



Calling all mothers,  
grandmothers, sisters,  
daughters and girlfriends...

2011 is the year for you!!

We women are the nucleus of our families.  
We are the worriers, the fixers, the helpers, whatever  
needs to be done - doers.  
Being a mom, wife, grandmother, sister, daughter and  
girlfriend we are often too busy to care for ourselves.  
I personally ignored a dental health issue recently and as  
a result I may now have permanent damage.  
Please don't do what I did.  
I tell you my story in the hope that it may jumpstart you  
for a new and healthy 2011 so you can be there for the  
people you love and care for.  
I am giving discounts for the months of February and  
March for Comprehensive Wellness Profiles through  
either blood lab work or Biomeridian testing.  
Find out how your body is doing and what it may need  
to feel healthy and strong.  
Are your hormones balanced?  
Is your digestion effective?  
Do you have any food sensitivities?  
And more.....  
Please let this be the year for you!

I hope this will be your New Year's Resolution-  
It's mine

*dr Leila*

Below are a few  
practitioners I personally  
recommend.....

Dr Stephanie Henk DC  
Chiropractor  
760.443.3345

Dr Pamela Hewitt-Smith DMD  
Dentistry  
760.743.3118

Dr Jeanne Stryker MD  
858.755.8955

Dr Sanjana Chaturvedi MD  
Internal Medicine  
760.726.2180

\*The above women are experts in their  
field and you will find them very  
comprehensive, good listeners and  
easy to talk to.