

Happy holidays from our family to yours!



Tis the season to remember Family, Friends and Good Health

Special points to remember

- Get your sleep
- Build your immune system
- Get informed about GMO's
- Get checked for diabetes



Here are some thoughts I would like to share this Holiday Season.....

Did you know....?

The number one thing you can do for yourself to stay healthy this holiday season is to sleep! Serotonin is necessary to get sleep but as you sleep your Melatonin rises. Melatonin is a natural immune booster. So the more sleep you get the stronger your immune system will be.

FYI....

If you feel a cold or flu coming on this holiday, I recommend taking Immune Essentials by Xymogen. These products work great for the first onset of exposure. To help keep your immune system strong before exposure I recommend Congaplex by Standard Process, the probiotic Strengtia by Apex, and D3 from Xymogen. These particular products are a great way to build your immune system and also help with your digestion. Call my office to pick up or I can ship them directly to you!

Help....

Please help and learn more about GMO's or Genetically Modified Organisms. California Organic Consumers Association has an initiative on the 2012 ballot that would require food manufacturers to disclose the presence of GMO's in their products. Please get informed for the health and safety of your family. www.organicconsumers.org

I hope this finds you healthy and happy! Enjoy the Holiday Season and don't forget the homeopathic remedy Nux Vomica 30c it is great for overindulgence...ha!

Looking forward to 2012!!

dr Leila

November is Diabetes Awareness Month. Diabetes is on the rise and can be a serious medical condition. Direct Labs is currently giving discounts for checking your blood work for diabetes!

www.directlabs.com

Check it out.....

Temeku Cinemas offers movies for autistic children and their families!

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