



# Ounce of Prevention



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## FEBRUARY / MARCH 2013 NEWSLETTER

Welcome to our February/March 2013 newsletter. As always, thank you for reading!

### The “Season” is Upon Us

The Season is upon us, and we don't mean the holidays... we're speaking of the cold and flu season. Now is the time to boost your immune system to give yourself a fighting chance. Our most popular immune enhancer is *Source Naturals Wellness Formula*. A favorite of teachers and voted America's #1 immune booster, *Wellness Formula* contains a powerful combination of herbs, antioxidants, vitamins, and minerals formulated to boost and enhance your immune system which in turn helps you withstand the ravishes of the cold and flu season, or any other time your system is experiencing increased stress. Don't wait until you get sick to do something about it... be proactive with your health by using *Wellness Formula*. Simply the best defense available and always available at Ounce of Prevention.

### Help for that Pesky Cough

Ask just about anyone, and they'll say that the worst part of a cold or the flu is what one is currently going through, whether it be you fever, sore throat, congestion, etc. However, the one aspect that just seems to keep on giving, even long after the cold has resolved, is the cough. In yesteryears, there seemed to be many over-the-counter cough aids that worked well, but it seems a little harder these days to find an effective cough suppressant. Until now! *Source Naturals Wellness Cough Syrup* is a homeopathic medicine made with wild cherry bark that works very well at suppressing one's cough. It's non-addictive and tastes surprisingly good, making it a good choice for kids and adults alike. Be sure to have *Wellness Cough Syrup* on hand when you need it (we always have it on hand in our household). Available at Ounce of Prevention!

### Synthovial Seven

In a previous newsletter we introduced you to a company called *Hyalogic* and highlighted their wonderful skin serums. In addition to their skin care line, *Hyalogic* also manufactures joint care products, of which *Synthovial Seven* is their most popular.

*Synthovial Seven* is an oral hyaluronic acid (HA) supplement that supports healthy joints, skin, gums, hair, and eyes.

*Synthovial Seven* is a patented, all natural, pure, non-animal derived, vegan friendly product. It provides the highest molecular weight supplemental hyaluronic acid available, and comes in an easy-to-take, fast absorbing liquid.

*Synthovial Seven* supplements the naturally occurring synovial fluid within joints which assists with maintaining the fluid motion of joints and subsequently their overall

health.

It's important to note that if you're already taking joint-supporting supplements, such as glucosamine sulfate, adding *Synthovial Seven* to your regimen may offer additional benefit by synergistically working to provide the core molecules necessary for optimal joint health. On your next visit to Ounce of Prevention, be sure to ask about *Synthovial Seven*!

### Did You Know?

In 1537, England's King Henry VIII declared February 14th an official holiday—Valentine's Day. (Didn't work out too well for a couple of his wives, though...)

Also, the oldest known valentine was sent in 1415 by the Duke of Orleans to his French wife while he was imprisoned in the Tower of London. It survives today and is on display in a museum in England.

### Our New Favorite Thing!

We've carried them for years, yet we've never personally used them: *Neti pots* (aka nasal cleansing pots). Simply, *Neti pots* are used for irrigating and cleansing the nasal passages with a saline solution. Frankly, we haven't tried them because voluntarily putting saltwater up one's nose just didn't sound appealing. The straw that broke the proverbial camel's back was a nasal cold that just seemed to keep on giving and giving... and giving. Enter the *Neti pot*. Using the *Neti pot* was an absolutely wonderful experience! Not only is the process simple, it's very soothing. The best part is that within a couple of uses over a couple of days, the nasal cold was conquered. We can't say enough about how great these little *Neti pots* are and how well they work. Of course, our customers who use them regularly have always praised their benefits. All that's needed is a *Neti pot* (which we carry and sell for \$16.95), water, non-iodized table salt, and a nose. We can't praise *Neti pots* enough. On your next visit to Ounce of Prevention, pick up a *Neti pot*... we know you'll be glad you did!

### Are You as Healthy as You Can Be?

Did you know that people who utilize chiropractic health care have lower annual health care costs (averaging \$796) than those who don't? Are chiropractic patients healthier because they went to a chiropractor, or do they go to a chiropractor because they engage in a healthier lifestyle? Regardless, the fact is that chiropractic patients tend to be healthier than non-chiropractic patients. Enjoy the benefits chiropractic health care offers. Dr. Jeffrey House is accepting new patients and his office is conveniently located within Ounce of Prevention. Call today to schedule your appointment. 222-5309.