

Happy Holidays from our family to yours!



Tis the season for family, fun and food!

It's also the season for colorful foods, treats and decorations!

Did you know?.....

Dyes are made from chemicals. In fact it can take up to 25 chemicals to make one dye! Unfortunately food dyes can cause a variety of symptoms ie.... fevers, coughing, constipation, headaches, indigestion, nausea and skin allergies. Dyes also can cause emotional and mental symptoms such as mood swings, hyperactivity, learning difficulties, poor concentration, uncontrolled anger outbursts and more.

Dyes can be found in processed foods, candies, soaps, toothpaste, detergents, sodas, fruit juices, toys, medicine, and gum to name a few.

Please read your product labels this holiday season to avoid dyes and you will notice how much healthier and happier your family will feel.

If you would like more information or have questions please give me a call.

Have a healthy and happy holiday season

dr Leila

Special News:

- *Supplements are now offered in my office and available to ship directly to you*
- *Individual testing is now being offered through my office*

***Grandma knew best...
try baking and cooking
from scratch for your
family's good health!***

The organization FEINGOLD has a very informative newsletter every month called "Pure Facts" I highly recommend it. Go to www.feingold.org a must read for every family. Learn about dyes, additives, foods and more!