

SYNERGY TIMES

Synhealth@yahoo.com / 336-218-7099 / www.synergy-health.biz

Sound Sleep!

Natura Pillows in are in stock to sample! Most people use pillows for too long before replacing them. Experts recommend every two years is the longest you should go. We have a variety of chemical free pillows to choose from. All of them are great for allergen free sleep and use the same dust mite free material that is found in Natura's mattresses. Whether you want a contour pillow or one that feels like geese down, come by and check them out.

Red Marine Algae

If you or anyone you know gets fever blisters or cold sores, we may have a solution. Red Marine Algae is hands down the most successful supplement for herpes that I have seen. Lysine can be helpful, but as a stand alone treatment, we find less breakouts and shorter duration when taken daily. Be a friend and tell those that suffer from this embarrassing condition that relief comes in many colors (like red).

Urinary Tract Infections for Men and Women

Many women have experienced at least one urinary tract infection in their life, some have had many! If you want to break the cycle and prevent the possibility of Cystitis, then some supplements to address bacteria are definitely in order. For women, I like to cycle on a bi-monthly basis (Cran-actin) to make urinary walls slippery so that bacteria can't stick to it. I would use the capsules over juice as studies have proven them to be far more effective.

The off month, I would use Fem-Dophilus to add the good bacteria back in for urinary tract and vaginal cavity maintenance. For men, I would run Cran-actin on a bi-monthly basis and keep my probiotic use to ensure good bacteria through out. For flare ups, the dosages can be adjusted up for a therapeutic effect to help eliminate the need for antibiotics.



Synergy News

- Bija Dark chocolate truffles with Udo's oil are back in the fridge for those wanting delicious, but healthy chocolate.
- Just a reminder that we stock Sami's Bakery products (chips, bread, wraps, and pizza crust).
- All Renew Life products are now on sale for 30% off!
- New to Synergy Health. Grateful Harvest ground beef. As opposed to other beef that we have had, this one is grass fed and organic. A delicious treat for any summertime cookout.
- And for all you snack lovers, we have a new one. Barbara's Bakery Jalapeno cheese puffs. All natural and made with Jalapeno peppers, real blue and aged cheddar cheese.

Only available at Synergy Health. New clinical strength Vitalzyme X. A much stronger version that can only be purchased through a practitioner.

Practitioner Product Lines

We get a lot of customers that also see Dr. Vaughn, Dr. Watkins, Dr. Webster, Dr. Augustines, and others. We would be glad to order and save you money on Practitioner products. These lines often target doctors offices to distribute their products. Often times, doctors are so busy, they don't have time to source out the best raw materials or manufacturers. We do have the time and do this for our existing product mix. So, whether you want to save money on the exact same product you have been using, or are interested in learning about the possibility of a better one, just let us know! Please email your list of supplements that you use if you would like us to take a look at ordering them for you.