

SYNERGY TIMES

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Sinus Survival

With allergy season around the corner, now is the time to prepare your immune system. I can't stress enough the importance of using a Neti-Pot to do nasal irrigation. This really works to remove the bacteria on a daily basis. Distilled water and Neti salts are all you need to clear out sinus cavities and breathe easier. Add some Colostrum to aggressively boost your immune system and reduce sensitivity to allergens and you have it beat. Start now before allergies get a hold on you!

Magnesium~ Which kind should I use?

I have people everyday ask for Magnesium. But what is the best kind? For most conditions (including heart, muscle contraction, electrolyte balance, and sleep) we recommend Magnesium Glycinate from Bluebonnet. This is your best, multi function form for high absorption. If it's bowel stimulation you want, then go with Magnesium Oxide to keep things moving. All other forms fall in between and really don't have all the benefits of Magnesium Glycinate.

Chondroitin Prevents Joint Degradation

A new study released shows that after a two year period, 622 patients with osteo-arthritis of the knee had a reduction in joint space loss.

This double blind, randomized, placebo controlled study checked patients at 12, 18, and 24 months. X-rays were evaluated for joint space loss and assessed for OA symptoms and pain.

The Chondroitin group had significantly less space loss, less progression of joint space width, and more reduced pain as compared to the placebo group.

Chondroitin was well tolerated with little to no adverse effects.

Bluebonnet offers a great Glucosamine and low molecular weight Chondroitin product that may be the best in our industry.

Try some Today!



Synergy News

- It's never too early for sunscreen. Check out All Terrain, a division of Anne Marie Borlind skin care for all of your sun protection needs.
- We are now stocking Charlie's Soap all purpose cleaner as well as the laundry powder
- Zum soap bars are available in 3 lb. blocks with a cutter. It offers great savings and is equivalent to 16 small bars at around 85 cents less a bar.
- Trimethylean- A safe and effective ephedra based product to help you really dig into stored fat!
- We've got a new potato chip in stock. Kettle Krinkle Cut chips in Buffalo Bleu flavor. They are absolutely delicious!
- Don't forget that bathing suit weather is right around the corner. Come see us about your weight loss needs and we'll take care of you.

Coleman unflavored boneless, skinless free range chicken breast is now available. A great marinade for chicken (1 orange, 1 lime, 1 lemon, olive oil, garlic, and balsamic vinegar) soak overnight in a ziplock bag or container and enjoy!

Quercetin

Despite being in the vitamin C family and despite being the most common and best studied of the polyphenols, Quercetin has been largely neglected in the public eye until recently, as new research has revealed its astonishing potential as a health-promoting, disease-preventing supplement. Quercetin's powerful antioxidant effects directly reduce tissue damage and have now been shown to prevent diseases such as cancer and cardiovascular disease. Quercetin's antioxidant effects also lead to anti-inflammatory and anti-allergy effects, augmenting its role in chronic disease prevention and treatment. All the more reason to not miss out on this powerful supplement.