

# SYNERGY TIMES

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New Raw Superfood blends are available at Synergy Health  
Cacao Powder, Cacao nibs, Mesquite, Fo-Ti, Sun Warrior Protein, Pure Synergy Powder, Chlorella, Spirulina, Cinnamon, MSM, Celtic Sea Salt

## Ideal Protein All-stars

Instead of talking about a particular person on the program, I'd like to talk to everyone. The holidays are upon us yet again and we all know that it's also the time of year that we may not eat so well. My challenge to you is to go ahead and start a healthy diet plan before there is a problem. Take care of it before the holidays and the new year. I hope everyone has a safe and happy holiday season and I hope to see you soon.

## Holiday Blues!

Even though the holidays are great to spend with family and friends, we often take the emotional rollercoaster for a ride. The use of anti-anxiety and anti-depressants almost double from November to January. Sanesco offers a true solution for these problems. Through neuro transmitter testing, we can focus on why you are experiencing imbalances in mood, sleep, weight, anxiety, etc. This proven system takes out the guess work often associated with the use of SSRI's and other mood medications. Now there is hope! For more info, come by for some free literature and guidance.

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## PEA for Mental Stimulation

Phenylethylamine (PEA) is what people should give credit to when they feel better after eating chocolate. This neuroamine is a fantastic mood modulator and mental stimulant. The problem with commercial chocolate is that it is so processed, very little PEA is left in the finished product. Try our raw cacao or superfood powders to focus in on these great benefits. Blue green algae is also an excellent source of PEA, such as E3 Live or Crystal Manna. With the holidays around the corner, try giving someone a gift that really enhances their life. You can also get PEA in a capsule for those who want more convenience

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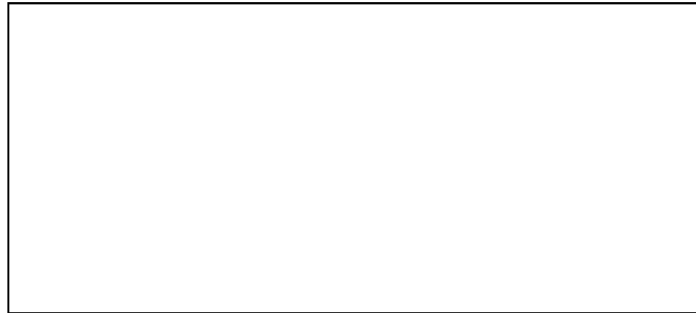
Fresh Traditional vegetarian Hummus, Falafel, and soups made to order by Gavesh. Call Synergy Health for ordering information.



## Synergy News

- Gift Certificates are available for your holiday needs. Happy shopping!
- Even though it's cold outside, don't forget about a great pick me up drink or smoothie from our Juice Bar. Open Monday through Saturday from 10-4
- Call us to set up your Ideal Protein consultation. Get a jump on the New Years rush
- We now have Superfood Smoothie blend packs from the Raw Shaman
- New Sami's wraps and chips! A great gluten and wheat free treat
- We will be open from 10 to 3 on Christmas eve and closed on Christmas day. Business as usual will resume afterwards. Have a happy holiday season from everyone at Synergy Health!

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## Great Gift Ideas from Synergy Health

We at Synergy Health would love to help take the guess work out of your holiday shopping. Here are a few ideas we have for your friends, family, and loved ones.

- Blenders and Juicers
- Earth shoes
- Natura World Pillows and Indika sheets
- Borlind Skincare, Zum soaps, and Yoanna Mineral Make-up
- Ionic Salt Lamps
- Consultations