

# 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

## Want to Quit Smoking?

Another New Year's resolution that you should really keep. Quit smoking today with Sulfonil. Thyoglycerols in this reacted sulfur compound readily bind to adrenergic receptors in the brain, thus blocking the receptors' ability to bind with other substances. What does all of this mean? Less cravings. It keeps the nicotine from being absorbed into your system. This keeps away the want and need to smoke! Try it yourself

## Vectomega

The next generation of fish oil is herein a great one a day product. Vectomega is a whole food omega 3 complex containing DHA, EPA, phospholipids, and hydrolyzed peptides from salmon heads. It is the only omega 3 with DHA and EPA in a biological form as it naturally occurs in salmon (not chemically altered or spiked) ensuring absorption. It is the unique transport system only found in Vectomega that dramatically increases bioavailability and absorption. It's not how much you take it, it's how much is absorbed at a cellular level.

## Start The New year off clean!

After the stress and overeating and drinking that often happens during the holidays, how about a good cleanse to start the new year.

Capra Cleanse is a 30 day full organ detox and cleanse. It will work on the small and large intestine, liver, kidneys, lungs, skin, and lymphatic tissue. Improved energy, absorption of vitamins, and bowel tone are all areas to notice improvement.

This is excellent to be done 1 to 2 times per year.

So let's start off the year with a CLEAN slate!

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



## Synergy News

- Check out our new website and access all of our products and newsletters from the past year. See for yourself at [www.synergy-health.biz](http://www.synergy-health.biz)
- Don't forget to see the Ideal Protein experts for all of your New Years resolution weight loss needs!
- We have Bariani olive oil back in stock. An unbelievable product that's hand crafted with an old world taste
- New products from Sanesco! Procite-D and Adaptacin.
- We also have a cheaper version of Phosphatidyl Serine from Jarrow
- Check out our new Pro EFA Extra. An extraordinary new product from Nordic Naturals.

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## Vic Spies

Vic Spies, aka The Raw Shaman, is holding two full day events where you will have the opportunity to learn about new paradigms of health and healing that is not available to the general public today. If you are not getting the results you are looking for, as far as the levels of health and happiness you believe you deserve, spend a full day with Vic on January 31st or February 21st. For full details, visit his website at [www.RisingSunHealth.org](http://www.RisingSunHealth.org) and click events. This is a great opportunity to set new goals for the new year and take your life experience to new height in 2009. His message is unlike anything you have heard and we are certain you will be inspired and motivated after spending time with him.