



Ounce of Prevention



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DECEMBER / JANUARY 2012-13 NEWSLETTER

Welcome to Ounce of Prevention's December / January 2012 Newsletter. As always, thanks for reading our newsletter!

Holiday Hours

It's hard to believe that the holidays are upon us. Where does the time go? For your shopping convenience, our holiday hours are:

- Christmas Eve: 9:00am—2:00pm
- Christmas Day: Closed (Merry Christmas!)
- December 26th: 11:00am—6:00pm
- New Years Eve: 9:00am—3:00pm
- New Years Day: Closed (Happy New Year!)
- January 2nd: Regular hours (9:00am—6:00pm)

The Value of Source of Life™

Nature's Plus Source of Life is our best-selling multiple vitamin. In fact, it's the multi we personally take. At first glance, it can appear that *Source of Life* is expensive, but on closer inspection, it's really one of the most affordable multiples on the market. To determine what gives you the most bang for your buck, you need to calculate what you're paying for the *percent daily value (%DV)* of each ingredient. To save you from doing the math, we've done it for you—comparing *Source of Life* to *Centrum*. When all the numbers settle, *Source of Life* costs 27¢ per tablet compared to 32¢ per tablet for *Centrum*. Pound for pound, not only is *Source of Life* the better value, it contains a whole lot of additional ingredients that *Centrum* doesn't. On your next visit to Ounce of Prevention, ask us about *Nature's Plus Source of Life*. Also, we'll be happy to show you the calculations if you need your daily math fix!

Ounce of Prevention is Animal Friendly!

We love animals, and if you've been to our Shoppe you've no doubt noticed lots of pictures of dogs and a few pictures of cats. These dear little and not so little creatures are the very loved pets of our customers. They, as well as our customers, have always been an enjoyable part of our day. We not only encourage you to bring your cherished pet in for a visit but to bring us a picture as well. Don't have a picture on hand? We'll be happy to take one for you and display it for everyone to enjoy. We do encourage you to bring them in for visit, though... they simply make us smile. (And the wigglier, the better!)

Episilk

A few months ago, we discovered a company called Hyalogic. Hyalogic is a progressive company devoted to providing the finest in natural products enhanced with hyaluronic acid (HA) for health and personal care. Hyalogic's personal care line, *Episilk*, is enriched with HA. Naturally preserved, it's facial serums are non GMO,

vegan friendly, and contain no parabens, propylene, or butylene glycol.

Although HA is found in most cells in the body, it's concentrated in skin. HA keeps skin hydrated and provides nourishment transport to the skin's cells. With age, the ability of skin to produce HA decreases leaving skin unhealthy and wrinkled. HA provides continuous moisture to the skin by binding up to 1000 times its weight in water.

Our most popular *Episilk* products are *Pure Hyaluronic Acid Serum*, which improves skin tone and appearance by enhancing its ability to retain moisture, and *Facelift Serum*, which is designed to hydrate while supporting the natural firmness of your skin. Both products are aimed at reducing the appearance of fine lines and wrinkles.

On your next visit to Ounce of Prevention, consider our *Episilk* products and start enjoying the benefits they offer.

An Ounce of Trivia

If you received all of the gifts in the song *The Twelve Days of Christmas*, how many gifts would you receive? (See end of newsletter for answer!)

Health Tip 101: Heat Versus Cold

You've just finished retrieving your cherished holiday decorations from that up-and-out-of-the-way corner of your closet, placing your body in positions that a Ringling Bros. contortionist would envy. Now you hurt. To help alleviate your discomfort, what should you reach for, a heating pad or an ice pack? For a new injury or a flare-up of an old injury, you should use ice (and avoid heat) for 3 to 5 days. Apply the ice to the affected area for 10-15 minutes and reapply as needed no more than every 2 hours. After 3 to 5 days, it's safe to switch to heat, applying it to the affected area for 20 to 30 minutes and reapplying as needed no more than every 2 hours. Of course, sometimes you need professional help. Dr. House, Ounce of Prevention's resident chiropractor, is available Mondays through Fridays to assist you with your health care needs. Simply telephone (559) 222-5309 for an appointment.

Tried and True: Wellness Formula™

The cold season is fast approaching, and we don't just mean cold as in, "burrrrr." Protect yourself from those nasty viruses floating around with *Source Naturals Wellness Formula*, our #1 selling immune defense formula. A favorite of teachers, *Wellness Formula* is loaded with natural ingredients aimed at keeping your immune system in top shape. Stock up now on *Wellness Formula* before those pesky viruses find a new home... in you! Always available at Ounce of Prevention Nutrition Shoppe.

Trivia Answer: 364 gifts!