

SYNERGY TIMES

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Red Yeast Rice

We've told you about the benefits of Red Yeast Rice before, but thought that we might remind everyone of the amazing things it can do. Several studies have been published and have found that Red Yeast Rice significantly reduced inflammation and lowered lipid levels suggesting this supplement to be effective in treating high cholesterol. Furthermore, it also reduced cardiovascular events and significantly decreased risk of cardiovascular death. Also, of great importance, there were no side effects reported in any of the studies.

Xylitol

There are so many decisions when trying to choose a sweetener to replace sugar. Most of them do more harm than good. In recent studies, xylitol exhibited anti-cariogenic properties and was clinically proven to prevent tooth decay. There are also several medicinal benefits that other sugar alcohols are lacking. To help you make your decision, we recommend the sweetener that has been deemed safest by the FDA.

Probiotics in Reducing Cold and Flu Symptoms

Colds and influenza are the two conditions that affect us on a yearly basis. While a minor irritation for most people, these two conditions can pose a major threat to the very young and the elderly.

Americans spend over 1 billion dollars annually on nonprescription treatments for coughs and cold. Although these agent may help the symptoms of colds and flu, they do not address the underlying issue.

Probiotics, or the "friendly bacteria" that inhabit the digestive tract, are important supplements for individuals with food allergies and intolerances. However, when they are taken in larger doses, they have been proven to boost the immune system. In fact, a daily dietary supplement has been found to reduce cold and flu symptoms in children and the elderly by 50 %



Synergy News

- We still have many products on sale at a savings of up to 40 percent off! Take advantage of this opportunity while you can!
- Come get your immune system support to help prevent Swine Flu, we offer many anti-virals for adults and children
- Earth shoes has decided to go green and stop sending out catalogs and brochures. We still offer all sizes in styles in their latest collection. To see their variety of shoes, visit earthfootwear.com.
- We now offer Wobenzym in a practitioner strength in the form of Wobenzym PS.
- Don't forget about our Zukay dressings and salsa. Everyone seems to be enjoying them. A delicious treat for any meal or any occasion!

Just a reminder to all, the Synergy Health Juice Bar is open from 10:00 a.m. to 4:00 p.m. Monday through Saturday. Come enjoy one of our wonderful drinks all year long!

Iosol

Iosol Iodine is a proprietary iodine formulation that has been in widespread use for the past 50 years. Iosol in my opinion is the premier iodine supplement on the market today because of the superior water solubility of the iodine. This feature makes free iodide readily available for your body to use. Some people find that taking iodine every day helps to support metabolism. Others find that they only need to take it once or twice a week. Regardless of the dose or frequency of the dose, the goal is to notice energy support. Another goal is to warm up. Iosol is one of the best nutrients for natural thyroid support. The bottom line is that Iosol is a very safe and effective form of iodine to use as a dietary supplement and has routinely produced outstanding results over the past twenty years