



## Back to School Notes 2009

Getting ready for back to school can be exciting, expensive, and exhausting! But.....I have a few tips to make back to school a little easier.

### Did You Know....?

Children and teachers are more susceptible to colds and flu during back to school time? This is because the schools have been cleaned, fixed, and treated to control the pests and insects. All these cleaning chemicals, pesticides, and herbicides compromise your immune system, wearing you down to be susceptible to the bacteria and viruses that are all around you.

### What can you do to stay healthy?

1. Build up your immune system by using a good probiotic
2. Use a homeopathic that antidotes the chemicals  
(call me for details because there are many)
3. Eat an organic balanced diet
4. Get plenty of rest
5. Take a good pharmaceutical grade multivitamin

\*Please enjoy the magnet to use on your refrigerator for your important back to school info.

\*\*Also...feel free to call me with any of your concerns about the swine flu

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