



January 2008

# Synergy Times

## New Years Cleansing

Start this year off with a resolution you can stick to! Capra-Cleanse is a full organ and body detox working on the small and large intestines, kidneys, liver, lungs, skin and lymphatic tissue. It takes 30 days to complete this slow, gentle, yet thorough cleanse. The Ayurvedic approach of Capra-Cleanse is designed to balance the organ systems instead of using harsh laxative herbs to force bowel movements

## Natural Hormonal Therapy for Women

Jerry Beamer, compound Pharmacist from Pill Time, is returning to Synergy to give a talk on Women's' hormones. Great chance to get answers to those important questions!

January 29th at 6pm

## Urinary Tract Infections

Keeping things on track is often difficult with improper diets and the over use of antibiotics. Many people come in looking for help with urinary tract infections (UTI) and have been down the usual route of medications, which may work for a while and then the problem comes back. Try using D-Mannose powder for this condition, in addition to a strong pro-biotic, and see the long term difference when you break the cycle. Remember that long term UTI's will lead to cystitis and that takes even longer to see improvement. I like Bio-Tec D-Mannose as it has very specific instructions for treatment and maintenance.

## Raw Almonds

Unpasteurized, Organic, Raw almonds are now available. 25 LB case discounts

## Ideal Protein

Synergy Health is proud to be the exclusive distributor for

### *Ideal Protein Foods*

A line of protein based food products, that when followed properly, weight loss is guaranteed. All steps to achieve your weight loss goals are completely spelled out for you. This is the most exciting program for weight loss in decades. No stimulants to cause other health problems. Just good nutrition and an easy to follow plan can make your New Years resolution come true.

## New Products Available

Aqua Vantage 3 & 4 Stage Water Filtration System for the whole house. This will be a huge advantage for your health, skin, hair, drinking and cooking, and your washing and laundry machines.

### Ahhnatural

Ahhnatural chemical free hot tub maintenance is now in stock. No more bathing in hot chemicals!

Synergy Health

613 Dolley Madison Road,

Greensboro, NC, 27410

Tel: 336 218 7099



20% off

Whispering Soles

Reflexology

Call Dianne to make an appointment

Tel: 336 314 6979 / 336 218 7099

Expiration Date: February 29th 2008

## Raw Food Community Meetings

The Raw Food Community in the Triad are having their monthly meetings at Synergy Health. Each person may contribute by bringing a dish to share with the group

(no matter how simple or complicated)

It is a wonderful opportunity for anyone interested in a Raw Food diet, or simply want ideas how to including more enzyme rich, nutrient dense food into their diet.