switzerland. Two other experts in biological medicine included Dr. Deitrich Klinghardt, M.D., Ph.D. and Dr. Byron Braid, M.D. These men are some of the most qualified and interesting individuals I have ever heard. Their approach to 'biological' medicine is akin to 'life' medicine. Dr. Rau mentioned that he frequently uses **probiotics** (meaning 'pro-life') with all his cancer patients, and frowns on using **antibiotics** (meaning 'against-life') unless they are necessary. This holistic approach has lead him and his team to open the Paracelsus Klinik in Lustmuhle, Switzerland in 1976 treating cancer and chronic auto-immune disease with incredible success. The team of doctors spoke about five areas of medicine that are largely overlooked or ignored by the traditional medical community, but have extreme importance in the healing and treatment of any chronic disease, particularly cancer.

- The Acid-Base Connection**- There may be nothing more important in the overall prevention of inflammatory diseases states (particularly cancer) than maintaining an alkaline pH in the body (pH 7.3- 7.4). The belief that cancer lives, thrives, grows, and exacerbates in an 'acidic' (pH below 7.0) environment is incredibly relevant and is generally accepted by most European oncologists. The best ways to alkalize the body is by eating more green foods, taking green supplements, and minimal amounts of sodium bicarbonate.
- The Need to Boost the Immune System**- These doctors believe it is very difficult to keep your overall immune system stimulated from the myriad of bacteria, viruses, fungus, parasites, pollution and toxins without taking well-known stable supplements such as Vitamin C, Selenium, Omega 3 fatty acids, medical mushrooms, antioxidants, and green foods.
- Recognizing Environmental Toxins** - It is incorrigible that the medical community refuses to recognize the impact of environmental factors in our health equation (especially chronic diseases). Our lives are laced with pollutants, toxins, chemicals, pesticides, insecticides, radiation and E-smog that directly affect our overall health, and no one seems to be addressing these factors.
- The Emergence of Mold** - We are all aware of the vast concentrations of viruses, bacteria and parasites that invade our bodies repeatedly and drug therapy has been successfully in abating some of these invaders. However, the new 'emerging diseases' appear to be more associated with molds, Candida and fungus, of which Big Pharma has precious few effective treatments. Dr. Rau would say that one-third of the houses in America should be abandoned due to excessive mold!
- The Dietary Approach to Preventing Cancer** - Regardless of the myriad of toxic exposures we deal with every day, correct nutrition may still be the single best thing we can to prevent cancer and chronic diseases. Even though the public will not eat nor are expected to eat the same diets, the doctors recommend trying to eliminate (as much as possible) the foods from these four food groups: dairy products, white sugar, white flour and wheat, and animal protein.

This conference opened my eyes to many new treatments for cancer and chronic auto-immune diseases and I will continue to learn more about them and incorporate them into my natural medicine practice.

Wildwood Wellness Centre AND NutriFarmacy Skin Care Centre

www.nutrifarmacyskincare.com OR (412) 486-6263

All Appointments by Reservation only!

Call for a free brochure on our services including waxing, massage, facials, wraps, Chakra balancing, hot rock massage, or Spa packages.

Lynn Wagner, Licensed Esthetician
Facials and Essential Oil Body Therapies
Cathleen Fritz, Licensed Esthetician
Body Treatments, Facials and Waxing,
Massage Therapy
Bobby Prokop, C.H.T.
Board Certified Consulting Hypnotist

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Reflexologist, Therapeutic Massage
Scott Heineman, ND, CNHP
Shiatsu Massage Therapist,
Nutritional Coaching
Colleen T. Lynch, Certified Massage Therapist
Swedish, Deep-tissue Massage,
Hatha Yoga

INTRODUCING OUR NEWEST HEALTH PROFESSIONAL AT NUTRIFARMACY

MEET DR. LISA BERNARDO, Ph.D., RN

Lisa Marie Bernardo, PhD, MPH, RN, has been a registered nurse for 33 years. She was faculty at the University of Pittsburgh School of Nursing where she taught community health nursing and health promotion. She currently teaches PILATES and GYRO-TONIC Expansion System at the Pilates Centre in the NutriFarmacy building. Lisa conducts research in the effects of yoga on bone health in women and in adults at risk for type 2 diabetes. In addition, she is a Certified Health Fitness Instructor, Certified Cancer Trainer and Wellness Coach through the American College of Sports Medicine. Dr. Bernardo lives in Richland Township with her husband, Richard Packer and their cat, Zeus. Lisa is thrilled to join the Nutrifarmacy team, where she will provide health promotion and wellness services.

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 8/31/2011

Dr. Dan will be introducing the NEW ETA-SCAN up-grade in March. After almost 3 years, ETA-scan has a new look. The scan is much more sophisticated, faster, more comprehensive, and has a unique "emotional" component that will better help to facilitate your overall health needs by energizing organs systems, identifying nutritional needs, and presenting a concise plan to help improve vitality and well-being. Same cost, better service for you!!

\$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 8/31/2011

\$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 8/31/2011

\$4.00 OFF/test

SALIVA HORMONE TESTING

Via saliva testing, we can accurately check your estrogen, progesterone, DHEA, testosterone and cortisol levels.
Regular price: \$35.00 per hormone test.
Expires 8/31/2011

SPECIAL!!!

60 minute Aromatherapy Facial

Cost: \$55.00 special price until September 30, 2011

Enjoy our signature facial with healing properties of essential oils. Our Summer Facial begins with a cleansing of the skin with doTERRA's skin cleanser. This cleanser is infused with peppermint and lavender and cruciferous vegetable extracts that work to inhibit skin irritation and reduce oxidative stress to the skin cells.

Next is the Grapefruit and Peppermint aromatic scrub to exfoliate and deep cleanse the skin surface. This follows with a facial massage with hot stones and Immortelle, doTERRA's anti-aging blend. Immortelle is a beautiful blend of powerful essential oils. It is an anti-aging blend formulated to protect and nourish the skin while helping to reduce inflammation - a major contributor to the aging process. The oils in this blend are Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum and Rose.

Our Vitamin C anti-aging peel off mask infused with Geranium oil tightens the skin. Relax while the masks sets with a hand and feet massage with Wild Orange and Peppermint oils.

The facial concludes with the application of doTERRA's moisturizer and tightening serum. The anti-aging moisturizer contains essential oils of lavender, jasmine, geranium and frankincense that softens and moisturizes the skin. It also contains "Spherulites" a unique encapsulated high molecular weight hyaluronic acid. The serum contains essential oils of frankincense, sandalwood and myrrh.

Each client who purchases the "Summer Special" Aromatherapy Facial will receive a complimentary sample oil suited for their skin type.